

Mayo Clinic Minute

Tanning bed dangers

Video	Audio
Vivien Williams	Are tanning beds safe to use? Mayo Clinic dermatologist Dr. Dawn Davis says no.
Dawn Davis, M.D. Dermatology Mayo Clinic	“Tanning beds are labeled a carcinogen by the World Health Organization, and they strongly increase your risk of all three types of skin cancer ...”
Vivien Williams	... basal cell, squamous cell and malignant melanoma – the deadliest form of the disease.
CLIP 826G0047 at 1:44 Dawn Davis, M.D.	“There is no sin in wanting to look tanner than your natural skin skin is. And there’s no sin in wanting a spa or salon experience.”
Vivien Williams	But Dr. Davis says tanning beds are not the way to go. In addition to increasing your risk of cancer, they may also harbor bacteria and viruses.
Dawn Davis, M.D.	“I suggest to my patients that, if they want a tan, they should not feel guilty about that, but they should get a tan in a healthy way.”
	Use a sunless self-tanner or get a spray tan.
Dawn Davis, M.D.	“Sunless tanner, when applied is simply a stain that’s hypoallergenic and non-irritating.”
Vivien Williams	Two ways to get some color without being exposed to the harmful rays of a tanning bed or the sun. For the Mayo Clinic News Network, I’m Vivien Williams.