

The Canadian Medical

Empowering the public with Medical Knowledge

May 2021

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*Toronto Heart & Women's
Health Center*

10 INGREDIENTS

YOU'RE USING THAT
ARE KILLING YOUR
SKIN

COSMETIC KILLERS

THE ENDLESS RISKS COSMETIC
PROCEDURES HAVE ON OUR LIVES



THE **PSYCHOLOGICAL**
FACTORS THAT PLAY
A PART OF OUR
APPEARANCE

THE REJECTION OF YOUR OWN COMPLEXION

The era of Skin Bleaching

Editor in Chief

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Dr. Abdulwahab Arrazaghi, was born in Gharian, a mountain city in Libya, he started school in the capital city Tripoli, Libya. He completed his elementary school in Saudi Arabia and Spain where he travelled with his diplomatic family. He completed high school at Hay Al Andalus and joined the University of Tripoli Faculty of Medicine in 1984. He completed medical school in 1993 and travelled to Toronto to pursue his higher medical education at the University of Toronto, where he joined in the postgraduate program for internal medicine followed by adult cardiology program and Echocardiography fellowship.

He showed outstanding performance throughout his training years and was actively involved in teaching junior and senior medical residents at the University of Toronto internal medicine and cardiology program. He lectured on a regular basis on many topics in the internal medicine and cardiology grand rounds. Over all his presentations are known to be up to date, exciting and well organized. He was the only trainee ever to publish two medical books during his training years and was awarded for that by the Department for Cardiology at Toronto general hospital. He made the first 200 copies of his books free and delivered and distributed to the major hospitals in his homeland, Libya. Several copies were distributed to the major hospitals in Toronto, including Toronto general hospital, St. Michael's hospital and Sunnybrook Hospital.

Amongst his many other successors Dr. Arrazaghi has earned the title of one of the best leading physicians in the world alongside his recent nomination for the year 2020-2021 as one of three top rated cardiologists in Toronto. He is the creator and chief editor of *The Canadian Medical* magazine, a public magazine curated to empower the general popular with medical knowledge and realistic views on hot medical topics.

He initiated free teaching courses for the Canadian international medical physicians, where he provided review medical lectures, introductory courses to the North American health system and practical hands-on supervised patient interactions. He is a registered University of Toronto medical examiner for graduate and postgraduate medical programs. Furthermore, he is a certified director for the Advanced Life Cardiac Support program with the Heart & Stroke Foundation of Canada. Dr. Arrazaghi is known as an excellent medical lecturer and is involved in CME lectures to the medical community in Ontario, Canada.

He is currently the executive director of Toronto Heart and Women's Health Center located in Scarborough, Ontario. He is also the director and CEO of Richmond Hill Cardiac center, carrying more than 200,000 patients seen and managed by him.

He is a patient advocate both nationally and internationally by helping patients to achieve the best of health. He facilitated the transfer of patients from different third world countries to receive treatments in both Canada and Europe. Dr. Arrazaghi is known to help the poor communities in Sudan, Palestine and Libya by sending medical equipment and medical supplies on a regular basis. He is known to be a civil rights advocate and an active member in Immensity International and Animal Rights group, and a member of the Canadian Race Relation Foundation, and active member of Islamic Relief Canada.

At a personal level, Dr. Arrazaghi is a loving father, son and husband. He has a never ending love of sports including; boxing, swimming, soccer and basketball. He has travelled to over 21 countries to explore nature and nations around the world and has a loving passion for connecting with his community.

Dr. Arrazaghi lives by the notion “*heart to heart*” offering care where it matters and devoting his life to helping others. He has offered not only medical care but an emotional connection with all his patients. Dr. Arrazaghi is an idol to his community, being that he came to Canada as an immigrant and has since created a successful foundation, his story inspires many like him to follow the path of passion.

HIS STRATEGY IN LIFE IS WHAT WAS NARRATED FROM THE PROPHET MOHAMMED (PPUH):

"PREPARE FOR YOUR LIFE AS IF YOU ARE TO LIVE FOREVER, AND PREPARE FOR THE DAY AFTER AS IF YOU ARE DYING TOMORROW."

