

Welcome to the Webinar!

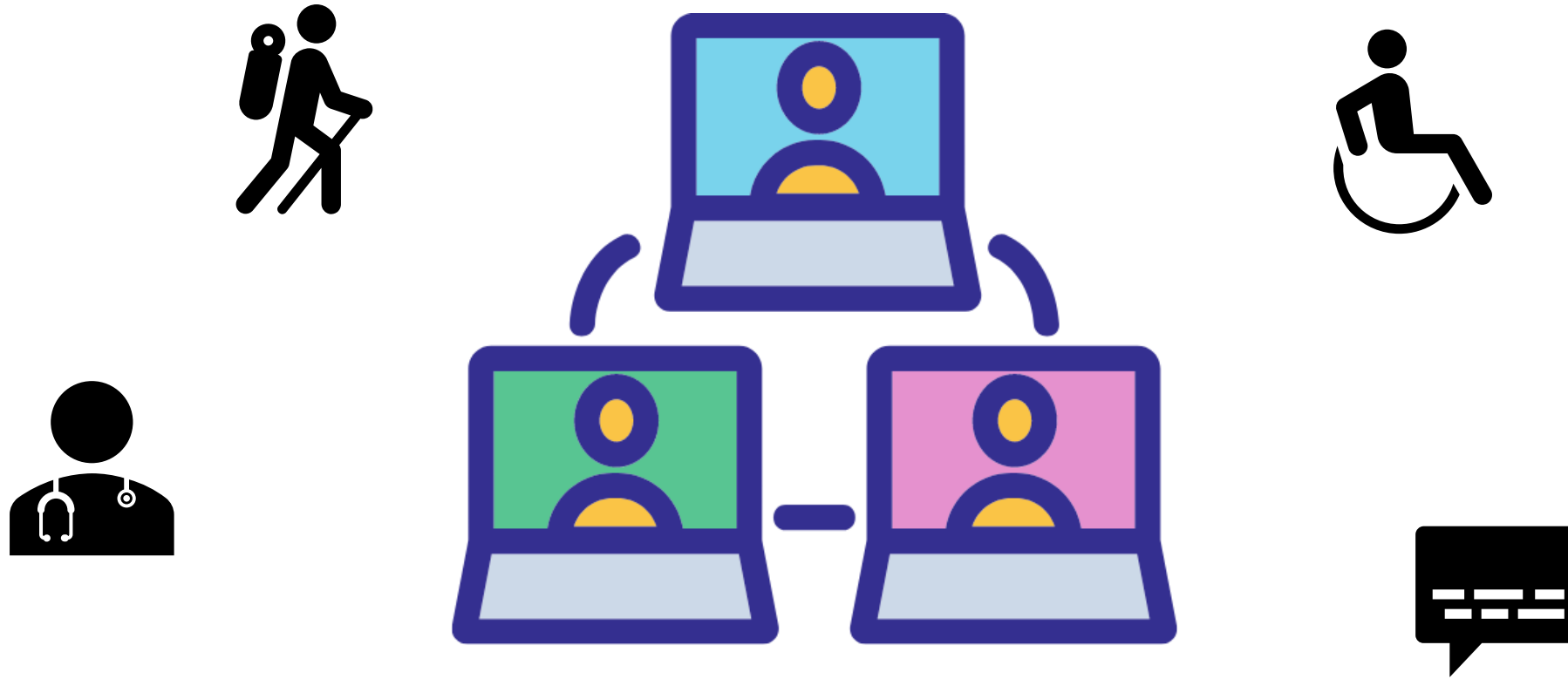
Our Environment and Breast Cancer: Working for a Healthier Future



Webinar Housekeeping

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

Who is here today?



