

## Glossary

**Adolescent** – an individual under the age of 18.

**Artificial Ultraviolet (UV) radiation** – is emitted from specialized light bulbs used in tanning beds and booths. Exposure to artificial UV radiation constitutes indoor tanning. Artificial UV radiation has the same properties as natural UV radiation; however the ratio of UVA:UVB can be controlled.

**Basal Cell cancer** – one of the most common forms of skin cancer derived from basal cells in the skin. It is often distinguishable by its clinical appearance. A biopsy is required to determine diagnosis. Usually not life threatening; however, its treatment represents a substantial health care cost.

**Malignant melanoma** – the most life-threatening form of skin cancer, derived from the pigment producing cells (melanocytes) in the skin. It is often distinguishable by its clinical appearance. A biopsy is required to determine diagnosis.

**Phototherapy** - Phototherapy is the use of light to treat medical conditions including but not limited to skin diseases such as psoriasis, dermatitis, polymorphic light eruption, mycosis fungoides, and hyperbilirubinemia. Phototherapy is a prescribed treatment provided under medical supervision.

**Radiation Emitting Devices Act (RED Act)** – a Canadian statute controlling the manufacturing and importing of artificial UV radiation equipment.

**Skin cancer** – the most common group of cancers in the world. It is a lesion on the skin that undergoes uncontrollable growth and invasion. If left untreated skin cancers can metastasize to other tissues and organs causing serious disease and possible death.

**Squamous Cell cancer** – one of the most common forms of skin cancer derived from squamous cells in the skin. It is often distinguishable by its clinical appearance. A biopsy is required to determine diagnosis. Usually not life threatening; however, its treatment represents a substantial health care cost.

**Sun Safe Nova Scotia** - a coalition of agencies and individuals interested in reducing the incidence and mortality from skin cancer in Nova Scotia. Members represent various sectors bringing diverse talents and perspectives together to collectively identify and action priority areas related to the prevention and early detection of skin cancer. A list of members is provided as an appendix to this report (Appendix 1).

**Tanning bed** – an electrotechnical device containing ultraviolet radiation source and intended for the irradiation of human beings mainly for the purpose of tanning the skin.

**Tanning bed operator** – owner, supervisor or service provider of a commercial tanning service.

**Tanning equipment** – encompasses all artificial UV radiation tanning methods including tanning beds and booths.

**Ultraviolet (UV) radiation** – electromagnetic radiation with wavelengths within the range of 180-400 nanometers.

**UVA** – ultraviolet radiation (320-400 nanometers) which has the ability to penetrate the skin deeper than UVB. It is the most common radiation in commercial tanning equipment and is responsible for darkening of the melanin already in the skin. An intense exposure to UVA can result in burns in sensitive people. UVA rays have an effect on premature skin aging due to their penetration in the skin. Most tanning beds emit 8 times the UVA compared to the sun at noon in the summer.

**UVB** – ultraviolet radiation (280-320 nanometers) that penetrates the superficial layers of the skin. UVB rays are responsible for sunburns as well as delayed tanning that appears after 2 or 3 days and lasts for a longer period of time. UVB is found at varying levels in all commercial tanning devices.

