

The risks on indoor tanning argumentative essay

[Health & Medicine](#), [Cancer](#)



Tanning is a process of darkening or tanning the colour of skin. It results due to the exposure of the body to Ultraviolet radiations (UV radiations); either naturally like sun tanning or artificially due to indoor tanning. Tanning is done to get an attractive appeal of the body. Now-a-days indoor tanning is carried out to make a bronzy appearance of the body of a person. Sun baths can also result in tanning of the skin. Also, many people use chemicals that result in skin tanning without experience Ultraviolet radiations. However, the contemporary time is associated with indoor tanning. Indoor tanning includes the artificial arrangement of tanning the skin process. Also, it is quite notable that Ultraviolet radiations, either from the sun or artificial, are very harmful to the human beings. Such radiations are carcinogenic and can have adverse consequences on the body of a (tanning) person including sunburn, skin cancer etcetera.

Indoor tanning devices emit hazardous radiations that are perilous to human population. Tanning bed, tanning booth, and tanning lamps etcetera are utilized for indoor tanning. All these artificial mechanisms involve the production of Ultraviolet radiations, which in turn causes the darkening of the skin, giving a tanning effect. The tanning effect of the body of person enhances his or her personality by changing the look (colour) of the body. But, there are severe negative aspects associated with it. The tanning of the skin is because of the exposure to Ultraviolet radiations. These radiations result in serious health complications, and the risks associated with it are immense. The risks of tanning includes sun burn, skin cancer, premature aging, Actinic or Solar Keratosis, Immune System Destruction, Eye Damage etcetera.

Ultraviolet radiations are very harmful for the living diversity present on the Earth especially humans. UV-A can reach to the bottom layers of the skin, causing severe rashes while as UV-B breaches its surface layers and damages it. The severity of influence and damage of the ultraviolet radiations depends on the frequency and amount of the ultraviolet radiations to which the body of a person is exposed.

Ultraviolet radiations damage the epidermis cells of skin. The body supplies more blood to the affected region of the skin, and it radiates more heat, resulting in red rashes. The person can also feel a burning sensation after sometime. Indoor tanning can result in the sun burns. Severe sun burns are also associated with skin cancer especially Melanoma. This includes a throbbing effect of exposure of the Ultraviolet radiations. The extensive UV exposure also results in sun tan, which involves production of melanin pigment by the skin cells and results in blackening of the skin. Sun tans also can be linked to Melanoma. The pigment is responsible for the dark colour of the skin which can lead to serious skin complications, and the rate of its hitches also depends on the type of the skin.

Tanning can cause a life threatening health impediments, for example, skin cancer (Melanoma, non- melanoma). Melanoma takes place in Melanocytes, the cells located in the epidermis of the skin, due to their extensive exposure to UV radiations - which includes UV-A and/or UV-B. Melanoma ultimately results in death, and it is responsible for wiping out a huge portion of human race every year. For illustration, Brittany Lietz Cicala belongs to Chesapeake Beach. Brittany used to tan her body right from the age of seventeen.

According to her, she used to tan herself three to four times a week and also

on regular basis during sometime. At the age of twenty years, she was detected Melanomic. She then stopped tanning herself.

Non-melanoma cancer is not as harsh as the melanoma one but, it can get worse. In certain cases, indoor tanning results in the development of Actinic or Solar Keratoses involve a disrupted skin condition that can ultimately lead to skin cancer. Such condition can be acquired by a person by the pro-longed exposure of UV radiations. Actinic keratoses include the prominent pre-malignant skin disorder due to the frequent exposure of the skin to UV radiations.

Indoor tanning and/or exposure to ultraviolet radiations is also linked to severe eye disorders including Photokeratitis, and Cataracts. Photokeratitis, also known as snow-blindness is caused due to the exposure of the eye to UV rays. It can be mentioned as ' eye sun burn.' It causes swelling of eyelids, pain, irritation, and reduced vision etcetera. On the other hand, Cataracts involves the disorder in the eye lens caused due to the intensive exposure of the eyes to UV radiations. It results in aching around the eye.

Indoor tanning results in intensive bombardment of ultraviolet radiations at a particular point of time on the body of a person. The radiations can damage the skin, making it dry and wrinkly with dark spots, causing premature aging. It is also known as photo-aging and is associated with leathery skin. Such condition of skin can be seen in young people who undergo tanning. Also, the overexposure of the body to UV rays can influence the normal working of the body. Immunity can be damaged, and the person with severe exposure to ultraviolet radiations can get repressed immune system. Such condition can lead to other serious health conditions especially body infections and

vulnerability to many other diseases.

Indoor tanning also results in severe allergic reactions especially among the people who are subtle to ultraviolet radiations reaction. It can also result in other adverse effects. The allergic reactions can also get severe sometimes, causing more severe health issues.

International Agency for Research on Cancer (IARC) established that almost all of the tanning devices emit extremely dangerous UV radiations that can damage a person badly. Indoor tanning were likely not to be provided to people who are eighteen or lesser in age. Indoor tanning devices are declared carcinogenic, and these are proving to be very unsafe for human existence.

Despite giving a beautiful look, indoor tanning, is linked to serious health issues, making the life miserable. According to Sharon Miller, scientist and international expert on UV radiation and tanning, argued that skin darkening is an indication of skin impairment. May it be a Tanning bed or tanning lamp, every machine or arrangement emits huge volume of ultraviolet radiations, resulting in skin abnormalities and other health complications associated with it. These health issues are serious and depict the exposure of the person to the harmful radiations.

Indoor tanning is very harmful and hazardous so far as the health of a person is concerned. The whole process is associated with the dangerous risks that can lead to other severe consequences like post health consequences in certain cases. It is directly related with Melanoma. It seems quite senseless that why a person would jeopardise his or her life just by tanning or darkening himself or herself. The serious consequences of the tanning

process are pretty clear, and these range from simple sun burns to severe skin cancer (Melanoma). It is reasonably generous to note that tanning will affect the normalcy of one's life who undergoes tanning. Tanning bed covers a person with a continuous layer of ultraviolet aura, making him or her much susceptible and vulnerable in getting certain severe diseases including skin cancer. Its serious influence creates chaos and suffering in the life of the individual.

References

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