YOUR DAUGHTER AND BREAST CANCER

Reducing her risk now

Steps you can take now may lower her risk of developing breast cancer later

www.info.bcerp.org
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Start early.
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To learn more, visit www.info.bcerp.org
Use products free of phthalates and BPA.

Phthalates (THAL-ates) are chemicals in some detergents, storage containers, toys, and personal care products (like fragrance, nail polish, deodorant, hair care, and body lotion). They may enter your daughter’s body through her skin. BPA (or bisphenol A) is a chemical in some plastic bottles and plastic containers, and in the lining of some cans. It can leak into food and drinks.

Even small amounts of some chemicals may cause changes in growth and body development.

Encourage your daughter to live a healthy lifestyle.

Eating healthy foods and being active may lower your daughter’s risk of developing breast cancer as an adult.

WHEN POSSIBLE:

Choose to

• Use more fragrance-free products.
• Use glass containers for cooking, serving, and storing foods and drinks.
• Microwave food in glass containers, not plastic containers or plastic wrap.
• Add fresh or frozen fruits and vegetables to your family’s meals, instead of using canned foods.
• Include whole grains and beans, including soy, in your children’s diet.
• Eat healthy and be active yourself, and make it something you and your children do together.

For tips on making healthy choices on a budget, visit [www.info.bcerp.org](http://www.info.bcerp.org) and click on “Links.”

Reduce your use of

• Personal care products with the word “phthalate” in the ingredients, such as hair care.
• Plastic food and drink containers, and plastic or vinyl toys, with the number 3 in the recycling triangle. They contain phthalates.
• Plastic food and drink containers with the number 7 in the recycling triangle. They often contain BPA.
• Foods sold in cans, which may be lined with material made with BPA.
• Foods with high amounts of animal fat (like beef, pork, or chicken fat; butter, cream, or cheese) when you shop, cook, or eat out.
Steps you take today may lower your daughter’s risk of developing breast cancer later.

For more information, visit:
www.info.bcerp.org

The Breast Cancer and the Environment Research Program (BCERP) is a network of scientists, physicians, and community partners studying the effects of environmental exposures that may affect breast cancer risk later in life.

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