UV radiation exposure from indoor tanning is a cause of malignant melanoma. Characterizing the risk of melanoma associated with use of UV radiation-emitting devices is critical for developing policies that reduce the use of such devices, but much of the evidence on this topic has come from case-control studies. In the past year, a large, prospective study was reported that adds new weight to such policy efforts, finding that the risk for melanoma rose with an increasing number of indoor tanning sessions.

Compared with those who never used indoor tanning, women who started indoor tanning before 30 years of age had a 30% higher risk for melanoma, which suggests that the harmful effects of indoor tanning are greater at a younger age. For more information on risk factors for melanoma, visit Cancer.Net.