

FOR IMMEDIATE RELEASE

Date: 2/7/13
Contact: John Clayton, Communications
Tel: (603) 415-4255
Email: JClayton@nhha.org



Young Melanoma Survivors Speak to Teens about Tanning Risks
‘Teens on Tanning’ Forums to be held on February 15 and 16, 2013

Concord, NH (February 7, 2013) – As part of a growing national effort to prevent melanoma in teens and young adults, two Teens on Tanning Forums will be held in New Hampshire – February 15 in Laconia and on February 16 in Concord. The Teens on Tanning Forums are being offered by the [Melanoma Foundation of New England](#) (MFNE) in collaboration with the [New Hampshire Comprehensive Cancer Collaboration](#) (NH CCC) to educate high school students about sun safety and the risks associated with tanning.

Melanoma is the second most common cancer in teens and young adults (age 15-29). The American Cancer Society estimated 470 new cases of melanoma would be diagnosed in New Hampshire in 2012, and the most likely causes include unhealthy tanning practices and exposure to the harmful UV rays of tanning beds. People who use a tanning bed just once a month before the age of 35 increase their risk of melanoma by 75%.

Founded in 1999, MFNE is dedicated to educating the public about sun-safe behavior and the importance of melanoma prevention and early detection. The Teens on Tanning Forums are part of MFNE’s Your Skin Is In program, a no-tanning pledge contest for high school and college students across New England. Over the past five years MFNE has encouraged over 250,000 students to sign a No-Tanning pledge through the Your Skin Is In program. At the Teens On Tanning forums, several young melanoma survivors will share their first-hand experiences about the effects of tanning. Participating teens will receive information and training to help them identify, plan and implement key initiatives at the community grassroots level to raise awareness about the dangers of tanning and adopt sun safe behaviors. Attendees will receive a community service certificate, healthy skin goody bag, T-shirt, pizza, and more.

This is the third year New Hampshire will host Teens on Tanning. Last year, 70 New Hampshire high school students attended the Teens on Tanning Forum held at Red River Theatres in Concord. This year, Teens on Tanning has expanded to two forums.

More Information about Teens on Tanning Forums:

- Friday, February 15, 2013 – Pitman’s Freight Room, Laconia, NH, 3:30pm-7:00pm. Register on-line or download and print the Registration Form.
- Saturday, February 16, 2013 – Red River Theatre, Concord, NH, 10:00am-2:00pm. Register on-line or download and print the Registration Form.

About the New Hampshire Comprehensive Cancer Collaboration

[The New Hampshire Comprehensive Cancer Collaboration](#) (NH CCC) was established in 2004 to address one of the leading causes of death in New Hampshire (NH). The NH CCC is a dedicated partnership of individuals and organizations committed to eliminating cancer in the state. The NH CCC developed the [New Hampshire Comprehensive Cancer Control Plan](#) to address the following priorities: preventing cancer by creating environments that support a healthy lifestyle; increasing early detection of cancer through screening; improving the treatment of cancer and quality of life for people living with cancer; and reporting on the latest cancer research. For more information about the NH CCC and the NH Cancer Plan, visit www.NHCancerPlan.org.

About the MFNE:

MFNE is a non-profit organization that works to reduce the incidence of melanoma in the New England region. As the largest non-profit in the region dedicated to skin cancer awareness and early detection, MFNE provides a variety of free education programs targeting the prevention of skin cancer for children, teens and adults. MFNE's Your Skin Is In program was recognized by the American Academy of Dermatology with a Gold Triangle award in 2009. MFNE also assists patients and their caregivers struggling with melanoma by offering support groups and their "Billy's Buddies" program. Learn more about MFNE at www.mfne.org.

The Facts about Teens & Tanning:

- The World Health Organization has determined that UV rays from tanning beds cause cancer.
- People who use tanning beds once a month before the age of 35, increase their melanoma risk by 75%.
- 2.5 million teens use tanning booths each year including 35% of girls age 17 – many start as early as age 13.
- Melanoma is the second most common cancer in teens and young adults ages 15-29.
- It is not safe to tan in the sun or in a tanning booth. Using a tanning bed for 20 minutes is the same as spending 1-3 hours a day at the beach with no sun protection at all. Tanning beds put out 3-6 times the amount of radiation given off by the sun.

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Attach: TOTF photo