

Welcome to the Webinar!

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# Our Environment and Breast Cancer: Working for a Healthier Future



# Webinar Housekeeping

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- Live transcript (captioning)
- Q & A function
- Chat is view only
- Recording link will be emailed

# Who is here today?

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# Our Environment and Breast Cancer: Working for a Healthier Future

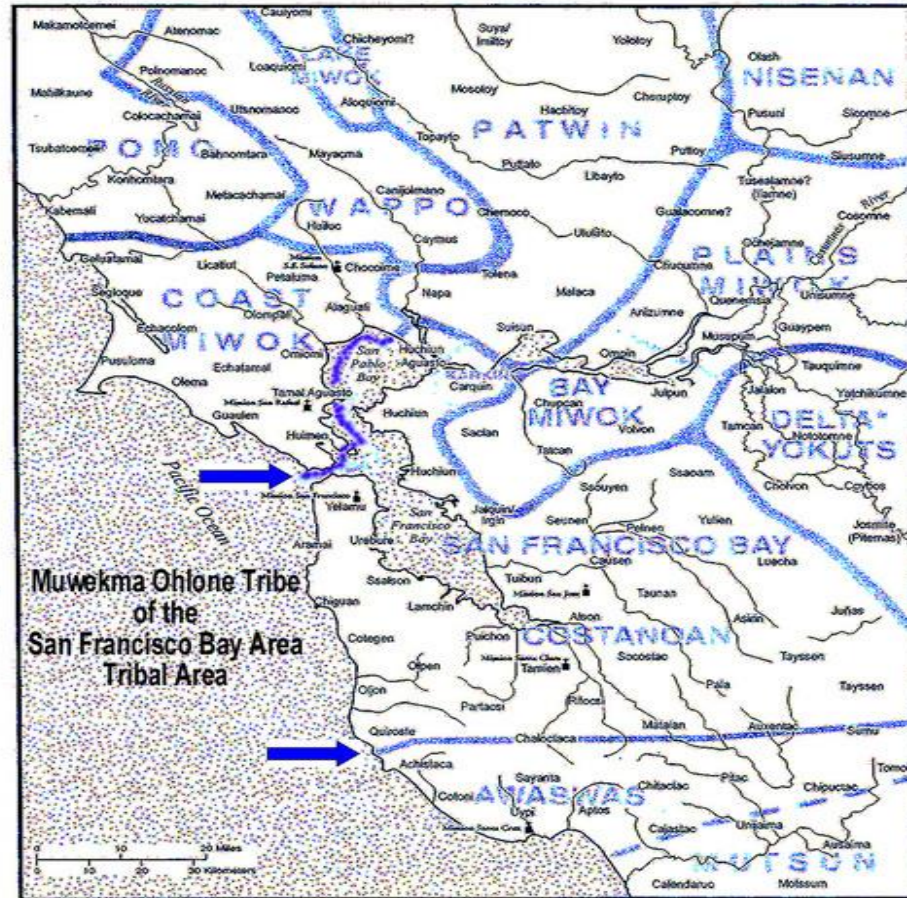
Catherine Thomsen, MPH

Program Director

*October 21, 2021*



# The Land We Are On



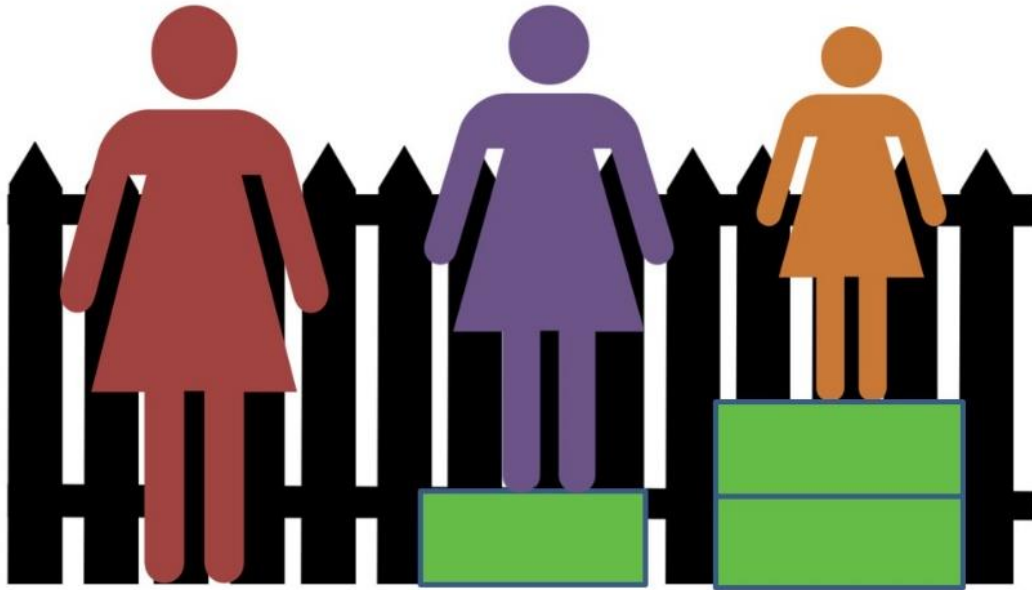


# Zero Breast Cancer



# Health Equity

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**EQUITY**

**Justice:**  
Remove the fences in  
