

Reducing her risk now



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

Scientists in the Breast Cancer and the Environment Research Program—which is supported by the National Institutes of Health—are exploring whether exposure to certain chemicals and foods may change how girls' bodies mature.

Other research shows a link between an early first period and a higher risk of developing breast cancer as an adult.

It is too soon to say for sure that avoiding certain chemicals or some foods lowers the risk of breast cancer. Still, to help protect your daughter from developing breast cancer later in life, you may wish to take some of these steps now.

- **Use products free of phthalates (THAL-ates) and BPA.**
- **Encourage your daughter to live a healthy lifestyle.**

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 and click on "Links."

When possible, 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.

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.

