Combined analysis of over 20 epidemiologic studies showed that the risk of cutaneous melanoma is increased by 75% when the use of tanning devices starts before age 30. There is also sufficient evidence of an increased risk of ocular melanoma associated with the use of tanning devices. Studies in experimental animals support these conclusions and demonstrate that ultraviolet radiation (UVA, UVB, and UVC) is carcinogenic to humans.

These findings reinforce current recommendations by the World Health Organization (WHO) to avoid sunlamps and tanning parlors and to protect yourself from overexposure to the sun. (IARC is part of the WHO.)

Further information can be found in the 2006 report of an earlier IARC Working Group and from WHO's Web site at http://www.who.int/mediacentre/factsheets/fs287/en/