the system

# Breast Cancer Risk Factors

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## Things we can't control

Genes

Family history

Being female

Aging

Grand/parents' chemical exposure

## Things we can change

Diet

Physical activity

Avoiding alcohol

Avoiding tobacco

Sleep / Light at night

Social & built environments  
**Our toxic chemical exposures**



# Health Inequity & Environment

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Individual Actions



System Change



# Chemicals Can Cause Cancer

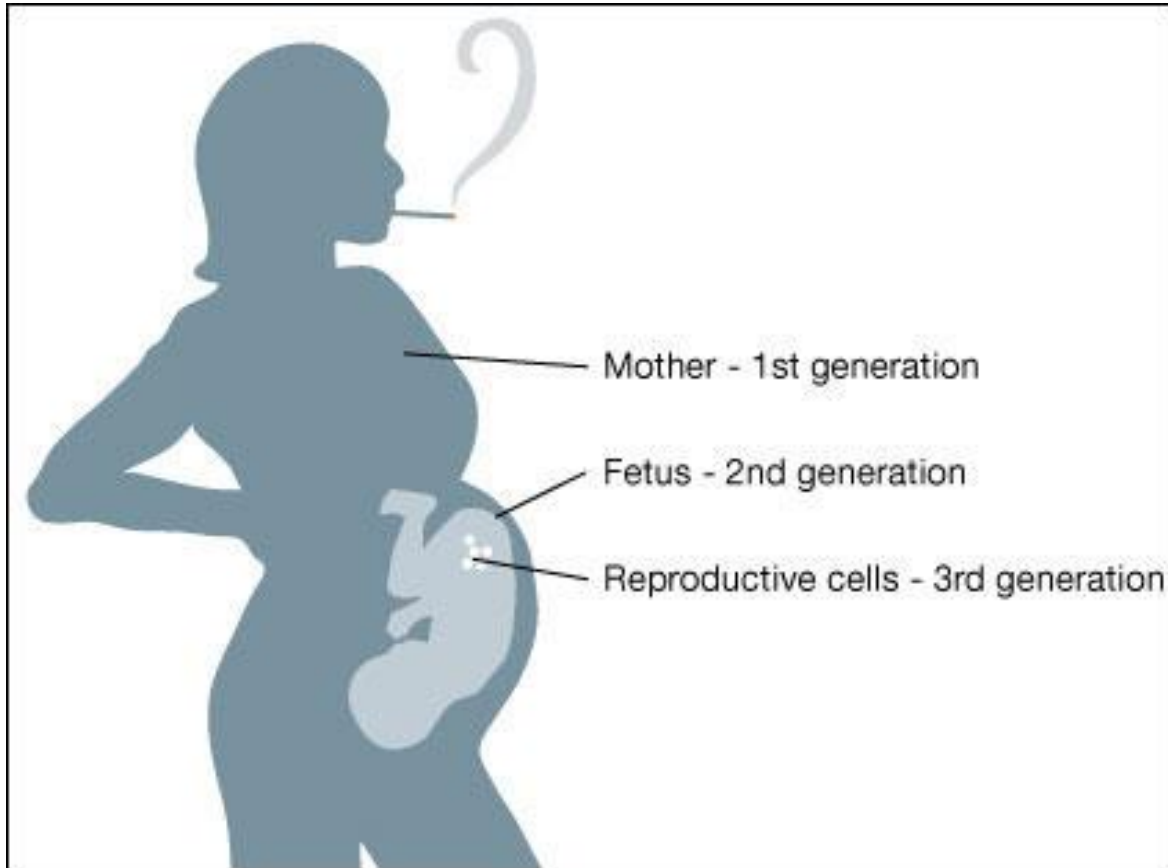


## Silent Spring

- EPA *in vitro* test data (EHP, July 2021)
- 296 chemicals increase hormones
- 29 affect mammary gland
  - pesticides
  - consumer product ingredients
  - food additives
  - drinking water contaminants

