

## Helpful Tips

- ◇ Exercise 20-30 minutes at least 3-4 times a week
- ◇ Don't forget monthly self-exams and annual mammograms
- ◇ Make sure you are getting adequate vitamin C and D
- ◇ Drink 4 – 5 cups of green tea a day to reduce the risk of breast cancer by 22%
- ◇ Add 1 – 2 tablespoons of ground flaxseed meal a day to encourage healthy estrogen levels
- ◇ Eat small amounts of whole soy foods, (tofu, miso, tempeh) – avoid concentrated capsules or food additives of soy
- ◇ Limit lifetime use of pharmaceutical hormones
- ◇ Encourage breastfeeding – the longer you breastfeed the greater the protection

## References

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## References cont . . .

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America's Children and the Environment: Measures of contaminants, body burdens, and illnesses [Internet]. Washington, DC: Environmental Protection Agency; [updated 2011 March 8; cited 2003]. Available from: [www.epa.gov/ace/publications/index.html](http://www.epa.gov/ace/publications/index.html); [www.epa.gov/ace/child\\_illness/d5-graph.html](http://www.epa.gov/ace/child_illness/d5-graph.html).

State of the Evidence: The connection between breast cancer and the environment [Internet]. San Francisco: Breast Cancer Fund; [2010 October 1]. Available from: [www.breastcancerfund.org/media/publications/state-of-the-evidence/](http://www.breastcancerfund.org/media/publications/state-of-the-evidence/).

Chemical Carcinogenesis Research Information System (CCRIS) <http://toxnet.nlm.nih.gov/cgi-bin/sis/htmlgen?CCRIS>

Enviro-Health Links <http://sis.nlm.nih.gov/enviro/envirohealthlinks.html>

WomenandEnvironment.org/

BreastCancerFund.org

## Resources

Breast Cancer Task Force of the Greater Miami Valley – [breastcancertf.org](http://breastcancertf.org)

Environmental Working Group – [ewg.org/skindeep](http://ewg.org/skindeep) [ewg.org/cleaningguidelines](http://ewg.org/cleaningguidelines)

Women's Voices for the Earth – [womensvoices.org](http://womensvoices.org)

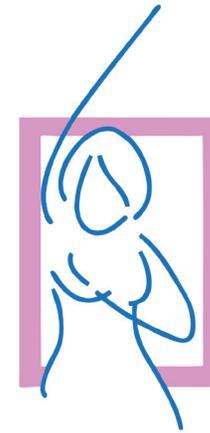
Breast Cancer Fund – [breastcancerfund.org](http://breastcancerfund.org) and [BreastCancerfund.org/assets/pdfs/publications/state-of-the-evidence-2010.pdf](http://BreastCancerfund.org/assets/pdfs/publications/state-of-the-evidence-2010.pdf)

Health Care Without Harm – [http://noharm.org/lib/downloads/doc\\_index.php#chemicals](http://noharm.org/lib/downloads/doc_index.php#chemicals)

Safe Lawns – [safelawns.org](http://safelawns.org)

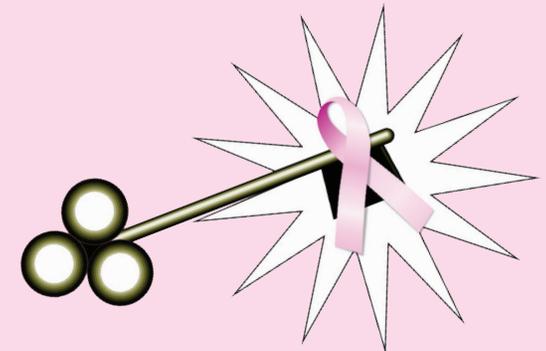
The Collaborative on Health and the Environment – [healthandenvironment.org](http://healthandenvironment.org)

Program on Reproductive Health and the Environment – [prhe.ucsf.edu/shapingourlegacy.html](http://prhe.ucsf.edu/shapingourlegacy.html)



Breast Cancer  
Task Force  
of the Greater Miami Valley

# Reducing the Risk of Breast Cancer Is KEY



## Personal Care Products

- ◇ Read the label before you buy/use any product
- ◇ Choose products with fewer ingredients
- ◇ Avoid chemicals of concern
  - Any “fragrance”
  - Triclosan
  - Dyes
  - Formaldehyde
  - AHA and BHA acids
  - Oxybenzones in sunscreens
  - Phthalates (MEHP, DEHP, DBP)



- Parabens
- PEGs
- Toluene
- Petrolatum
- Dark hair dyes

## Foods

- ◇ Choose organic whenever possible
- ◇ Use only hormone-free meats & dairy
- ◇ Eat low fat, high fiber foods, lots of fruits and vegetables
- ◇ Minimize canned foods – choose fresh or frozen
- ◇ Reduce the amount of processed foods
- ◇ Minimize dyes, colors & preservatives in packaged or canned foods
- ◇ Choose wild caught fish



## Reducing the Risk of Breast Cancer

Breast cancer is in the news and the message is loud and clear. Exposures to toxic chemicals in everyday products increase the risk of developing breast cancer in both men and women.

What can families do to reduce exposures to harmful chemicals?

- We can educate ourselves and our families on how and where we are exposed
- We can be alert and switch to safer products

Many toxic chemicals are found in:

- Personal care products
- Household products
- Plastics
- Foods

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## Household Products

- ◇ Wash hands with soap and water – avoid anti-bacterial hand sanitizers
- ◇ Use simple cleaning products like vinegar, baking soda and lemon juice
- ◇ Dust with water or food grade oils
- ◇ Use house plants to clean the air instead of artificial air fresheners
- ◇ Avoid chlorine bleach
- ◇ Avoid flame retardants in clothing and furniture
- ◇ Minimize the use of pesticides in and outside of the house
- ◇ Use only organic lawn care products
- ◇ Avoid artificial air fresheners



## Plastics

- ◇ Use stainless steel or glass bottles for water and beverages
- ◇ Cook with cast iron or stainless steel – avoid non-stick cookware
- ◇ Prepare, serve and store foods in glass, stainless steel or bamboo
- ◇ Avoid plastic baby bottles and sippy cups and discard plastic teething rings
- ◇ Use plant-based plastic alternatives for storage bags and food wraps