

## GET THE FACTS

and find out how to reduce your exposure to cancer-causing chemicals and environmental hazards!

## GET INVOLVED

### FACT 1

In the 1940s, a woman's lifetime risk of breast cancer was one in 22. Today, it is one in seven and rising. And the number of men diagnosed with breast cancer has increased 25 percent in the past 25 years.



PREVENTION STARTS HERE.

[www.breastcancerfund.org](http://www.breastcancerfund.org)

### FACT 2

When all known risk factors and characteristics are added together, including family history and genetics, more than 50 percent of breast cancer cases remain unexplained. However, there is powerful evidence that environmental exposures—including chemicals found in cosmetics and personal care products, pesticides, cleaning products, fuels and plastics—may trigger the development of breast cancer.

### FACT 3

An estimated 100,000 chemicals are registered for use in the United States today. However, more than 90 percent have never been fully tested for their effects on human health. Because many of these chemicals accumulate in body fat and remain in breast tissue for decades, every woman, man and child now carries synthetic chemicals—including some that induce mammary tumors in animals—in their breasts and bodies.

### Support the Breast Cancer Fund

The Breast Cancer Fund needs you to help eliminate cancer-causing chemicals and environmental toxicants!

Through public education, prevention and public policy initiatives, outdoor challenges including major mountain climbs, film festivals and other innovative campaigns, the Breast Cancer Fund mobilizes the public and secures the institutional changes and legislative reforms necessary to eliminate the environmental links to breast cancer. In this way, we aim to serve and honor the women and men who suffer from the disease.

The Breast Cancer Fund advocates for policies that place the public's health first, including the elimination of known and suspected carcinogens in cosmetics, other consumer products and industrial processes; and a comprehensive biomonitoring program to measure the pollution in people and ultimately eliminate the dangerous chemicals found in women's breasts and bodies.

Together we can make this happen.

**Add your voice by signing up for our e-Newsletter or taking action on our Web site, [www.breastcancerfund.org](http://www.breastcancerfund.org). Get involved today!**

*In response to the public health crisis of breast cancer, the Breast Cancer Fund identifies—and advocates for elimination of—the environmental and other preventable causes of the disease.*

# SIX ACTIONS

to reduce your exposure to cancer-causing chemicals and environmental hazards!

For more details on these six actions or to view scientific sources for any of these facts, contact the Breast Cancer Fund.

TOLL FREE  
1-866-760-TBCF

E-MAIL  
info@breastcancerfund.org

WEB  
www.breastcancerfund.org

MAIL  
1388 Sutter St., Suite 400  
San Francisco, CA 94109

## 1

### Practice Healthy Purchasing

Don't bring toxic chemicals home from the store. Choose chlorine-free paper products to reduce dioxin, a carcinogen released when chlorinated products are incinerated. Read food labels, and choose pesticide-free, organic produce and hormone-free meats and dairy products. Replace harmful household cleaners that contain bleach with cheaper, nontoxic alternatives like baking soda, borax soap and vinegar. Look for alternatives to chemical weed and bug killers—many contain toxic chemicals that accumulate in our bodies.



## 2

### Advocate for Safe Cosmetics

Chemicals linked to cancer and birth defects do not belong in cosmetics, period. However, some popular brands of shampoo, deodorant, face cream and other everyday products contain these dangerous chemicals. Join us in our demand for safer products and smarter laws by letting cosmetics companies know they need a makeover. Ask them to sign the Compact for Safe Cosmetics, a pledge to substitute chemicals linked to birth defects, infertility, cancer, brain damage and other serious health consequences with safer alternatives. Because we all have a right to safe and healthy personal care products.



## 3

### Use Caution with Plastics

Some plastics leach hormone-disrupting chemicals called phthalates into the substances they touch. Polyvinyl chloride (PVC) plastics release carcinogens into our air and water during the production process. PVC plastics are especially dangerous in toys that children put in their mouths, so keep an eye out for nontoxic toys. Further, never put plastic or plastic wrap in the microwave, as this can release phthalates into your food and beverages.



## 4

### Advocate for Clean Air

The soot and fumes released by factories, automobiles, diesel trucks and tobacco products contain chemicals called polycyclic aromatic hydrocarbons (PAHs) that are linked to breast cancer. Indeed, breathing these compounds from second-hand tobacco smoke may increase your risk for breast cancer more than active smoking. Stay away from second-hand smoke, and advocate for stronger clean air protections.



## 5

### Avoid Unnecessary Radiation

Ionizing radiation is a known cause of breast cancer. Radiation damage to genes is cumulative over a lifetime—thus many low doses may have the same effect as a single high dose. Mammograms, other X-rays and CT scans expose you to radiation. While mammography screening may benefit postmenopausal women, mammography for women in their 30s and 40s remains controversial. Whenever you have an X-ray or scan, request a lead shield to protect the areas of your body not being X-rayed.



## 6

### Explore Alternatives to Artificial Estrogens

Women who have prolonged exposure to estrogens are at higher risk for breast cancer, and major studies continue to show an increased risk when postmenopausal women use hormone replacement therapy (HRT). Women who use both birth control pills and—later in life—HRT face an even greater risk of breast cancer than those who use neither. Explore your options with healthcare professionals.



I want to support  
the Breast Cancer Fund's  
important programs to  
eliminate the  
environmental causes  
of breast cancer.



NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY STATE ZIP \_\_\_\_\_

E-MAIL \_\_\_\_\_

- I want to receive the Breast Cancer Fund's e-mail alerts so I can make my voice heard on important policy issues and find out about upcoming events.
- I want to receive a full list of Breast Cancer Fund publications so I can learn more about the environmental links to breast cancer.
- I want to learn how to participate in the Breast Cancer Fund's hikes, bike rides and other outdoor challenges.
- I want to join the Breast Cancer Fund and subscribe to your quarterly newsletter!**  
Please accept my donation of  \$35  \$50  \$100  Other \_\_\_\_\_  
 I am enclosing a check (made payable to Breast Cancer Fund)  
 Please charge my  VISA  MC  AMEX

Card Number \_\_\_\_\_ Exp. Date \_\_\_\_\_

Name on Card \_\_\_\_\_

*(Please fax this completed card to the Breast Cancer Fund at 415-346-2975, or mail to 1388 Sutter Street, Suite 400, San Francisco, CA 94109.)*

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