**Bisphenol A**
- food can linings
- polycarbonate plastic
- thermal receipts
- endocrine disruptor
- poster child EDC

**Tips**
- soak beans
- stainless steel for water
- change markets
- change laws
Problem

- BPA in can linings
- Varies from food to food and can to can
- Can-free alternatives aren't available everywhere and can cost more
- Replacements need to be safe

Ban Poisonous Additives Act (BPA Act)

- House Bill
  - Bans BPA from food and beverage containers
  - Requires testing of alternatives for safety
- Senate Bill
  - Requires labeling
Go Organic
- Pesticides linked to cancer, reproductive harm and other health issues
- Reduces your pesticide exposures
- Not just food we buy - farmers, workers, nearby communities, air, water & soil
- And pesticide run-off in water and soil

Tips
- Buy organic when you can
- Hormone-free meat and milk
- Advocate for local farmer's markets
- Grow your own
- Start a farmers market or CSA
- Local cosmetic pesticide laws
- Ask EPA to look at pesticides' effects on breasts
Perfluorinated Compounds

Non-stick surfaces, Stain resistant coatings
- Products --> Bodies
- Manufacture --> waterways
- Concentrate in Arctic settings

Tips
- Skip non-stick pots and pans - cast iron, stainless steel, anodized aluminum are better options
- In-home water filters
- Avoid stain-resistant clothing & fabrics
**Flame Retardants**
- PBDE's
- Similar to banned PCBs
- Concentrate in arctic climates
- Regrettable substitutions

**Tips**
- Wash hands frequently
- Use a vacuum with a HEPA filter to capture dust
- Buy furniture made of wool, cotton, and other "legacy" fibers
- Advocate for safer alternatives
**Cleaning products**
- fragrance
- laws do not require ingredient disclosure
- alkylphenols, ethylene glycol, PFC's

**Tips**
- go simple (baking soda, vinegar, castile soap)
- choose companies that fully disclose ingredients
**Personal Care**
- fragrance
- EDC’s like parabens, triclosan, and synthetic musks
- bath products, skin care, hair care, etc.

**Tips**
- go simple (fewer products, fewer ingredients)
- choose companies that fully disclose fragrance
- kid’s products
Safe Cosmetics and Personal Care Products Act

- Phaseout known carcinogens, genetic mutagens, and reproductive toxins from cosmetics
- Safety assessments of cosmetic ingredients
- Full labeling of ingredients
- Consideration of vulnerable populations when making safety assessments
Problem
- Radiation exposure per person has doubled since 1980
- Mostly due to a 500% increase in medical radiation
- CT scans, fluoroscopy exams among highest radiation

Solutions
- Discuss imaging exams with your doctor
- Ask about alternatives, like MRI or ultrasound
- Ensure children get appropriate doses for necessary tests
- FDA proposals to establish clinical guidelines and standards for doses and machines
Prevention is the key to reducing the burden of breast cancer
Problem
Need to regulate chemicals for ALL their uses

Regulatory Overlap
- Personal Care Products - FDA
- Cleaning Products – CPSC/OSHA/FDA/EPA
- Food Packaging - FDA
- Toys & Consumer Products - CPSA
- Industrial Chemicals, Air, Water - EPA
Reform of the Toxic Substances Control Act (TSCA)
Failures of TSCA

84,000 chemicals registered for commerce
62,000 grandfathered in with no safety review in 1976
200 of those grandfathered chemicals tested
38 years without updating 5 chemicals regulated
Let’s Put Breast Cancer Out Of Work!
Tips to start with

1. Avoid synthetic fragrance in almost everything
2. Go old school: metal, glass, wool, etc.
3. Pick cleaning products that have ingredient labels or make your own.
4. Don’t microwave in plastic. Just don’t.
5. Go fresh, go organic.
6. Install a carbon-based water filter.
7. Swap your outdoor shoes for indoor shoes.
8. Wash your hands.

Big Picture Solutions

1. Use your buying power
2. Engage locally
3. Educate others
4. Engage with decision-makers to reform TSCA and industry-specific chemicals policies
Join Us
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