MAY 2021

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The Canadian Medical[®]

The Canadian Medical offers real facts and stories that uncover the truth behind many mainstream medically biased procedures, medications and trends that may harm public health. We equip our readers with the information they need to stay empowered in our constantly changing society.

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Medical Knowledge.*

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EST.
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KEEP UP THE FIGHT AND WE'LL GET THROUGH THIS.
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COSMETIC KILLERS

THE ENDLESS RISKS COSMETIC
PROCEDURES HAVE ON OUR LIVES



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How much of your true identity are you willing to trade in order to look like somebody else?

As humans we have an addiction to looking good, believing that we are attractive is just one part of the play, actually being attractive is another. Time after time we ignore the clear risk factors cosmetic surgery and cosmetic products have on our health, but how far are we willing to go to achieve that picture-perfect selfie?



Above

Photo by: Rayda Ealvay

Cosmetics have been engraved in our minds since we were children, the movies we watched, music we listened to and even those Saturday night sitcoms that are totally unrelatable. The truth is the use of cosmetic products and plastic surgeries is nothing foreign to us, but the rise of these procedures has started to inflict a ripple effect on the general population, stretching across the entire world.

“It’s Unfortunate That We Live in Such a Panicked, Dysmorphic Society Where Women Don’t Even Give Themselves a Chance to See What They’ll Look Like as Older Persons. I Want to Have Some Idea of What I’ll Look Like Before I Start Cleaning the Slates. I Want My Kids to Know When I’m Pissed, When I’m Happy, and When I’m Confounded. Your Face Tells a Story... and It Shouldn’t Be a Story about Your Drive to the Doctor’s Office.”

~ Julia Roberts

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The fact is makeup has been one of the biggest evolutions to date, cosmetics can be dated to 3000 BC in China. Chinese citizens began to stain their fingernails with products such as gum Arabic and beeswax to represent their social class. Similarly, In Rome, slaves named cosmetae were responsible for bathing men and women of high status in perfume. Advocating social class through cosmetic products and procedures is still prominent today, many celebrities or people of interest use very high-priced products and procedures to enhance their features in order to stay relevant in the eyes of society. (Chaudhri & Jain, 2014)

The cosmetic industry today is worth over \$532 billion USD, you may be shocked by this number but cosmetics have truly invaded our lifestyles without consent. The question is, who is buying these products? During the 1900s-2000s, makeup and cosmetic procedures were targeted towards older women in their late 30's early 50's in order to drive sales. Ads about fillers and Botox were most commonly seen and endorsed by ageing women who promoted a "wrinkle-less lifestyle". (Scott, 2020)

Above

Left: Filler ad by Juvederm from 2018
Right: Botox ad from 2008

But as the times change we see a shift in the target audience, what used to be sold to a 45 yr old is now bought by women in their early 20's. Like many of us are wondering, where are these ad's **going?** The truth is we don't see anymore ad's in mainstream television promoting cosmetic procedures, but what we do see is a rise in sales. **Social media**, such as Snapchat, Instagram, Tiktok and Facebook have been the missing link when it comes to beauty.



Above
Instagram filters that are changing the face of many users and promoting the use of plastic surgery.

Without us even being aware the celebrities we follow are selling us a lifestyle we want to be a part of, and many of us are willing to spend the money and deal with the risks if it means achieving it. Bigger breasts, bigger lips, slimmer waist and a symmetrical face is something that is not naturally attainable, but many of us are willing to look past the “natural look” if it means we can snag a few extra followers. Companies are now spending less on advertisements airing on television and more on social media followings and celebrity endorsements. Although, we may not see the ad we are the target audience. Women and teens in their early 20s and under have been the victims of these micro-advertisements. Kylie Jenner, Kim Kardashian, Nicki Minaj these names ring a bell for most of us. There is one thing these women have in common, their **bodies**.



