

7 Tips to Reduce Your Exposure to Likely Breast Carcinogens

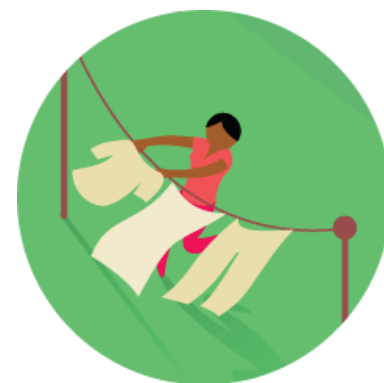


SILENT SPRING INSTITUTE

Researching the Environment and Women's Health

A wide variety of chemicals in our everyday environment can cause mammary tumors in animals, which is worrisome evidence that these chemicals may increase breast cancer risk. While scientists continue to learn more about how these chemicals affect human health, there are steps you can take now to reduce your exposure to cancer-causing chemicals.

- ✓ Since chemicals from consumer products accumulate in house dust, remove shoes at the door, vacuum with a HEPA filter, and clean with a damp rag or mop.
- ✓ When buying new furnishings, avoid stain-resistant rugs, furniture, and fabrics as these treatments usually contain hormone disrupting chemicals.
- ✓ Ask for furniture free of flame retardants. If flame retardant free isn't available, choose furniture made from naturally flame-resistant fabrics and padding such as wool, hemp, polyester, latex, down, or leather. Choose rug pads made from felt, jute, or rubber rather than foam.
- ✓ Install a solid block carbon filtration system to remove any contaminants that might be present in your drinking water. Help keep your drinking water clean and advocate for better protection of source water.
- ✓ Lessen your exposure to exhaust from both diesel and gasoline engines, and other types of fuel combustion. Support anti-idling and fuel efficiency regulations.
- ✓ Use a ventilation fan when you cook, and try to limit your consumption of burned or charred food.
- ✓ Find a dry cleaner that doesn't use perchloroethylene (PERC) or other harmful solvents. Or ask for "wet cleaning."



For more tips, visit:
Detox Me Mobile App

www.silent.spring.org/detoxme



Detox Me

www.silent.spring.org

