



- ◇ Exercise 20-30 minutes at least 3-4 times a week
- ◇ Don't forget monthly self-exam and regular medical exams
- ◇ Make sure you are getting adequate vitamin C and D
- ◇ Drink green tea! Drinking 2-3 cups a day can reduce the risk of breast cancer by 22%
- ◇ Add 1-2 TBSP of ground flaxseed meal a day-lignans encourage healthy estrogen levels
- ◇ Eat small amounts of organic 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
- ◇ .

Resources

EWG.org/skindeep

EWG.org/cleaningguidelines

BCERP.org Breast Cancer and the Environment Research

ehjournal.biomedcentral.com/articles/10.1186/s12940-017-0287-4. State of the Evidence 2017

NoHarm.org/lib/downloads/chemicals/Guide_to_Safer_Chemicals.pdf

HealthandEnvironment.org

<https://www.niehs.nih.gov/health/topics/conditions/breast-cancer/index.cfm>

Breast Cancer:

Reducing the Risk

is the

KEY



Personal Care Products

- ◇ Read the Label before you buy/use any product
- ◇ Choose products with fewer ingredients

Chemicals of Concern:

Any "fragrance"	Parabens
Triclosan	PEGs
Dyes	Toluene
Formaldehyde	Petrolatum
AHA and BHA acids	Dark hair dyes
Oxybenzones in sunscreens	
Phthalates (MEHP, DEHP, DBP)	

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 and foods

Many toxic chemicals are found in:

Personal care products

Household products

Plastics

Foods

Continue your self exams, medical exams and mammography as recommended

Healthy Household



- ◇ Wash hands with soap and water-avoid anti-bacterial hand sanitizers
- ◇ Use simple cleaning products like vinegar, baking soda and lemon juice
- ◇ Cook with cast iron or stainless steel-avoid non-stick cookware
- ◇ Dust with water or food grade oils
- ◇ Avoid artificial air fresheners-use house plants to clean the air instead
- ◇ Minimize the use of 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

Plastics

- ◇ Use stainless steel or glass bottles for water and beverages
- ◇ Prepare, serve and store foods in glass, stainless steel or bamboo
- ◇ For children– avoid plastic bottles and sippy cups. Discard plastic teethingers
- ◇ Use plant-based plastic alterna-