Our Environment and Breast Cancer: Working for a Healthier Future

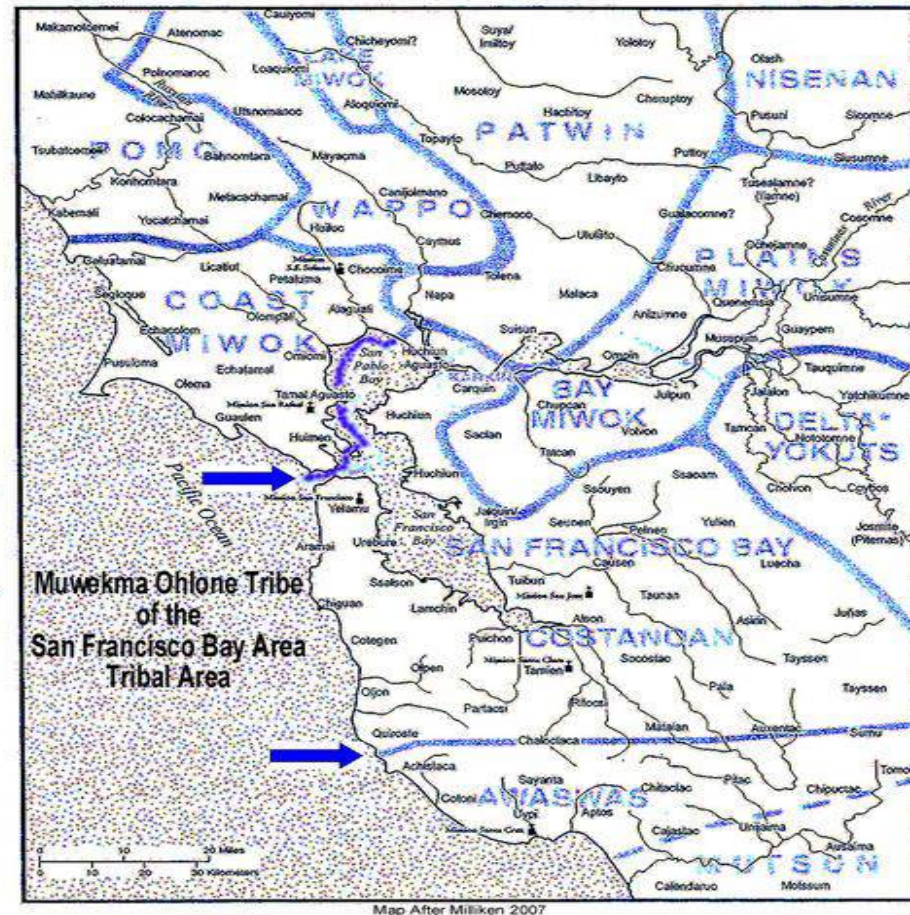
Catherine Thomsen, MPH

Program Director

October 21, 2021



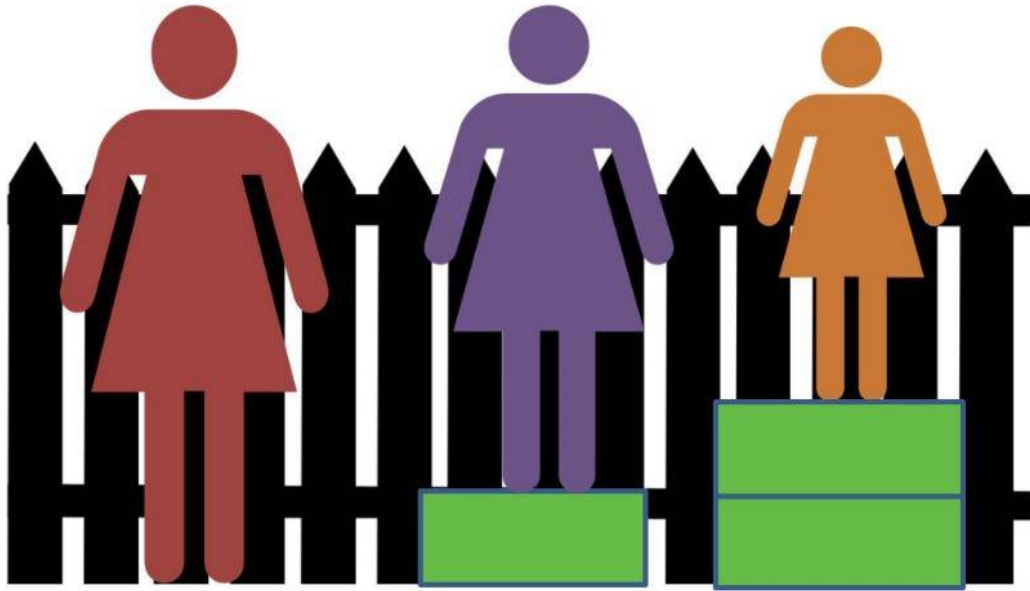
The Land We Are On



Zero Breast Cancer



Health Equity



EQUITY

Justice:
Remove the fences in
the system

Breast Cancer Risk Factors

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

Individual Actions



System Change



Chemicals Can Cause Cancer

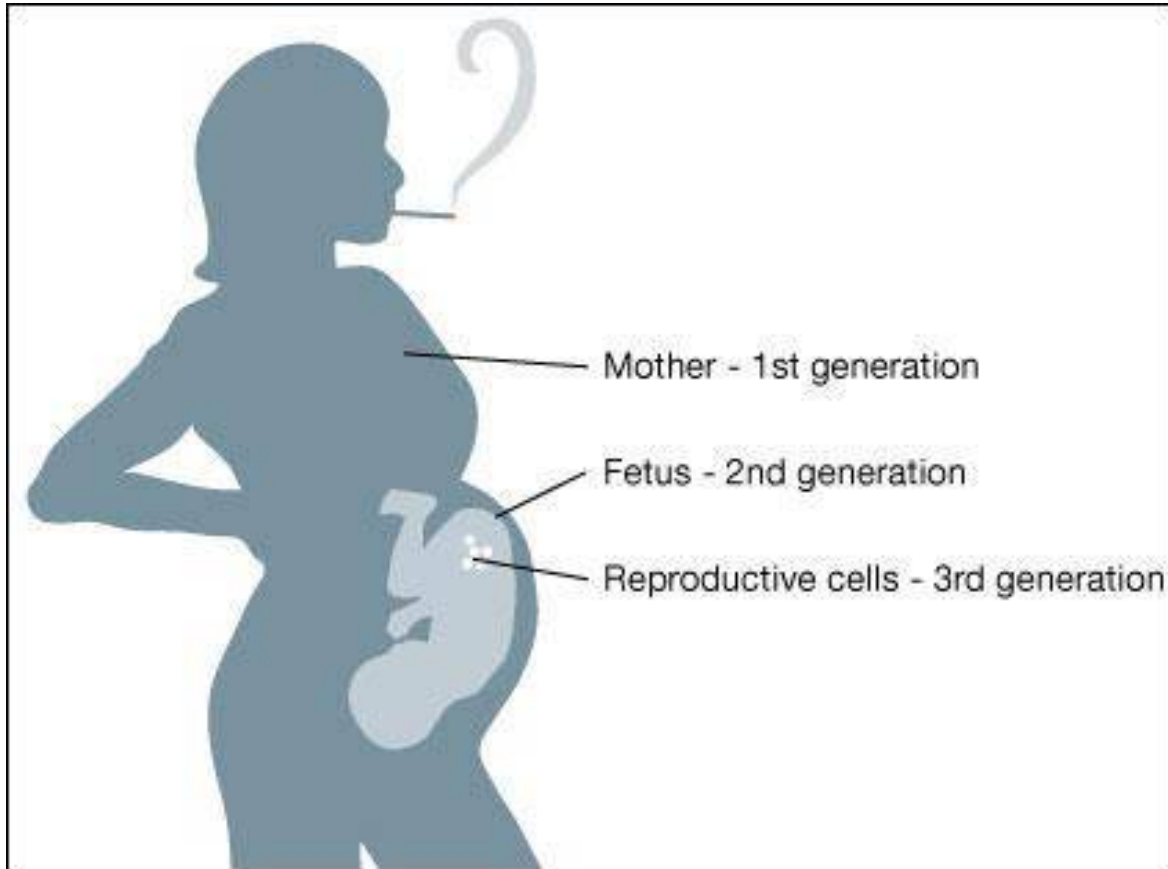


Silent Spring

- 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.

