

**Mayo Clinic Medical Edge**  
**Tanning and Your Skin**

1:00

**Log**

**Audio**

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<b>Intro with music</b>	GIVING YOU THE EDGE ON HEALTHY LIVING, HERE'S MAYO CLINIC MEDICAL EDGE.
	IT CAN HAPPEN AT THE BEACH, THE GOLF COURSE OR DURING THE VISIT TO THE TANNING BOOTH BEFORE YOUR TRIP.
<b>Edward Creagan, M.D.</b> <b>Track 1 (11:40)</b>	"WE NEED TO UNDERSTAND THAT ANY TANNING REPRESENTS DAMAGE TO THE SKIN."
	AND THAT CAN INCLUDE MALIGNANT MELANOMA, AN OFTEN DEADLY SKIN CANCER. DR. EDWARD CREAGAN IS AN ONCOLOGIST AT MAYO CLINIC. HE SAYS AN EXPERIENCE ON A RECENT TRIP EMPHASIZES THE NEED TO GET THE WORD OUT.

<p><b>Dr. Creagan</b> <b>Track 1 (11:50)</b></p>	<p>“I WAS ASTONISHED TO SEE YOUNG PEOPLE SITTING AROUND A POOL HAVING PUT BABY LOTION ON AND SURROUNDED BY REFLECTORS TO GET A TAN. AND I’M THINKING, ‘WOW, THIS IS EQUIVALENT TO SITTING ON THE RAILROAD TRACKS BECAUSE SOONER OR LATER SOMETHING BAD WILL HAPPEN’.”</p>
	<p>IF NOT FROM A CANCER STANDPOINT, ONE OF VANITY, BECAUSE...</p>
<p><b>Dr. Creagan</b> <b>Track 1 (11:55)</b></p>	<p>“THE SUN IS NO FRIEND FOR THE AGING PROCESS.”</p>
	<p>FOR MORE INFORMATION, TALK TO YOUR DOCTOR OR VISIT MAYOCLINIC.ORG. I’M VIVIEN WILLIAMS.</p>