

# Class Starters & Enders

## Making the Most of Instructional Time Five Minute Lessons

Class Starters and Enders help utilize the last minutes of class when a lesson ends but there is not enough time to start another, or for an interest approach at the beginning of class. Mini-lessons correlate to GPS in the programs areas below.

### Tanning Beds – A Hot Topic

**Program Areas:** Healthcare Sciences

**Instructions:** Read the material and make notes of important points, answer questions, and be ready to discuss this topic.

Everybody looks better with a tan, right? But is your bronze worth the risks? According to the World Health Organization, tanning beds are “carcinogenic to humans”. People who use tanning beds before 30 increase their risk of developing skin cancer by 75%. Using a tanning bed increases the risk of melanoma, the deadliest form of skin cancer by 20% compared to natural sun exposure.

Tanning beds are not a safe alternative to natural sunlight because they emit a dose of Ultra Violet-A or UVA rays 12 times stronger than the sun. The increased exposure penetrates the skin more deeply than the sun does increasing risks of melanoma. Tanning bed activists will often promote their business with claims that UV exposure increases Vitamin D production, decreases the risk of breast cancer, and is better for the skin because it prevents sunburn from natural light exposure.

It is true that Ultra Violet or UV rays help your body produce more Vitamin D which is crucial to bone, muscle and immune health, however too much exposure could really do more harm than good. Most doctors that weigh in on this issue agree that the risks of using tanning beds outweigh any benefits.

Even though Vitamin D, which is also known as the “Sunshine Vitamin” is essential for healthy bones as it helps the body absorb calcium, there are better ways to get your dose of Vitamin D including going for a walk on a sunny day, eating salmon, tuna and eggs or even some fortified cereals.

To stay safe, limit natural sun exposure and apply sunscreen of Sunburn Protection Factor or SPF of 30 or higher before going out into the sun and reapply every two hours.

#### **Review Questions**

1. According to the International Agency for Research on Cancer tanning beds are considered “\_\_\_\_\_ to humans”. What does this statement mean?
2. Using a tanning bed before the age of 30 increase your chance of skin cancer by what percentage?
3. True or False: Tanning beds increase your risk of melanoma more than natural sun exposure.
4. Tanning beds are not a safe alternative to the sun because they emit UVA rays \_\_\_\_\_ times stronger than the sun.
5. What are some of the claims tanning bed activists/companies use to get your business?
6. What is the recommended amount of sun exposure?
7. If you are going to be in the sun for a long period of time what precautions should you take to protect your skin?



Tanning beds are not a safe source of Vitamin D and are associated with more risks than natural sun exposure.

#### **Science Connection**

Research other benefits of Vitamin D such as healthy bones, muscles and immune health and Vitamin D deficiencies such as Ricketts and osteoporosis.