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GENERATIONS
Protecting yourself, your children, and their children
Learn more: zbtlink.org/gen

*Protecting yourself
protects future
generations*



Microwave safe doesn't mean safe for you.
Avoid harmful chemicals by microwaving in glass or ceramic, not plastic.

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*Protecting yourself
protects future
generations*



Shampoo, deodorant, cosmetics, etc. can contain harmful chemicals.
Use an app to choose safer products.

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*Protecting yourself
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Use a stainless steel or glass bottle.
Drinking from plastic, even BPA-free, exposes you to harmful chemicals.

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*Protecting yourself
protects future
generations*



Dust and dirt have harmful chemicals that get into our bodies.
Wash hands often, especially before eating.

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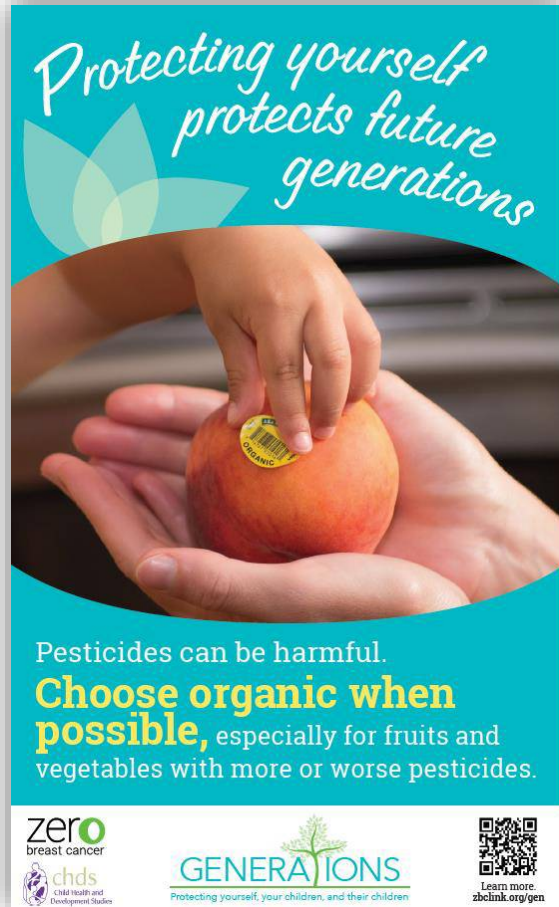
*Protecting yourself
protects future
generations*



Ask for an eReceipt.
Touching receipts can expose you to harmful chemicals.