Kim Kardashian Met Gala 2019

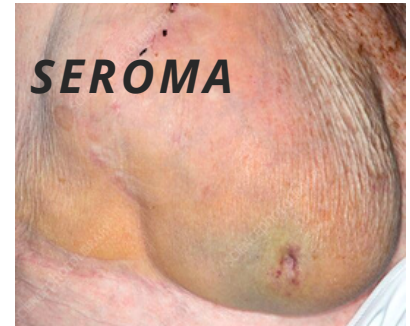


Courtesy of Dr. Paul Nassif and Dr. Terry Dubrow
Plastic Surgeons presented on television show
"Botched"

Above
Rajee Narinesingh underwent four
surgeries to fix her face after receiving
black market plastic surgery in 2005.
(Ruaridh Connellan/Barcroft Image)

Oftentimes these popular procedures entail many health risks that big brand celebrities fail to show you. Even the most superficial procedures such as lip fillers and Botox can result in very invasive diseases and even infections. One of the most common cosmetic procedures done around the world is the Brazilian Butt Lift, this procedure is also considered one of the most dangerous cosmetic surgeries, with the British Association of Aesthetic Plastic Surgeons (BAAPS) citing it as having the highest rate of death for any aesthetic procedure, with as many as 1 in 3,000 patients dying as a result of the surgery. (Chelsea Ritschel, 2020)

With every surgery comes a set of risks, but when it comes to aesthetic plastic surgeries these risks are more common than we think. Some of the most invasive complications include; Hematomas, Seroma, Blood Loss, Nerve Damage, Scarring, anesthesia and more.



Above are photos taken by real plastic surgery victims in which they have developed what looks to be:

Hematoma (Top):

A solid clotting of blood beneath the skin.

Seroma (Middle):

A build up of fluid that pools underneath the skin, usually where tissue has been taken out from surgery.

Scarring (Bottom):

Scarring forms after normal collagen in the body has been damaged. Scarring is the natural healing process of the body. Scarring is permanent and does not disappear once the body has healed.

Top image: (Liposuction UK, 2020)

Middle Image: (SciencePhotoLibrary)

Bottom Image: (ResearchGate, 2017)

When you sign the consent form at your plastic surgeon's office you are blindly signing your life away. Plastic surgeries have shown us time and time again that the outcome is not worth the risks of going under the knife. Even the most successful surgeries have resulted in death after the patient was sent home.

Researchers monitored patients for complications and deaths within 30 days of surgery. Overall, five people, or less than 1% of patients, died on the operating table, and another 500 patients, or 70%, died in the hospital. 210 deaths, or 29%, didn't happen until after patients were sent home. (Lisa Rapaport , 2019)

The speculation around why patients are dying after being discharged is still unclear, but most are leaning towards the outcome of an invasive infection that has caused these deadly post-op incidents.

One thing still stands clear, the threat we choose to put ourselves in just for the simple pleasure of filling this universal hole we call our self-esteem is slowly becoming the cause of death at many funerals.





**AVOID COVID
LIKE THE PLAGUE.**

STAY HOME AS MUCH AS POSSIBLE.
Wear a mask. Watch your distance. Wash your hands.

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10

Ingredients that are killing your skin |



Written by: Dr. Essam Alerian, MD & Dr. Wesam Alerian, MD, Toronto, Canada

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When we choose between skincare products, we often look for products that promise good and fast results. Regardless of what is written in the benefits of this product, its quality and efficacy is the key to the significance of its components. Unlike foods and medications that require clarification of harmful benefits and side effects, cosmetics are not required to advertise harmful products and carcinogens they may contain.

Are there harmful ingredients in your cosmetics?

The U.S. Food and Drug Administration (FDA) bans certain ingredients, foods or medications that may harm health, but what goes on in your creams and cosmetics is left to the discretion of each company.

The biggest concerns are skin irritation and lack of proper cosmetic hygiene. However, the American Cancer Society says that the health risks related to long-term exposure to toxins in general whether from harmful cosmetics or other products cannot be completely ruled out.

In addition to cancer, other concerns that may result from the use of inappropriate cosmetics include:

- Contact dermatitis, or skin irritation.
- Congenital defects in pregnant women.
- Hormonal disorder in children and adolescents.





