

The breast cancer community is concerned about chemicals that appear to disrupt the normal action of hormones in the bodies of women and girls. While these chemicals have not been shown to directly cause breast cancer, there is concern that they may increase a woman's risk of breast cancer. The Wisconsin Breast Cancer Coalition urges you to avoid **these chemicals** when possible.

READ LABELS

Look for words like **paraben** or **phthalate**, often found in personal products.

GO FRAGRANCE FREE

Phthalates may be present in any product with fragrance, like perfumes, shampoos, air fresheners, detergents, scented candles, etc.

WATCH FOR '3'

Plastic and vinyl toys, and food and beverage containers with a '3' in the recycling triangle usually contain **phthalates**.

SWITCH TO GLASS

Some plastics contain **Bisphenol-A** (BPA). BPA can leach into foods and drinks stored in plastics.

AVOID CANNED FOODS

The linings of most cans of food contain **BPA**. Choose fresh and frozen foods when possible.

DO NOT MICROWAVE PLASTICS

BPA in plastics can leach into food when heated in the microwave. This means no plastics in the microwave, not even frozen entrees and those "steam it in the bag" frozen veggies.

LOOK FOR '7'

Plastic food and beverage containers with a '7' in the recycling triangle often contain **BPA**.

DITCH MICROWAVE POPCORN

Microwave popcorn bags are lined with **perfluorochemicals**, another chemical of concern. Make a new tradition, it's more fun to make it the old fashioned way, anyway!

BOOKMARK EWG.COM

The Environmental Working Group has numerous, easy-to-use databases to look up care products and food safety ratings.

REDUCE ANIMAL FATS

There are new and emerging studies that show animal fat in your diet can lead to a higher risk of breast cancer.

MAINTAIN A HEALTHY WEIGHT

Obesity is a breast cancer risk factor for young girls later in life and for post-menopausal women. Watch your diet and exercise regularly to maintain your weight.

ADD ORGANIC, NATURAL SOY

Tofu and edamame may contain compounds with a protective effect on your body.

WAYS TO REDUCE
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C A N C E R