



# Dear Mom: It's me, your daughter.



Did you know that steps you take now might reduce my risk of breast cancer when I'm a grownup?

When you can, try to use fragrance-free products, and soaps, lotions, and other products that don't have "phthalates" (THAL-ates) on the label. Use food and drink containers made of glass, or plastic ones that say "BPA free."

As I grow, help me stay active and avoid too much food with high amounts of animal fat.

You can learn more at [www.info.bcerp.org](http://www.info.bcerp.org)

Thanks, Mom.



2013