1

SODIUM LAURYL SULFATE (SLS)

Concern : acne (especially cystic acne) around the mouth and chin, skin irritation, canker sores, and disruption of the skin's natural barrier function and oil.

Found in: shampoo, body wash, foundation, face wash, mouthwash, and toothpaste.

2

DIETHANOLAMINE (DEA)

Concerns: Skin irritation - pollution concerns.

Found in: A variety of facial makeup and hair products such as shampoo and conditioner.

3

DIETHYL PHTHALATE (DEP), DIMETHYL PHTHALATE (DMP) & DIBUTYL PHTHALATE (DBP)

Concerns: Damage to the male reproductive system.

Found in: nail polish, hair sprays, perfumes, soaps and shampoos.

4

FORMALDEHYDE

Concerns: Carcinogenic, skin irritation, high rates of skin allergy reactions, rashes.

Found in: Nail products, mascara, hair gel, baby shampoo, body soap, colorful cosmetics.

5

POLYETHYLENE/PEGS

Concerns: frequently contaminated with 1, 4-dioxane, which is considered carcinogenic.

Found in: scrubs, body wash, makeup, toothpaste.

6

PARABENS

Concern: endocrine disruptors that mimic estrogen.

Found in: makeup – skin moisturizers- shampoos – conditioners – facial cleansers- shaving products.

7

SODIUM LAURETH SULFATE AND SODIUM LAURYL SULFATE

Concerns: Skin irritation - a pollutant.

Found in: toothpaste, shampoo, hand soap.

8

TRICLOSAN

Concerns: disruption of thyroid and reproductive hormones - might contribute to the development of antibiotic resistant germs - might be harmful to the immune system.

Found in: oral care products-shaving products – creams-colored cosmetics.

9

SILOXANE

(ingredients ending with siloxane or Methicone)

Concern: hormonal disorder.

Found in: hair products – deodorants.

10

BUTYLATED HYDROXYANISOLE (BHA) AND BUTYLATED HYDROXYTOLUENE (BHT)

Concerns: Skin irritation - hormone disorder.

Found In: Lipstick - eye shadow – exfoliants – perfume.





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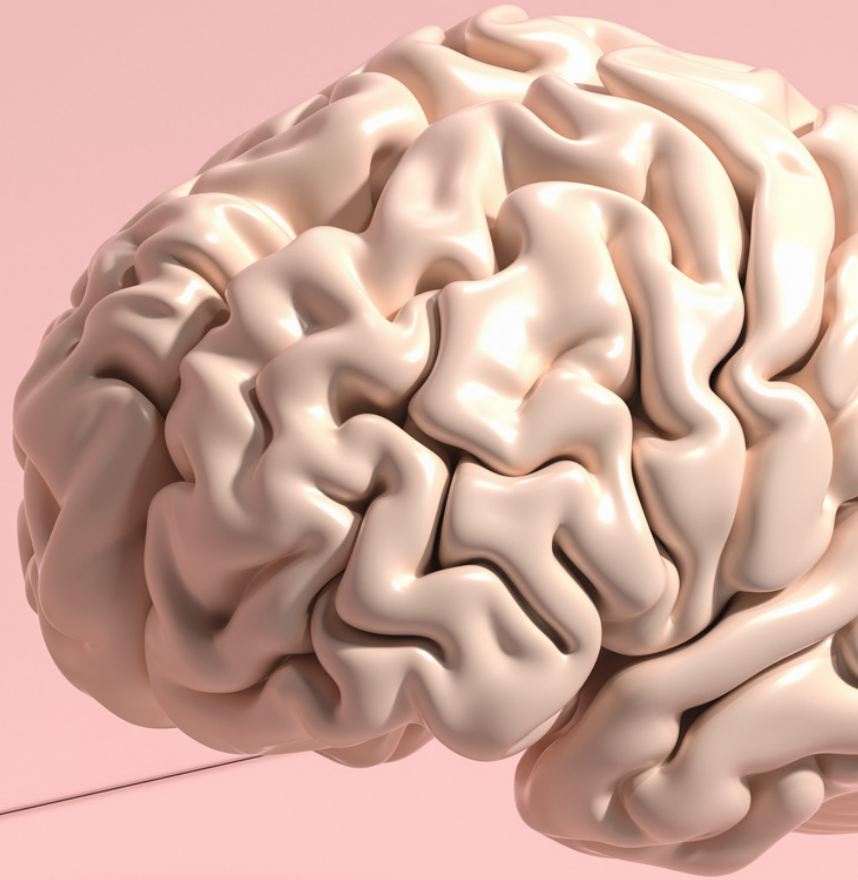