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# CHDS & Generations Study



## Women giving birth in 1950s-60s

- DDT (pesticide) exposure & breast cancer

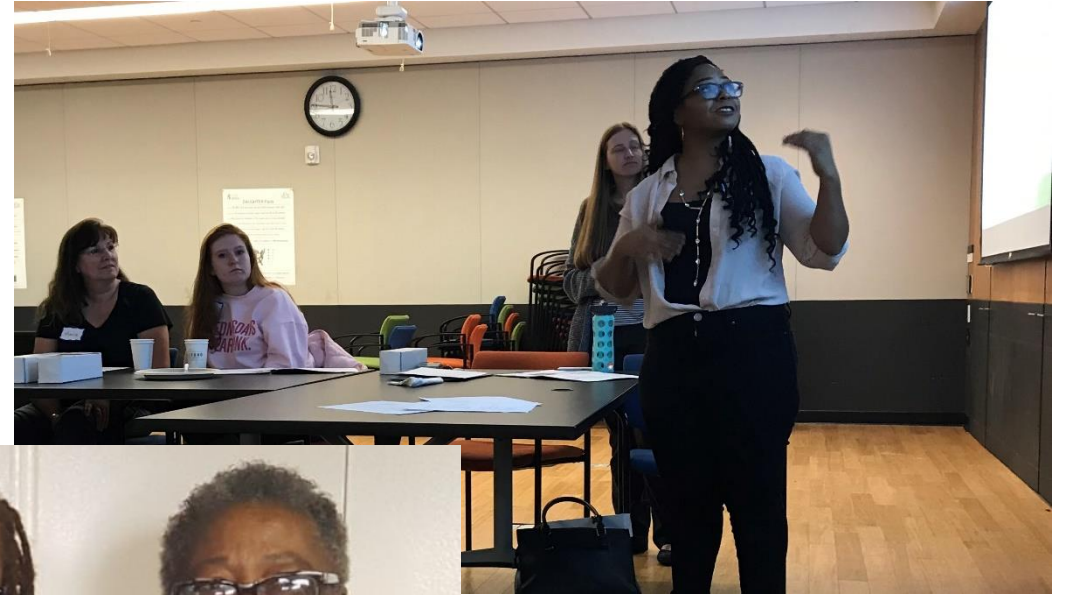
## Girls whose grandmothers were exposed to DDT

- More obesity
- Earlier first menstrual periods

**3 Generations exposed in pregnancy** (Adapted from Perera F, Herbstman J, 2011)



# Generations Study - Advisors



Protecting yourself  
protects future  
generations



Pesticides can be harmful.  
**Choose organic when possible,** especially for fruits and vegetables with more or worse pesticides.



Protecting yourself  
protects future  
generations



Microwave safe doesn't mean safe for you.

**Avoid harmful chemicals by microwaving in glass or ceramic, not plastic.**



Protecting yourself  
protects future  
generations



Shampoo, deodorant, cosmetics, etc. can contain harmful chemicals.

**Use an app to choose safer products.**



Protecting yourself  
protects future  
generations



**Use a stainless steel or glass bottle.**

Drinking from plastic, even BPA-free, exposes you to harmful chemicals.



Protecting yourself  
protects future  
generations



Dust and dirt have harmful chemicals that get into our bodies.

