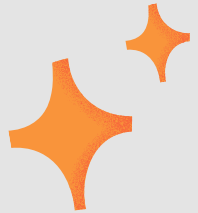


what's in your environment?

the hidden link to breast cancer



1 in 8



women will be diagnosed with breast cancer in their lifetime.

PESTICIDES

Exposure to pesticides, chemicals used to control insects and weeds in agricultural fields, is nearly impossible to avoid. Pesticides can be absorbed or inhaled, but most people unknowingly consume pesticide residues on or in produce, meat, or fish. Chemicals in pesticides were found to be direct carcinogens and more alarmingly, endocrine disrupting compounds (EDCs). These pesticides, associated with an increased risk for developing breast cancer (especially when exposures occur during critical periods of breast development such as prenatally and in early childhood), continue to be used in US farming practices.



PERSONAL PRODUCTS

Various chemicals classified as carcinogens or EDCs in personal care products (lipstick, lotion, shampoo, etc) have been linked to breast cancer. Phthalates, an EDC found in nail polish and fragrances, have been linked to early puberty in girls—a risk factor for breast cancer. Parabens (widely used as preservatives in lotions and creams) have been found to mimic estrogen and increase risk to breast cancer. Despite the cumulative risks of frequent exposure, these chemicals remain largely unregulated. In fact, many of these chemicals are concealed as contaminants or disguised as “fragrance.”



NONSTICK COOKWARE

Found in non-stick coatings, PFAS (per- and poly-fluoroalkyl substances) especially PFOA, have been linked to increased risk for breast cancer. PFAS are also found in food packaging, personal care products, carpeting and firefighting foam, and stain resistance products. PFOA is a suspected EDC and possible carcinogen, while PFOS has been linked to fertility problems. Several PFAS chemicals, especially PFOA, have been linked to increased risk for breast cancer.



RBGH

Despite being banned entirely in Canada, Australia, Japan, and all countries in the European Union, recombinant bovine growth hormone (rBGH) continues to be legal in the US. Studies have shown that rBGH raises the concentration of insulin-like growth factor-1 (IGF-1) in cow milk, which has been shown to stimulate growth of human breast cancer cells. Although high levels of IGF-1 have been associated with an increased risk of breast cancer, large pharmaceutical companies continue to produce rBGH.



AIR POLLUTION

Hazardous air pollutants (HAPs) and toxic air contaminants (TACs) are chemicals linked to breast cancer and reproductive harm. These pollutants originate from various sources, including traffic emissions, gas wells, hazardous waste sites, landfills, and polyvinyl chloride (PVC) manufacturing plants. Although these chemicals remain unregulated, studies demonstrate that even the lowest levels of exposure to industrial HAPs are linked to significant increases in the likelihood of developing breast cancer, with the greatest risks evident among women of color.



PREVENTION
BEGINS WITH AWARENESS

