

breast cancer uk.

A GUIDE

How to reduce your exposure
to EDCs in your home



THE KITCHEN

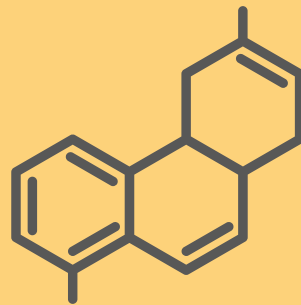


THE KITCHEN



Your kitchen space can contain lots of potentially harmful chemicals - not just from your cleaning products but from the food and drink you consume, containers you put your food in and pans where your food is cooked.

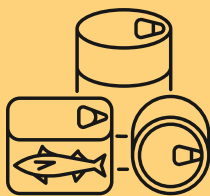
Some of these chemicals are linked to breast cancer. They are called Endocrine Disrupting Chemicals (EDCs).



CHEMICALS TO AVOID

PFAS (Per and polyfluorinated alkyl substances) can be found in non-stick cookware, and take-away food packaging (e.g. pizza boxes, compostable food boxes, paper food bags)

Residues of pesticides, such as fungicides or herbicides can be found in fruit and vegetables, as well as processed food products



Bisphenols, such as BPA, can be found in certain plastics, linings of canned food and takeaway boxes

Phthalates can be found in food packaging



Antimicrobial agents, such as triclosan, can be found in antibacterial chopping boards and antibacterial sprays



OUR TIPS TO AVOID EDCS



Store and reheat your food in glass, ceramic, or stainless steel. If you do use plastic; avoid recycling codes 3, 6 and 7

Choose organic fruit, vegetables, meat and dairy products. Consider growing your own fruit and vegetables



Eat less canned and packaged food

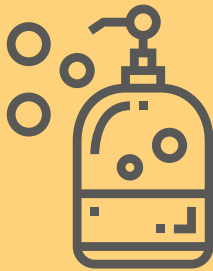
Avoid 'non-stick' cookware or find a safe toxic-free 'non-stick' brand



THE BATHROOM



THE BATHROOM



There may be numerous harmful chemicals in your bathroom that may be harmful. Cosmetics, deodorants, shampoos, wet wipes, and cleaning products can all contain EDCs, that may be linked to breast cancer.

But don't worry Breast Cancer UK can help you identify the chemicals of concern so you can reduce your chemical burden.



CHEMICALS TO AVOID



Parabens and siloxanes
can be found in
shampoos and creams

Parfum can be found in
cleaning products,
shampoos, cosmetics
and wet wipes



Fragrance ingredients
such as lilial and
synthetic musks
found in perfume

Phthalates are used as
plasticisers or solvents and
can be found in nail varnish,
perfume, shampoos and
PVC plastics



CHEMICALS TO AVOID



Aluminium salts can be found
in anti-perspirants

UV filters such as
benzophenones and
homosalate in skin creams, hair
products and sunscreens



Triclosan (or triclocarban)
can be found in toothpaste
and antibacterial soaps



OUR TIPS TO AVOID EDCS

Check ingredients lists and avoid shampoos and other personal care products that contain phthalates, parabens, UV filters, siloxanes and parfum

Choose sunscreens that contain mineral filters e.g., zinc



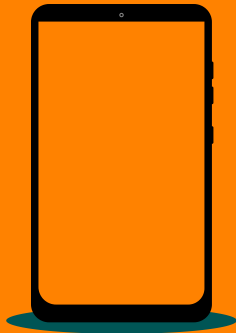
Try using natural products such as coconut oil in place of moisturiser

Avoid antibacterial soaps and cleaning products that contain antibacterial agents such as triclosan