**Wash hands often, especially before eating.**



Protecting yourself  
protects future  
generations



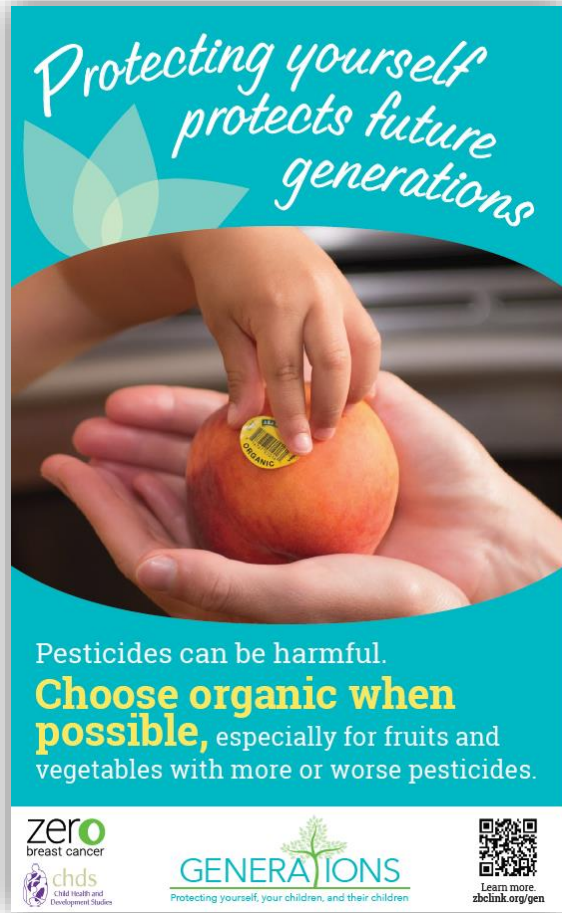
**Ask for an eReceipt.**

Touching receipts can expose you to harmful chemicals.





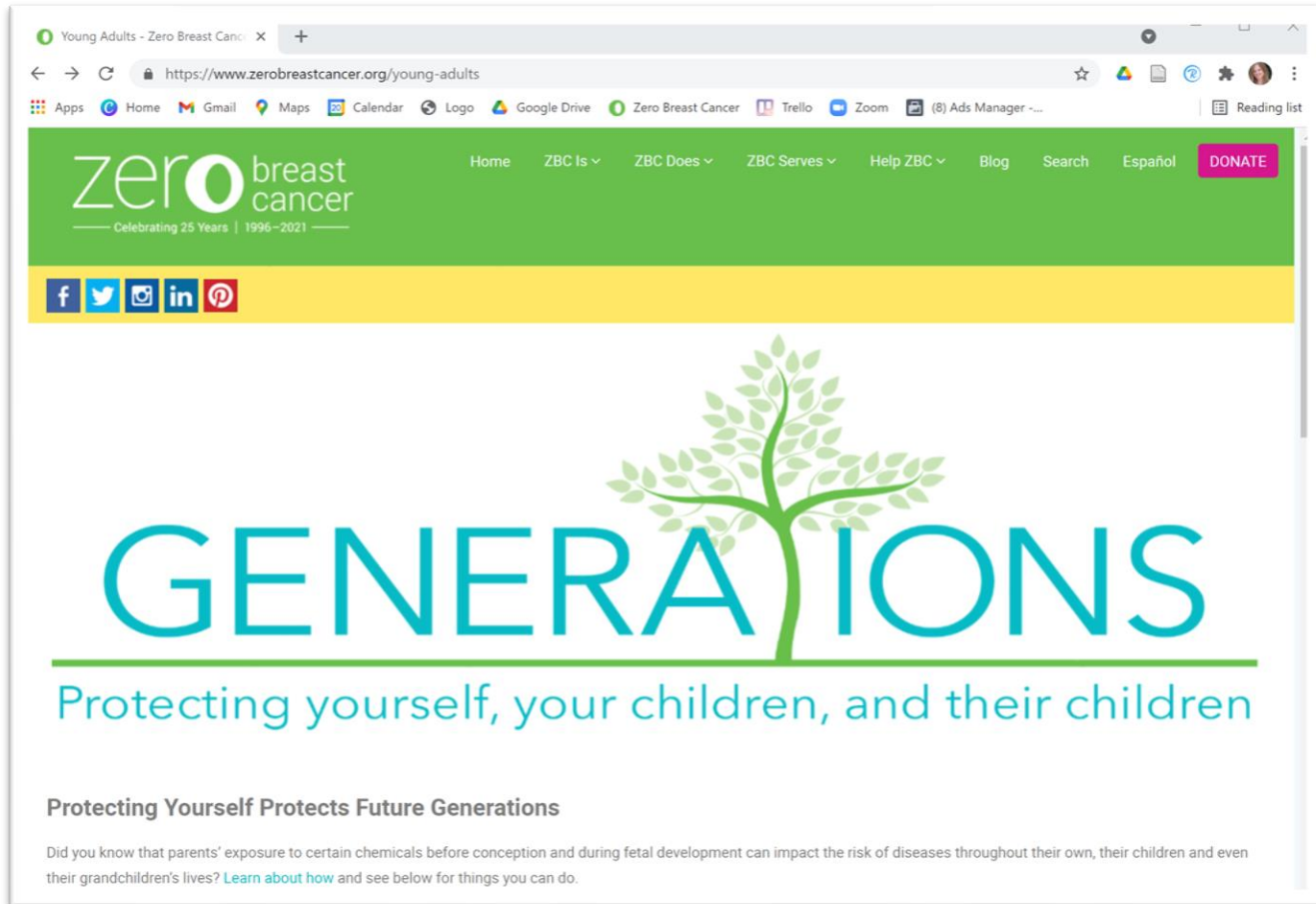
# Generations Campaign - Evaluation



- 93% trusted information
- 80% poster makes more likely to choose organic
- 93% found poster messages clear
- 60% do and 34% may want to learn more (QR code or weblink)
- 72% felt information for them



# Generations Campaign - LIVE



**Online now!**

[zbclink.org/gen](https://zbclink.org/gen)

**Seeking funding to post:**

- Buses, trains, stations
- Medical offices
- Schools

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# Today's Speakers

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# What we can do!