THE **PSYCHOLOGICAL** FACTORS THAT PLAY A PART IN OUR **APPEARANCE**

Many of us tell ourselves that we wear makeup for our own pleasures, that we are in fact dressing well to please ourselves and only ourselves. Yet, this is not the case, many of our actions are dictated by our subconscious mind that is heavily influenced by the world around us. Where we may love to believe what we wear or how we act is to impress ourselves and uplift our confidence, it is truly just a cover up to get other people's approval. Now there is nothing wrong with trying to gain society's approval. However, we need to understand and accept the fact that we are not in control of our confidence or appearance.

Beauty is subjective, it is a concept entirely made by human beings based on our culture, race, and community we reside in. Beauty standards change based on geographical location and culture, in Korea beauty in women is showcased with a pale face, light makeup and slim build, whereas across the globe in North America, beauty is identified with having a slim waist, big hips and caked makeup.

Women everywhere are constantly tested by their appearance and are forced to change how they look based on the beauty standards that are surrounding them. The question still remains as to why? Why do we adapt ourselves to these unreachable beauty expectations? Who Are we really trying to please?



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Part 1:

"SELF-IDENTITY"

There is a lot to cover when tackling the topic of self-identity and appearance. What we think of ourselves isn't what we truly believe we are. A big part of self-identity is gender identity. Being that humans cannot cultivate the thought of understanding ourselves. We assign a gender to our identity to make it easier for us to adapt to what being a "female" or "male" means to society. The self-identity theory in psychology is one visited often, it is a vast topic covering all from personality, mood, self-concept, and gender.

Yet, most of the time we find ourselves running in circles with these concepts because they are all subjective, they all rely on the person in question. Being that we are all different, a simple 'yes' or 'no' would not suffice to explain why we chose to do the things we do. Returning back to the topic of gender-identity, as humans living amongst an ever-changing society, we see ourselves adapting to what society has placed an "option" for us. Before being LGBTQ was an option most of us identified as "male" or "female". But because of the addition of different genders we have now found room to explore our own self-identity but still be refined to what society thinks we should be.

When you think of the phrase "be a man" what do you think of? What image plays in your head? What does a "man" look like to you? Even if YOU don't have an answer, society does. Tall, Built, Nice hair, suit and tie, etc. These are all characteristics society has created for the gender "male" now moving along to females. Pretty, slim build, fragile, elegant, long hair, nice eyes etc. We are never surprised by the image society has created for these genders. Understanding these concepts will play a helpful role in connecting the pieces when it comes to appearance.



Part 2:

“WHY IS APPEARANCE IMPORTANT?”

Appearance is believed to be one of the most important factors when it comes to decision making and social outings. We strive to gain the attention of those who are influential, rich, good looking etc., in order for us to get to where we need to be in life. Think about the last time you went to an event that a lot of people were attending. How did you dress? How did you carry yourself? We dress for the occasion, and the occasion is always an opportunity to gain experience, a partner or an investment that could change our lives. With this in mind, every time we step outside we need to be ready for anything...that guy from campus that you think is handsome, or that business client you want to rent out your property.

In summary all these situations depict other people and how we react to society. If there was only one person on earth we would not know the concepts of beauty, gender or appearance because we simply wouldn't care, but because these concepts are so radicalized and engraved into everything we do it is hard to ignore the constant reminder that you need to wear loads of makeup or have the latest designer clothing to be noticed. It's a sad dilemma but unfortunately it is the only plausible cause for this mayhem we call appearance.