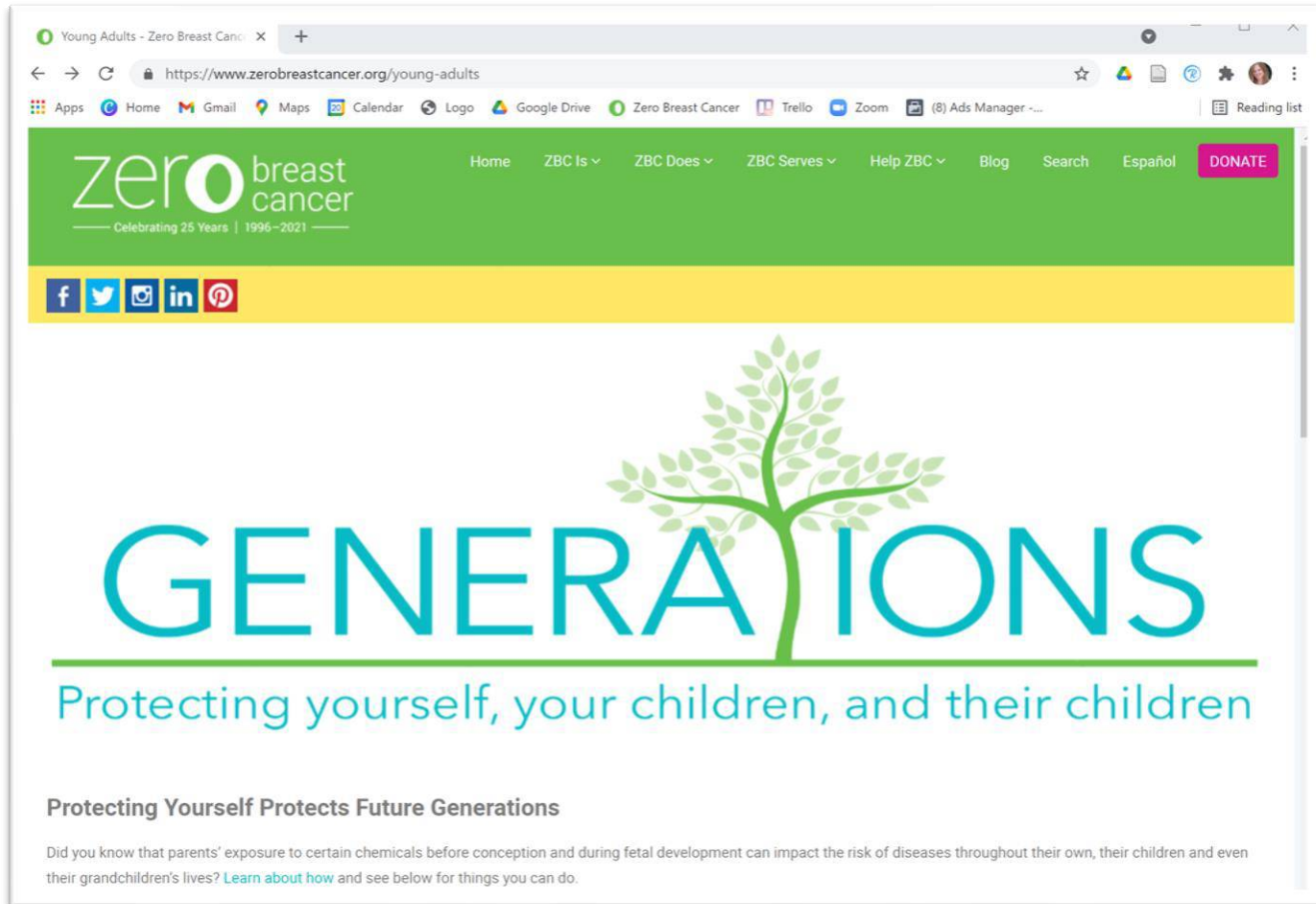
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Learn more: zbtlink.org/gen

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

Seeking funding to post:

- Buses, trains, stations
- Medical offices
- Schools

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Today's Speakers



CANCER FREE ECONOMY
NETWORK

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What we can do!

- 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

Facebook, Instagram @zerobreastcancer

Twitter @zerobreastcancer

LinkedIn @company/zero-breast-cancer

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:

- Antes de tener a un bebé durante toda el embarazo, que sea positivo. Si usted está fumando o bebiendo alcohol, deje de hacerlo antes de tener a un bebé.
- Evite el uso de productos químicos en su hogar y en su trabajo.
- Evite el uso de productos químicos en su hogar y en su trabajo.

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LIMIT CHEMICALS
(THEY CAN AFFECT HORMONES)

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Girls' New Puberty
WHEN 8 YEAR OLD GIRLS HAVE 13 YEAR OLD BODIES

Las niñas y la nueva pubertad
CUANDO LAS NIÑAS DE 8 AÑOS TIENEN CUERPOS DE NIÑAS DE 13 AÑOS

早來青春期的女孩
當 8 歲的女孩有 13 歲女孩的身軀

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

LOS CUERPOS DE NIÑAS CONECTAN A DESARROLLAR A UNA EDAD MÁS JÓVEN QUE NUESTROS ANTES DE LOS 8 AÑOS (AHORA ES MÁS DEL 10%)

我們上一代人只有不到5%的女孩在8歲前開始青春期 (現在已經翻了一倍)

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

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Thank you panelists & sponsors!



**CHILDREN'S
ENVIRONMENTAL
HEALTH
NETWORK**



CANCER FREE ECONOMY
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Tigerlily
Foundation
Beauty. Strength. Transformation.



THE LATINO CANCER INSTITUTE
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Previous webinar videos: Community Engagement in Research
ZIP Codes & Breast Cancer
Culture in Breast Cancer

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