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- Read & sign CFE Joint Statement
- Check out environmental issues in your area
- Work with environmental or cancer org on policy
- Use Detox Me app (Silent Spring)
- Vote with your dollars
  - Think Dirty and Healthy Living apps



# Connect with ZBC

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Facebook, Instagram [@zerobreastcancer](#)

Twitter [@zerobreastcancer](#)

LinkedIn [@company/zero-breast-cancer](#)

[www.zerobreastcancer.org](http://www.zerobreastcancer.org)



# More from ZBC on Reducing Toxic Exposures

## 13 Formas de Disminuir el Riesgo de Tener Cáncer de Mama

**USTED PUEDE:**

- Hacer actividad física.
- Mantener una alimentación saludable y equilibrada.
- Beber agua en botellas de vidrio o de acero inoxidable.
- No fumar tabaco ni permitir que otras personas fumen cerca de usted.
- Limitar el consumo de bebidas alcohólicas.

**INTENTE:**

- Utilizar productos de limpieza para el hogar que no sean tóxicos.
- Reducir el uso de lociones, productos de belleza y maquillaje.
- Evitar el lavado en seco y el uso de productos químicos en sus prendas de vestir.
- Cocinar en utensilios de acero inoxidable o de hierro fundido. Si cocina en microondas, utilizar recipientes de vidrio o de cerámica.

**RECOMENDACIONES DE LOS MÉDICOS:**

- Asesorarse a un bebé durante todo el tiempo que sea posible. Si usted no puede amamantar, considere recibir leche materna pasteurizada.
- Para mujeres menores de 30 años, realice la investigación y educación sobre los carcinógenos ambientales y la investigación de toxinas.
- Evitar usar la hormona recombinante humana (hGH) por sus riesgos de ligarse con una tasa elevada de melanoma y progesterona para evitar los síntomas negativos de la menopausia.

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## LIMIT CHEMICALS

(THEY CAN AFFECT HORMONES)

### Girls' New Puberty

WHEN 8 YEAR OLD GIRLS HAVE 13 YEAR OLD BODIES

JUST A GENERATION AGO LESS THAN 5% OF ALL GIRLS STARTED PUBERTY BEFORE THE AGE OF 8 (NOW IT'S 10%+)

25% MORE GIRLS STARTED PUBERTY BY AGE 8

10% MORE GIRLS STARTED PUBERTY BY AGE 7

15% MORE GIRLS STARTED PUBERTY BY AGE 6

### Las niñas y la nueva pubertad

CUANDO LAS NIÑAS DE 8 AÑOS TIENEN CUERPOS DE NIÑAS DE 13 AÑOS

LOS CUERPOS DE NUESTRAS NIÑAS COMENZAN A DESARROLLARSE A UNA EDAD MÁS JÓVEN QUE NUESTROS PADRES DE OCHO AÑOS (AHORA ES MÁS DEL 10%)

25% MÁS NIÑAS COMENZAN LA PUBERTAD ANTES DE LOS 8 AÑOS

10% MÁS NIÑAS COMENZAN LA PUBERTAD ANTES DE LOS 7 AÑOS

15% MÁS NIÑAS COMENZAN LA PUBERTAD ANTES DE LOS 6 AÑOS

### 早來青春期的

當 8 歲的女孩有 13 歲女孩的身軀

我們上一代人只有不到 5% 的女孩在 8 歲前開始青春期的 (現在已經翻了一倍)

25% 更多的女孩在 8 歲前開始青春期的

10% 更多的女孩在 7 歲前開始青春期的

15% 更多的女孩在 6 歲前開始青春期的

WHAT CAN WE DO? ¿QUÉ PODEMOS HACER? 我們能做什麼?

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# Thank you panelists & sponsors!



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ENVIRONMENTAL  
HEALTH  
NETWORK**



**CANCER FREE ECONOMY  
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**Previous webinar videos:** Community Engagement in Research  
ZIP Codes & Breast Cancer  
Culture in Breast Cancer

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