

TIPS AND ADVICE TO AVOID ENDOCRINE DISRUPTORS:

- Eat more fruits and vegetables, less meat and dairy products because many endocrine disruptors accumulate in animal fat.
- Buy organic foods to avoid pesticides.
- When plastic is heated or worn, the BPA and phthalates in it can leach into food. Avoid warming food in plastic containers and recycle your plastic containers if they have become scratched or worn.
- Most aluminum cans contain BPA. Opt to purchase fresh, frozen or dried foods.
- Say no to receipts, since thermal paper is often coated with BPA
- Read the labels of personal care products and avoid those that contain the terms: parabens, phthalates, triclosan
- Avoid products that are highly perfumed as they likely contain phthalates.
- Avoid "antibacterial" products because they often contain triclosan.
- Vacuum often to remove dust that contains multiple endocrine disruptors.
- Replace damaged or worn out furniture
- Dust electronics regularly with a damp cloth

TAKE ACTION

1. Share your concerns with your political representatives by asking them to ban endocrine disruptors in our environment.
2. Become a member of Breast Cancer Action Quebec
3. Visit our website: www.acsqc.ca
4. Join our campaigns

For more information:

- <http://bcam.qc.ca/content/hands-my-hormones-1>
- <http://www.ewg.org/research/dirty-dozen-list-endocrine-disruptors>

The United Nations and World Health Organization's 2012 Report :

http://www.unep.org/pdf/WHO_HSE_PHE_IHE_2013.1_eng.pdf

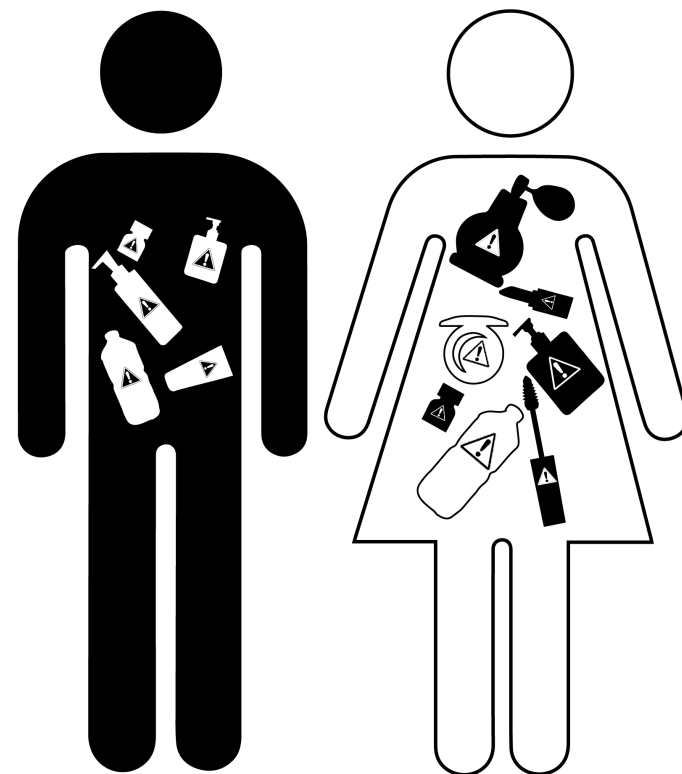
ACTION CANCER DU SEIN DU QUÉBEC
BREAST CANCER ACTION QUEBEC

1001, rue Lenoir
bureau B-250
Montréal (QC) H4C 2Z6

Phone : (514) 483-1846
Courriel: info@acsqc.ca
Site web: www.acsqc.ca

ACTION CANCER DU SEIN DU QUÉBEC
BREAST CANCER ACTION QUEBEC

POCKET GUIDE
Tips and advice on
how to avoid endocrine disruptors



HANDS OFF MY HORMONES!
Take a stand against
endocrine disruptors

www.acsqc.ca

OUR HORMONAL SYSTEM:

The endocrine system is our exquisitely balanced system of glands and hormones. Hormones are chemicals such as insulin, thyroxin, estrogen, and testosterone. The primary purpose of these hormones is to regulate vital functions such as growth, reaction to stress, sexual development, production of insulin, blood circulation and other functions.

ENDOCRINE DISRUPTORS CHEMICALS (EDC's)

An endocrine disruptor is a synthetic toxic substance that mimics, blocks or disrupts hormones in our body and therefore disturbs the proper functioning of the hormone system. Results: Endocrine disruptors cause side effects throughout the body that can lead to the development of various diseases.

THE EFFECTS ON HUMAN HEALTH

Endocrine disruptors have a long term effect on our body and can lead to the development of a range of diseases.

Scientific studies have found links between endocrine disruptors and:

- breast cancer
- prostate cancer
- cancer of the thyroid
- obesity

- diabetes
- asthma and allergies
- congenital malformations
- early onset of puberty in girls
- miscarriage
- disorders of the nervous system
- attention deficit disorder with or without hyperactivity
- other diseases

5 ENDOCRINE DISRUPTORS TO ELIMINATE FROM OUR DAILY LIFE

Parabens

Parabens are antibacterial agents used as preservatives.

Parabens are found in many personal care products such as shampoos, moisturizing creams, shaving creams, cleaning gels, personal lubricants and deodorants.

Phthalates

Phthalates are used as additives in plastics and are added to prolong the scent of perfume. They can be found in: plastic containers, aerosols for hair care, nail polish, body creams and perfume.

They may be listed under the term phthalates but are often hidden under the generic name "fragrance" or "perfume".

Triclosan

Triclosan is used for its antibacterial and antifungal properties. It's the active ingredient in most so-called "antibacterial" products.

Triclosan is found in various consumer products: soaps, toothpaste, acne creams, cleaning products, furniture and clothing.

Flame retardants

Flame retardants are chemicals used in plastics and textiles that inhibit or resist the spread of fire.

They are used in a wide variety of consumer products such as children's toys, in electronics and in polyurethane foam used in furniture. They are also present in plastics, resins and fabric backings.

Bisphenol A (BPA)

Bisphenol A (BPA) is an industrial chemical used to make a hard and clear plastic known as polycarbonate and is used in some epoxy resins.

It is found mainly in number 7 plastics and food cans. It is also present on thermal paper used for receipts.