

Increased risk for skin cancer with increased solarium use

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Professor Marit Veierød and PhD Candidate Simon Lergenmuller at the Institute of Basic Medical Sciences, University of Oslo. Credit: Øystein Horgmo, UiO

There are only few studies investigating the association between

solarium use and risk of cutaneous squamous cell carcinoma (SCC) in the skin. A new study from the Institute of Basic Medical Sciences at the University of Oslo, published in *JAMA Dermatology*, shows a clear association between number of solarium sessions and SCC development.

Norway is among the countries in Europe with the highest incidence of [skin cancer](#), and SCC is among the most rapidly increasing cancers. More than 2000 Norwegians are diagnosed with SCC every year, and 40 die from SCC.

Cumulative number of solarium sessions and SCC risk

The study followed 160,000 women in to [the Norwegian Women and Cancer study](#) from 1991 to 2015. The researchers found that:

- The highest solarium users had 83% increased risk for developing SCC compared to non-users.
- The lowest solarium users had 29% increased risk for developing SCC compared to non-users.
- These associations were the same regardless of the age at solarium initiation.

Ph.D. student and first author Simon Lergenmuller explains that the risk of SCC increases with increased solarium use.

Do not use solarium

One-fourth of the women in the study started to use solarium before age 30 years. The clear dose-response association between solarium and SCC in this study, and that this association was independent of age at initiation of solarium use are important findings. The research group

Lergenmuller belongs to has previously investigated the association between solarium use and melanoma risk, another type of [skin](#) cancer that is also increasing in Norway. Skin [cancer](#) can be largely prevented and an important step in that direction is not to use [solarium](#).

More information: Simon Lergenmuller et al. Association of Lifetime Indoor Tanning and Subsequent Risk of Cutaneous Squamous Cell Carcinoma, *JAMA Dermatology* (2019). [DOI: 10.1001/jamadermatol.2019.2681](#)

Provided by University of Oslo

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