

## Haley Dermatology Cautions Those Addicted to Tanning

Fairhope, AL (March 23, 2009) - Can someone actually be addicted to tanning beds? Lisa Turner thinks so. The 46-year-old who now lives in Baldwin County grew up in Washington, DC. "I started tanning when I was 19 years old," says Turner. "It was new and exciting at the time. Plus, you see yourself a certain color, and, right or wrong, that boosts your self-confidence. You tend to lose that self-confidence when you don't tan."

In fact, Lisa bought her own tanning bed and used it nearly every day for close to 20 years. She slowed down considerably when Dr. Heather Haley discovered and removed a pre-cancerous cell. "I think what scared me the most was hearing the word cancer," says Turner. "No matter your age or your position in life, it makes you start thinking about everything."

Dr. Haley says Lisa's case is actually quite common. "I see skin cancer every single day," says Haley. "I'd first warn people ALWAYS to stay away from tanning beds, but here's the key. No matter what you've done, it's never too late to do something about it."

For example, photodynamic therapy, or PDT, is highly effective in treating sun spots, and some skin cancers with a cure rate of over 90%. In PDT, a solution is activated by either blue or pulsed light, which removes the abnormal cells, and allows normal skin to replace them. Intense Pulse Light, or IPL, is a less invasive way to do the same thing. "The message is no matter how good or bad your skin is, there are things you can do," says Haley. "We want a healthy you!"

Turner adds, "Don't get me wrong. Self-image is important. The problem is we don't think about the dangers when we're young. I want people to realize the damage they can do. There are so many better alternatives to tanning beds."

Lisa is one of the lucky ones. Her cancer is gone, and she's slowly weaning herself off the tanning bed. She still keeps her color by using a spray-on tan. "That's something I never thought I'd do," laughed Turner. "But I absolutely think it's comparable in terms of looks, and not only do I feel healthier, I know my skin is healthy. That's so important for me and my family."



Dr. Haley's main goal is prevention. That's why she's hosting her **5<sup>th</sup> annual FREE screening May 16<sup>th</sup> at Haley Dermatology Group at 202 Rock Creek Parkway in Fairhope from 8AM to 10AM.** Patients will be screened on a first-come, first-served basis. For more information, please call Haley Dermatology Group at (251) 928-3844. (Photo: Dr. Heather Haley)