OUR TIPS TO AVOID EDCS

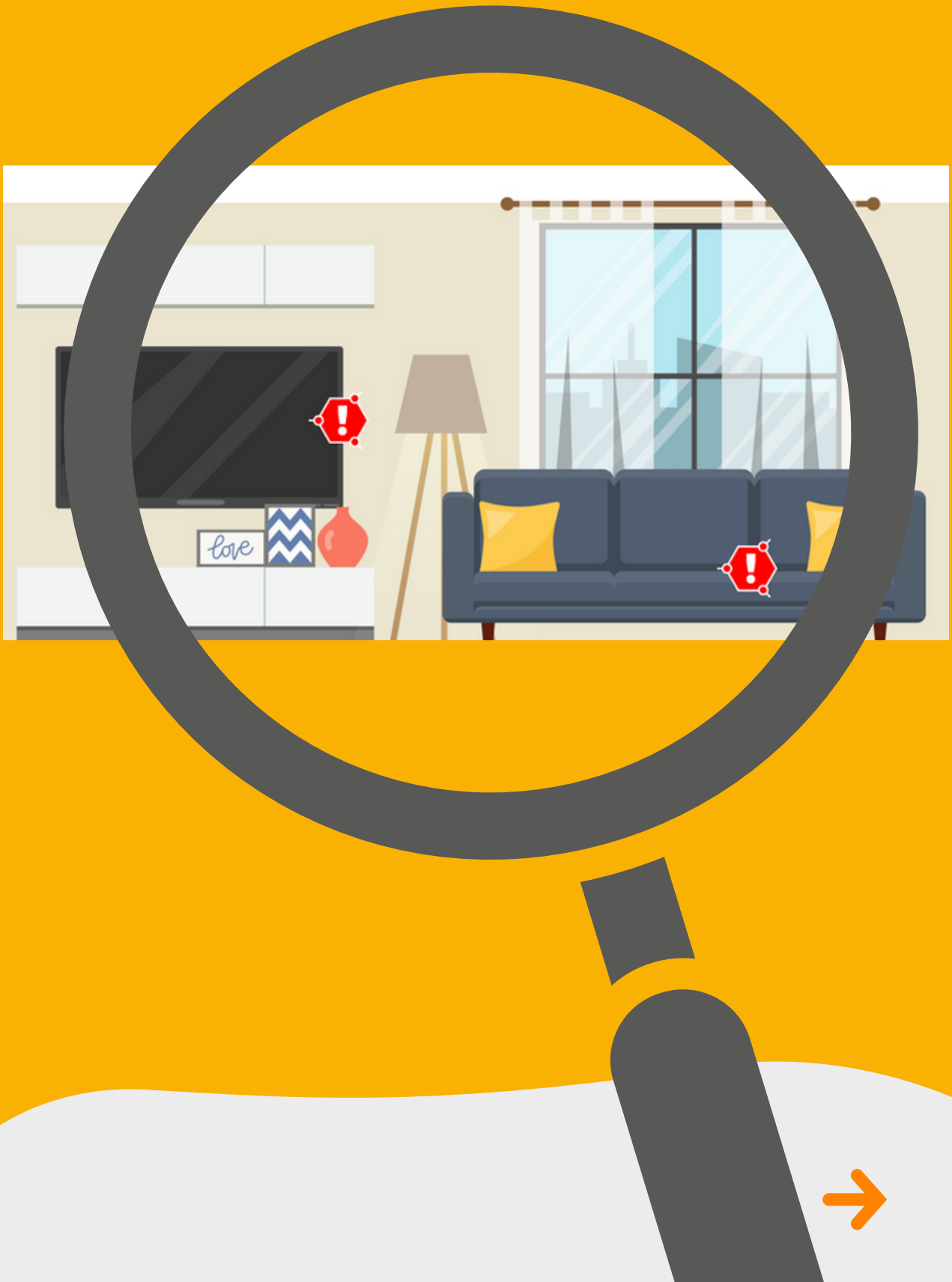
Avoid PVC
shower curtains



We recommend using the 'Yuka' app where you scan products, and they will be given a rating on whether they contain harmful chemicals.



THE LIVING ROOM



THE LIVINGROOM

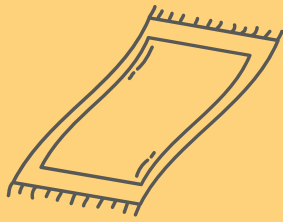


A living space should be relaxing and non-toxic. Did you know your sofas, soft furnishings and even electronics often contain harmful chemicals such as flame retardants or bisphenols?

Not to worry, we will highlight the chemicals in your living room environment and give you practical tips on how to avoid them.



CHEMICALS TO AVOID



Flame retardants can be found in flame-resistant, sofas, furnishings, carpets, and electronics

PFAS can be found in stain resistant and water repellent fabrics



Parfum can be found in air fresheners and candles

Bisphenols and flame retardants are found in electronic equipment



OUR TIPS TO AVOID EDCS

Keep rooms well aired and dust and vacuum regularly



Avoid using air fresheners and candles that contain synthetic fragrances and parfum



Choose natural materials such as wool and cotton (organic if possible) as they are less likely to contain flame retardants

Air all newly bought furniture



Dispose of old electronics responsibly



Try Thrift shopping and choosing second hand furniture



THE BEDROOM



THE BEDROOM



The bedroom can contain various harmful chemicals for example EDCs may be present in bedding, mattresses, your clothing or your children's toys.



