



zero
breast cancer
formerly Marin Breast Cancer Watch

Bisphenol-A (BPA)

What is BPA?

BPA is a chemical compound that was created in the 1930's and is used today to make polycarbonate plastic. BPA allows manufacturers to produce clear and flexible plastic for cheap prices that can be used in almost every aspect of our daily lives from DVD's to the lining inside of canned food. Even bottles that you drink out of use BPA.

What does BPA do to humans?

BPA has been found to alter genes and may be associated with numerous health and developmental problems in humans such as:

- Behavioral changes
- Diabetes and obesity
- Early onset of puberty
- Down syndrome
- Reduced sperm count
- Breast cancer
- Prostate cancer
- Brain damage
- Changes in brain chemistry
- Impaired immune function
- Decreased anti-oxidant enzyme levels

Who is most at risk?

Children are more at risk from BPA because of the intake per pound. Not only are young children the most vulnerable because of their size, but also because they are still developing. BPA affects children from the time of conception, when the embryo and fetus are vulnerable, and through childhood as the mind and body goes through dramatic growth.

What can I do?

- Educate yourself
- Never heat food or beverages in plastic containers
- Don't let milk sit in plastic for long periods of time
- Don't use harsh detergents or hot water when washing plastic baby bottles
- Toss bottles that look scratched or hazy
- Don't let children put plastic toys in their mouths (give them a better alternative for teething like wood toys)

Products to avoid:

- Canned foods
- Foods wrapped in plastic
- Plastic baby bottles

Choose these products as a safe alternative:

- Buy wood toys or look for "PVC Free" labels on toys.
- Use plastic food containers labeled #1, #2, #4, or #5 on the bottom, and even then do not heat food in them.
- Opt for glass bottles and food containers. If you must use plastic baby bottles, choose Madela, Sassy (polypropylene bottles) or other bottles that do not contain BPA.
- Buy ceramic, metal or enamel plates and feeding utensils (first check that you are not buying a product with lead in it.)



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*Information from
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