Part 3:

"NOW WHAT?"

Appearance defines class, authority, income and beauty. An officer has to be in uniform for him to be identified and respected as an officer, a lawyer is always in a suit, doctor's can't be without their lab coats. These examples are not found in the cartoons, they are real life, we have taken them out of context and twisted them to adapt to our communities. The never ending pressure we face as humans to keep up with our appearance has unfortunately taken a rocky turn, with millions of men and women attempting plastic surgery to enhance their appearance and provide them with long-lasting effects.

But as my first point stated, beauty standards change, ten years from now big hips and a slim waist won't be the norm and we'll go back to being sickly skinny. What these surgeries don't offer is the "undo" button, so oftentimes we are signing away a body we can never get back, we are sculpting faces that wrinkle and sag with time. The constant race between beauty and man will never reach an even finish line, beauty will always be one step ahead of us, and we will always be falling behind. What worries me isn't losing the race, but losing ourselves in the process. We must take the time to learn more about ourselves, the more we choose to love our "defects" the easier our lives will become.

ADVIL

THE EVERY PAIN RELIEVER







THE REJECTION OF YOUR OWN COMPLEXION

The era of Skin Bleaching

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“WHEN THE COLOR OF YOUR SKIN CAN DETERMINE YOUR FUTURE, HOW FAR WOULD YOU GO TO BE LIGHTER?”

One of the fastest growing sectors in the beauty industry, as well as being one of its most controversial sectors is “skin bleaching” also known as skin lightening or whitening. Skin bleaching is a cosmetic treatment in which chemical substances are used in an attempt to lighten or provide an even skin color.

It is a global market, lightning product advertisements with before-and-after pictures of women who have bleached their skin flood the skincare and cosmetics marketplaces all over the world. The US-based Association of Black Psychologists notes that colorism -preference for lighter skin- may affect an individual's self-esteem, perceptions of beauty, political and economic opportunities. This drives the skincare and cosmetics industry to take advantage of women's craze for lighter skin. It is expected for its market to grow over 24 billion dollars in the next decade.

In a number of African countries, between 25 and 80% of women regularly use skin whitening products. In Asia, this number is around 40%. It's estimated that in the Philippines 1 in 2 women have tried these products. In India, over half of skin care products are sold to whiten skin. Most people are not looking to be white, they are just looking forward to having lighter skin, because historically that's what they perceived as not only being beautiful but also powerful. For many people skin tone is not only about skin, it's about “CLASS”. But unfortunately, this can come with a price.

Most contemporary skin-bleaching creams contain ingredients that inhibit the production of melanin, a body chemical that darkens skin. One such ingredient is hydroquinone, a depigmenting agent that lightens skin. WHO warns that hydroquinone's side effects include dermatitis (skin irritation), blue-black discolorations and even blindness.

Other skin whiteners contain a toxic form of mercury as the active ingredient. Their use, however, may harm a person's health and is illegal in many countries.

Prolonged usage of mercury-based products can ultimately discolor the skin as

mercury will accumulate within the dermis. Mercury toxicity can cause acute symptoms such as pneumonitis and gastric irritation. It can also contribute to long-term renal and neurological complications, the latter of which includes insomnia, memory loss, and irritability.

Some creams contain steroids, which are meant to be used for not more than seven days and only on localized areas. Overuse of steroid creams over a long period can cause thinning or weakening of the skin, stretch marks and easy bruising.

A new skin-bleaching treatment that is catching on is the intravenous application of glutathione, a natural antioxidant produced by the liver. The product can also be obtained in the form of antioxidant supplement tablets. It hasn't been proven that glutathione is safe or effective for skin lightening. Beyond the lack of evidence, there's an inherent danger in injecting an unregulated fluid into the body. In the Philippines, glutathione IVs were ubiquitous in neighborhood spas until 2011, when reports of serious skin rashes, thyroid issues, and kidney failure led to a ban by the country's government.



