

THE BREAST CANCER-HOME

Checklist

One in 8 women today will be diagnosed with breast cancer in her lifetime. But, only 1 in 10 cases of breast cancer are linked to family history (Mayo Clinic). A peer-reviewed study identified seventeen types of chemicals, 102 in total, linked to breast cancer.

HERE ARE 10 YOU CAN AVOID IN YOUR HOME TODAY:

KNOW YOUR TRIANGLES

Look for a high performance filter with MERV ratings of 12 or higher. Alternatively, 3M uses the Microparticle Performance Rating (MPR). Look for an MPR rating between 1200-2200. These will capture large airborne allergens such as mold spores, pollen, and dust mite debris from the air passing through the filter. And, don't forget to change it every season.

BREAK UP WITH YOUR {TOXIC} MAKEUP

Parabens are preservatives added to many personal care products and are shown to have estrogenic activity in human breast cancer cells. Avoid: ethylparaben, methylparaben, butylparaben, propylparaben, and benzylparaben.

RE THINK PHTHALATES

These plasticizers soften PVC and prolong the scent in cosmetic products, cleaners and air fresheners, but are xenoestrogens; synthetic chemicals that mimic natural estrogens.

AIR ON THE SIDE OF CAUTION

Use HEPA portable air purifiers and vacuums and wet mop and damp dust to remove dust that can contain VOC's (volatile organic compounds) and flame retardants.

FOREGO FLAME RETARDANTS

Shop for furniture that doesn't contain flame retardant chemicals. If flame retardant-free foam isn't available, choose furniture and mattresses made with naturally flame-resistant fabrics and padding such as wool, hemp or Kevlar.

GET UNSTUCK ON NONSTICK

PFOA and other perfluorinated compounds (PFCs) are used in nonstick and stain-resistant coatings on rugs, furniture, clothes, and treated fabrics.



SKIP THE SMOKE

Look for a high performance filter with MERV
Avoid second-hand tobacco smoke (or quit
smoking) and do not store gasoline or leave your
vehicle idling in an attached garage.

 DRINK YOUR WAY TO HEALTH

Use a home water filtration system containing
a carbon block filter that removes genotoxic
by-products of drinking-water disinfection. Al-
though MX concentrations are typically much lower
than those of regulated disinfection by-products,
MX is more potently genotoxic and carcinogenic.

 WET CLEAN YOUR DRY CLEAN

Avoid halogenated organic solvents such as
perchloroethene (PERC). 85% of the more than
35,000 dry cleaners in US PERC. Instead find a
dry-cleaner who offers "wet cleaning" or liquid
carbon dioxide (CO2) cleaning.

 CHUCK THE CHARRED FOOD

HCA's (heterocyclic amines) from grilled meat are
linked with increased breast cancer risk. Acryl-
amide - produced by high-temperature cooking (ie:
French fries, potato chips, coffee), tobacco smoke
and water-treatment by-products, has also been
found to increase breast cancer risk.



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