CHEMICALS TO AVOID

Flame retardants (e.g., brominated or organophosphorus flame retardants) which can be found in mattresses, furniture and furnishings, and in fire-resistant nightwear and children's toys

PFAS can be found in stain resistant and water repellent clothes such as raincoats, as well as stain-resistant fabrics and mattresses



Triclosan may be used in antibacterial sportswear

Parfum can be found in scented candles



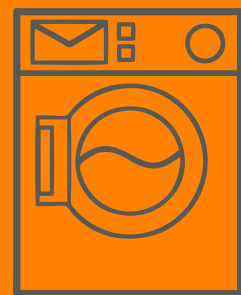
Phthalates may be present in soft plastic toys



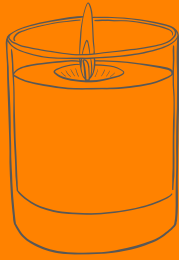
OUR TIPS TO AVOID EDCS

As in other rooms, choose fewer flammable materials, such as wool and cotton (organic if possible) without added flame retardants for home furnishings, mattresses, and clothes

Avoid clothes labelled “DO NOT WASH AT MORE THAN 50°C. CHECK SUITABILITY OF WASHING AGENT”. This indicates the item has been treated with flame retardant chemicals



OUR TIPS TO AVOID EDCS



Check candles do not contain **parfum**

Keep rooms aired, especially if you recently bought new furniture, and dust and vacuum regularly



Look for toys with eco-labels

Try thrift shopping and choosing second hand furniture and clothing



THE HOME OFFICE



THE HOME OFFICE

Being confined indoors all day can be hard enough, let alone factoring in exposures to harmful chemicals. Simple changes that you can make to your home office or study may reduce your risk of breast cancer and reduce your EDC burden.

CHEMICALS TO AVOID



Harmful chemicals such as formaldehyde from new office furniture

Parfum from air fresheners



Phthalates can be found in food packaging



OUR TIPS TO AVOID EDCS

As an alternative to air fresheners, use house plants as natural air detoxifiers, and fresh flowers for scent

Always work in a well-ventilated environment



Avoid flammable materials for office chairs; instead choose wool or cotton that may contain less or no flame retardants

Air all newly bought furniture. Avoid buying plywood furniture as it may contain formaldehyde, a carcinogen



Dust and vacuum regularly



THE GARDEN AND GARAGE



THE GARDEN AND GARAGE



The garden, especially in the summer, should be your sanctuary, not a toxic playground. You may think gardens are EDC-free, but they're not always - although there are simple ways to remove harmful chemicals from your summer haven.

CHEMICALS TO AVOID



Pesticides such as weed killers and fungicides

Bisphenols and plasticisers (such as phthalates) can be found in garden toys and plastic play equipment



Phthalates (used as solvents) that can be in garden cleaning products

Phthalates can be found in food and old paint containing lead



OUR TIPS TO AVOID EDCS



Ditch the pesticides –
check out what is in your
garden shed and garage
and dispose of unwanted
items responsibly

Try to remove garden
pests and weeds by hand,
choose plants that are pest
and disease resistant and
keep your plants healthy,
so they don't attract bugs



Try growing your own
organic fruit and veg –
a small window box of
lettuces or herbs is a
good place to start