Some women who use illegal skin-bleaching products go as far as bleaching their children. Their two main reasons are firstly, believing that being light-skinned is beautiful and secondly, to hide the fact that they themselves are not naturally fair-skinned. For example, in Ghana some pregnant women have gone as far as taking skin-bleaching tablets in the hope that their newborn will be naturally light, not realizing that they are damaging themselves and their unborn foetus.

Chemically lightened skin is also highly susceptible to sun damage, dermal infection, and skin cancer. Pregnant users may also experience health complications for both them and their children.

The continual use of these creams eventually leads to dependence or addiction because when they are discontinued, the skin usually returns to its original color.

It became clear that a lot of people did not fully understand the possible dangers of skin bleaching, or the risks of irreversible damage. It is also known that the ideal image of fair skin is so deeply embedded in the population that unfortunately can overshadow any risk.



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BOTOX. WHAT YOU SHOULD KNOW.

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Botulinum toxin is a neurotoxic protein produced by the bacterium *Clostridium Botulinum*, and similar bacteria that causes flaccid paralysis in humans and that same toxin causes botulism, which is a life threatening form of food poisoning.

Botox was approved by FDA on December 9, 1991 to be safely used for medical conditions such as cerebral palsy, post-stroke spasticity, spasms of the head and neck that cause migraine headaches. It is also used to control uncontrolled blinking of the eyelids, and to relax the clenching muscles which include the esophagus and jaw.

Botox is also used in treating the lower urinary tract, overactive bladder and overactive sweat glands of the armpit. Botulinum toxin is used to treat any muscle stiffness in the arms, hands, legs and feet in adults and children over the age of two.





Side effects of Botox injections may include drooping eyelids, uneven eyebrows, dry eye or excessive tearing, crooked smiles or drooling around the mouth. The good news is that these symptoms are not permanent and will take a few weeks to dissipate and facial expressions will go back to normal. Botox may also cause more serious side effects that need medical attention such; as difficulty swallowing, difficulty breathing and speaking and can even cause vision problems.

CONCLUSION:

Botox is safe to use and has several medical and cosmetic benefits as long as it's administered by a licensed professional.



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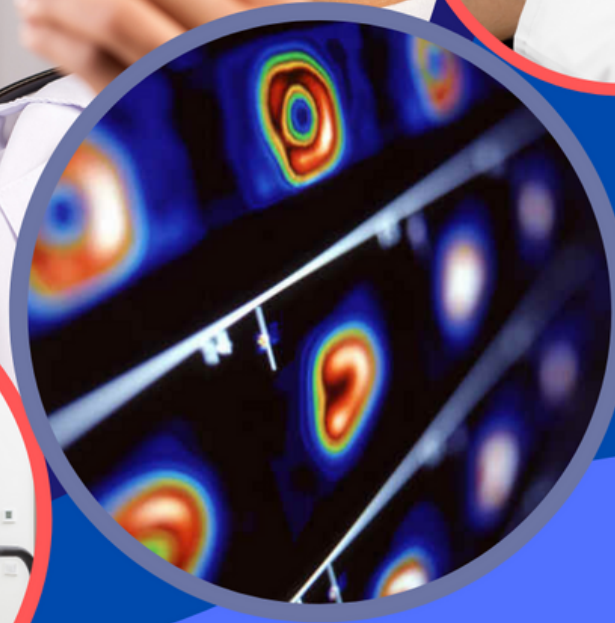
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CANCEROUS

Beauty



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In the 19th and early 20th centuries due to the industrial revolution, coal miners and factory workers had to work 12-13 hours indoors at a time, getting pale, resulting in many adverse health issues. Later, scientists and health professionals promoted direct sunlight as an elixir to improve physical and mental health; tanning was considered good health. Now in 2021, tanning has become a symbol of following favorite Hollywood celebrities' beauty routines, index of chic, and even affording outdoor vacations to warmer places.

