

HEALTH ALERT!

The Tanning Bed Trap

(NAPSA)—While progress has been made in the war against cancer, cases of melanoma—a type of deadly skin cancer linked to sun exposure—have more than doubled in the past 30 years.



Limiting your exposure to ultraviolet light may help protect against melanoma.

According to the experts at the H. Lee Moffitt Cancer Center & Research Institute people are often misled by three myths:

Myth 1: Tanning beds are okay.

Fact: Tanning salon bulbs emit risky ultraviolet A and B radiation.

Myth 2: A little sunscreen will protect you.

Fact: An ounce is the right amount. Apply before going out and reapply during the day.

Myth 3: You need sun exposure to stay healthy.

Fact: Only a few minutes a day is required.

To learn more about melanoma prevention, call Cancer Answers at 1-888-MOFFITT.