

**Medical Edge Radio from Mayo Clinic**

**Tanning Booths**

1:00

**Log**

**Audio**

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<b>Intro with music</b>	GIVING YOU THE EDGE ON HEALTHY LIVING, HERE'S TODAY'S MEDICAL EDGE FROM MAYO CLINIC.
	THINK ABOUT YOUR LAST VACATION. MAYBE IT WAS TO THE BEACH OR A GOLF TRIP. YOU DID LOTS TO GET READY, RIGHT? DID THAT HAPPEN TO INCLUDE A TRIP TO THE TANNING PARLOR?
<b>Randall Roenigk, M.D.</b> <b>Track 1 (5:01)</b>	"IT'S A FALSEHOOD THAT GOING TO THE SUNTANNING PARLOR HELPS YOU IN ANY WAY."
	DR. RANDALL ROENIGK HEADS THE DERMATOLOGY DEPARTMENT AT MAYO CLINIC. LIKE THE SUN, HE SAYS TANNING BEDS CAN INCREASE YOUR RISK OF SKIN

	<p>CANCER. SO GOING TANNING TO GET READY FOR A VACATION IS LIKE ...</p>
<p><b>Dr. Roenigk</b> <b>Track 1 (5:30)</b></p>	<p>“SAYING I’M GOING TO SMOKE TWO OR THREE CIGARETTES A DAY TO TOUGHEN UP MY LUNGS AND THEN I WON’T GET CANCER OF THE LUNGS FROM SMOKING JUST A FEW CIGARETTES.”</p>
	<p>DR. ROENIGK SAYS TRYING TO GET SOME COLOR IS USUALLY MORE ABOUT VANITY THAN ANYTHING ELSE. IF YOU LIKE THAT DARK TAN LOOK, HE SUGGESTS TRYING ONE OF THE SUNLESS TANNING PRODUCTS. BUT REMEMBER, JUST BECAUSE YOU HAVE SOME COLOR, DOESN’T MEAN YOU CAN FORGET ABOUT THE SUNSCREEN.</p>
	<p>FOR MORE INFORMATION, TALK TO YOUR DOCTOR OR LOG ONTO MAYOCLINIC.ORG. I’M VIVIEN</p>

	WILLIAMS.