Some people believe that it is a good source of getting Vitamin D and protection from natural sunburn. It is unclear how it became a beauty trend but in 1923 trendsetter Fashion designer Coco Chanel got sunburned on a trip to French Rivera and instantly sparked an international beauty trend, a new marker of being attractive and desirable. Later, many television commercials promoted tanned looks. Famous Hollywood stars like Jennifer Lopez, Beyoncé, Jennifer Anniston. Television celebrities like Kim Kardashian, Kylie Jenner are trending for their bronze outlook and their fans are surely embracing their appearance



1.35 million Canadians use tanning beds, and even a larger population frequently travels to the Caribbean or other tropical beaches to get tanned. While skin cancer is the most common type of cancer in Canada, about 4.6 percent of Canadians use tanning beds. Indoor tanning and natural sunlight both emit Ultraviolet rays, the most important risk factor of skin cancer e.g., Melanoma, Squamous cell carcinoma, Basal cell carcinoma. Some tanning machines emit 2-10 times more UVA or UVB than mid-noon sunlight.

Ultraviolet rays damage the epidermis, the superficial layer of skin, by destroying DNA. Skin usually repairs itself by DNA repair but with chronic ultraviolet ray exposure repair is not possible. Ultraviolet rays also promote release of melanin that can absorb UVR but not completely. Skin tan is a sign that skin damage has already occurred. Besides cancer, indoor tanning can also result in premature aging, immune suppression, eye damage, and allergic reaction.

Research shows getting a tan before 35 years of age results in a 60% chance of getting melanoma; before age 24 that number becomes 102% for a chance of getting Squamous cell carcinoma and 40% for Basal cell carcinoma. Skin cancer is treatable most of the time, but if not caught early it can metastasize and result in death. The most vulnerable group is fair toned young girls. Unfortunately, 70% of the indoor tanning users are females who are 16-29 years old.

15 minutes of uncovered sunlight is essential for Vitamin D synthesis and helpful for fighting breast, colon, ovarian and prostate cancer. However, to get a fake tan people spend well over 15 minutes under direct sunlight or indoor sunbed without appropriate amounts of sunscreen even though the recommended sun protection factor for sunscreen usage is at least SPF 30 to ensure a 93% protection from ultraviolet rays.

People already know about the adverse effects of fake tan but to keep up with the latest trend they ignore the consequences and end up exposing themselves to severe consequences. Skin tanning can become an addiction as well. Experiments show UVR exposure damages epidermal cells and releases melanin and beta endorphin.

Beta endorphin acts on opioid receptors as an exogenous opioid which is usually addictive. Body dysmorphic disorder and obsessive-compulsive disorder are correlated with addiction to sun or tanning. Awareness is growing among the responsible population and now-a-days instead of suntan bed people are using professional spray tan, which is basically plant based dye, tanning cream, tanning lotion, and bronzer powder. to achieve that "sunkissed" look.



According to The Skin Cancer Prevention Act: In 2013, the Canadian government banned indoor tanning in all provinces for people under 18 years of age, mandated a show of ID from anyone who appears under 25 years old. Tanning bed operators are required to post signs stating the ban on minors and the health risks of tanning bed use, provide protective eyewear to consumers, and provide written notice of their location and business contact information to their local Medical Officer of Health.

Tanning bed owners/operators who fail to comply will be fined. Inspectors are authorized to inspect and enforce these requirements. After passing this act in 2013, there has been more than 25% decline in the number of indoor tanning services in Ontario.

Skin tanning is a billion-dollar industry in North America. Even though WHO and the International Agency for Research on Cancer (IARC) found a significant association between artificial tanning and development of skin cancer, it is legal for people older than 18 years of age in Canada to partake in artificial tanning. There are alternative, popular and safe methods of skin tanning but people still prefer indoor sunbeds because of the media promotion, myths around it being a good source of Vitamin D, and glaring reviews from popular social media influencers with millions of followers.

This sample health essay focuses on the dangers of artificial tanning and long-term exposure to the sun, as well as an overview of UV radiation. Over 35% of adults, 59% of university students and 17% of teenagers in the United States have admitted to using an artificial tanning bed at some point in their lives. (Wehner et al.)

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