

Dose-Response link between tanning bed use, skin cancer

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(HealthDay) -- Use of tanning beds, especially in high school and college, is associated with an increased risk of skin cancer, according to a study published online Feb. 27 in the *Journal of Clinical Oncology*.

Mingfeng Zhang, M.D., from Brigham and Women's Hospital in Boston, and colleagues conducted a prospective observational study of 73,494 female nurses, from 1989 to 2009, to investigate whether the frequency of tanning bed use during high school/college and at ages 25 to 35 correlated with the risk of skin cancer. Models were adjusted for host risk factors, sun exposure behaviors at a young age, and ultraviolet index of residence.

During follow-up, the researchers found that 5,506 nurses were diagnosed with [basal cell carcinoma](#) (BCC), 403 with [squamous cell carcinoma](#) (SCC), and 349 with melanoma. For an incremental increase in use of tanning beds of four times per year during both periods, the multivariable-adjusted hazard ratio (HR) of [skin cancer](#) was 1.15 for BCC (P

"These findings provide evidence to support warning the public against future use of [tanning beds](#) and enacting state and federal legislation to ban tanning bed use for those under age 18," the authors write.

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