OUR TIPS TO AVOID EDCS



Buy water-based and solvent-free paints; these may display ecolabels

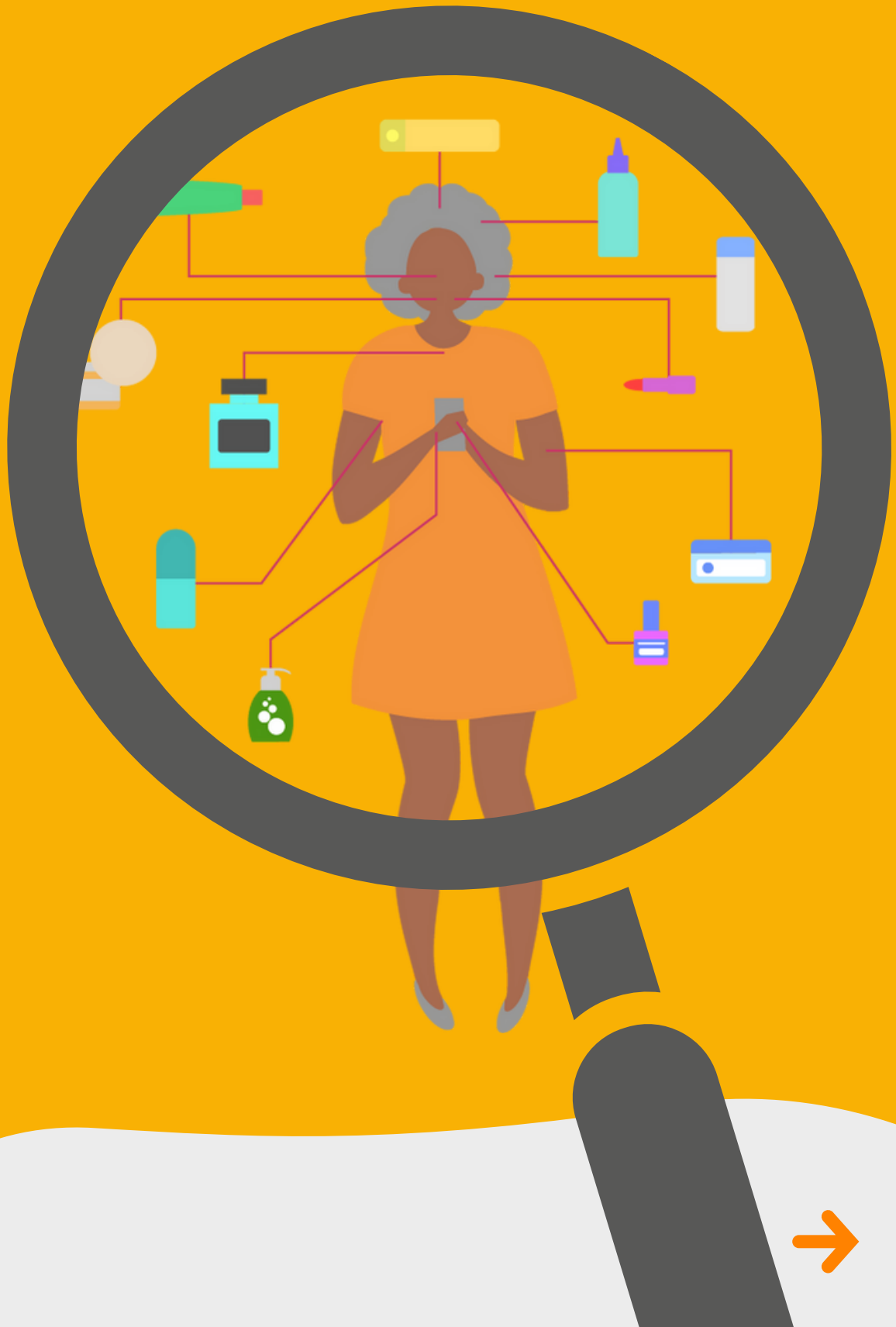
Buy wooden garden toys



Avoid harmful chemicals such as harsh patio cleaners which often contain pesticides. A simple DIY solution e.g. white vinegar or baking soda and water can easily do a good job.



THE BODY BURDEN



WHAT IS BODY BURDEN?

Body burden is the concentration (or amount) of harmful chemicals in the body at any given time. Your chemical burden is partly the result of where you live and how old you are. But it's also strongly connected to what kind of lifestyle you have.

Chemicals can enter your body by ingestion (through food), breathing (polluted air) and absorption through your skin (e.g., from makeup, antiperspirants and sunscreen).

Reducing your exposure to harmful chemicals is the best way to help reduce the levels in your body. Try to minimise your exposure to harmful chemicals in your home, workplace, and garden.

Breast Cancer UK is concerned about chemicals known as Endocrine Disrupting Chemicals (EDCs) that are linked to breast cancer.

EDCs are used in everyday products such as cosmetics, cleaning sprays, packaging, fabrics, pesticides and are present in our food. Many last for a very long time in the environment.

The cancer-causing effects of EDCs are not as well understood as those of chemical carcinogens* such as benzene, formaldehyde or plutonium. More research is needed.

However, there is enough evidence for people to take a precautionary approach and use products that do not contain EDCs, wherever and whenever possible.

**Chemical carcinogen is a substance, organism or agent capable of causing cancer.

WHAT NOW?



PLEDGE YOUR SUPPORT

to help ban EDCs in everyday products



TAKE OUR QUIZ

and get a personalised prevention plan



DONATE

to fund research into the links between EDCs and breast cancer

VISIT OUR WEBSITE

breastcanceruk.org.uk

**breast
cancer uk.**

Registered charity number: 1138866 Registered company number: 7348408.