



## Top 4 Tips for Prevention

# Out & About

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

- ▶ Find more tips for prevention
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## Top 4 Tips for Prevention

# Health & Beauty

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## Top 5 Tips for Prevention

# Home

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## Prevention starts in your everyday environments. Here's how:

- ▶ **Tip 1: Protect yourself from the sun—and sunscreen**  
Sunscreens often contain small amounts of hormone-disrupting chemicals that are bad for us and aquatic life. Stay out of the sun during peak hours, cover up and look for a safer sunblock at [www.safecosmetics.org/skindeep](http://www.safecosmetics.org/skindeep).
- ▶ **Tip 2: Make sure your water bottle is BPA-free**  
Avoid toxic bisphenol A, or BPA, which is in polycarbonate plastic reusable water bottles, and kick the bottled-water habit. Instead, get a non-toxic, reusable stainless steel bottle.
- ▶ **Tip 3: Avoid pesticides**  
It's no surprise that weed and pest killers aren't good for humans, either. Look for non-toxic alternatives such as vinegar, salt, soapy water and rubbing alcohol.
- ▶ **Tip 4: Take caution with EMFs**  
Wireless Internet and phone networks expose us to very low levels of non-ionizing, or electromagnetic field (EMF), radiation. Health risks are not yet well understood, but it's good to take precautions. Keep your computer in "sleep" mode and disable your wireless network when not in use. Don't keep your cell phone in your pocket, use a headset and, when possible, text instead of calling.

## Prevention starts with your morning routine. Here's how:

- ▶ **Tip 1: Simplify**  
Some beauty products contain carcinogens and hormone-disrupting chemicals. Decrease your exposure by using fewer products with simpler ingredients.
- ▶ **Tip 2: Avoid "fragrance"**  
"Fragrance" can contain dozens, even hundreds, of chemicals—including hormone-disrupting phthalates. Avoid synthetic fragrance and opt for products that are fragrance-free or contain natural fragrances like essential oils.
- ▶ **Tip 3: Ingredients to avoid**  
Avoid products with DMDM hydantoin and imidazolidinyl urea; parabens or any word ending in "-paraben"; "PEG" and words ending in "-eth"; triclosan and triclocarban; triethanolamine (TEA); hydroquinone and oxybenzone.
- ▶ **Tip 4: Products to avoid**
  - ▶ Anti-aging creams with lactic, glycolic, AHA or BHA acids
  - ▶ Hair dyes, especially dark permanent dyes
  - ▶ Nail polish and removers with formaldehyde, DBP or toluene
  - ▶ Skin lighteners with hydroquinone

## Prevention starts at home. Here's how:

- ▶ **Tip 1: Avoid canned foods**  
The lining in canned foods contains toxic bisphenol A, or BPA, which leaches into food and then into us. Choose fresh and frozen over canned foods.
- ▶ **Tip 2: Know your plastics**  
Avoid plastics that contain hormone-disrupting phthalates, especially polyvinyl chloride, or PVC (usually recycling code 3). Avoid clear, shatterproof plastic that contains BPA (usually code 7). Safer plastics are coded 1, 2, 4 and 5. The safest options are stainless steel, glass and ceramic.
- ▶ **Tip 3: Keep plastic out of the microwave**  
Even "microwave safe" plastic can leach chemicals into your food when heated, so choose glass or ceramic containers and cover your food with a ceramic plate or an unbleached paper towel instead of plastic wrap.
- ▶ **Tip 4: Use non-toxic cleaning products**  
Many cleaning products contain harmful chemicals. Seek out non-toxic alternatives or make your own. Try baking soda for scouring and vinegar for cleaning glass.
- ▶ **Tip 5: Eat hormone-free meat and dairy**  
Choose hormone-free beef and dairy to avoid consuming the residue of livestock growth hormones.