

RACHEL'S FRIENDS

BREAST CANCER COALITION

PORTLAND AND MULTNOMAH COUNTY ADOPT TOXICS REDUCTION STRATEGY

On May 11, 2006, the Portland City Council and Multnomah County board voted unanimously to adopt a toxics reduction strategy. This plan promotes non-toxic alternatives based on the Precautionary Principle, "better safe than sorry."

"Rather than asking how much harm is allowable, the Precautionary Principle is a tool that allows us to consider how little harm is possible," said Portland State Uni-

versity School of Community Health professor, Stephanie Farquhar."

We accumulate toxic pollutants from exposure to cleaning products, plastics, fuels, pesticides, building materials, and other chemicals in air, water, food, homes, schools, and workplaces. Some researchers suspect links between pollution and increasing levels of childhood and adult cancers, asthma, birth defects, developmental

disabilities, autism, infertility, and Parkinson's disease.

The plan identifies cost-effective alternatives to practices that threaten public health and/or the environment. Short-term actions include more use of alternative fuels such as biodiesel, installing plumbing devices in county dental clinics that trap mercury amalgam for recycling, and using non-toxic cleaners. Visit www.oregon-health.org/precaution.html.

RACHEL'S FRIENDS LEADS EFFORT TO PASS SAFE COSMETICS LEGISLATION

Rachel's Friends and our coalition partners (Center for Environmental Health/Portland and Physicians for Social Responsibility/Oregon) are drafting legislation for the 2007 Oregon legislature that is aimed at helping Oregonians make informed

choices when choosing cosmetics and other personal care products.

Some of these products contain phthalates, a chemical used to make plastics flexible. Research shows that phthalates increase estrogen activity in women and tes-

ticular problems in men. The U.S. Environmental Protection Agency labeled the phthalate DEHP as a **probable human carcinogen**. In 2004, the European Union (EU) banned chemicals known or strongly suspected to

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WASHINGTON STATE "POLLUTION IN PEOPLE" REPORT RELEASED

The Toxic-Free Legacy Coalition in Washington State collected hair, urine, and blood samples last fall for a study of the chemical body burden in 10 volunteers.

Released in May 2006, the study found 26 to 39 toxic chemicals in each person examined. The chemicals tested for included common pesticides such as carbaryl; plasticizers and fragrance carriers found in vinyl, toys, and personal care products; perfluorinated chemicals such as those used to make Teflon and stain-repellants found in food packaging, carpeting, and clothing; toxic flame retardants found in electronics such as televisions, mattresses, and furniture; heavy metals such as lead, mercury, and arsenic; and chemicals such

as DDT and PCBs, which have been banned for decades.

The chemicals found in the 10 Washingtonians have been linked with cancer, infertility, and learning deficits.

All 10 participants tested positive for "Teflon chemicals," or PFCs, one of which has been declared a carcinogen by the FDA.

Phthalates were found in all 10 participants. Linked to male reproductive problems such as small or abnormal testes, lower sperm counts, and damaged sperm, phthalates are in a wide array of products including cosmetics, vinyl toys, and vinyl flooring.

For more information, visit

<http://www.pollutioninpeople.org/results>.

Environmental Effects from Diesel Exhaust

Presenter: Kevin Downing,
DEQ Clean Diesel Program Coordinator
Tuesday, **October 3**, 2006

3:00-5:00 pm

Portland State Office Building
800 NE Oregon St., Ste. 130, Portland

Free

Rachel's Friends Breast Cancer Coalition is a non-profit all-volunteer advocacy group dedicated to eliminating environmental toxics that are linked to breast cancer. We honor Rachel Carson, a biologist and writer who died of breast cancer. Her 1962 book *Silent Spring* exposed the dangers of pesticides.

We work to **prevent breast cancer** by exposing environmental causes. We educate policymakers and the public about the **impact of pesticides and other environmental toxics** on the rising incidence of breast cancer.

We advocate for an environment free of carcinogens and for increased funding for **research on environmental causes of breast cancer**.

We support the **Precautionary Principle (better safe than sorry)**. We should act **now** to reduce our exposure to known and suspected carcinogens even if cause and effect relationships are not firmly established.

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Rachel's Friends Breast
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ACTIVIST REPORTS ON SURVIVORS' ROLE AT AMERICAN ASSOCIATION OF CANCER RESEARCH CONFERENCE

By Heather K. Hill heatherkhill@hotmail.com

Heather K. Hill, Rachel's Friends' member and Portland-area breast cancer survivor, represented cancer survivors at the annual conference of the American Association of Cancer Research (AACR) in Washington, DC, in April. The AACR is the world's largest and oldest association dedicated to supporting researchers. This year over 16,000 cancer researchers from around the world gathered in Washington, DC, to discuss the latest advances in cancer research.

Heather participated in the AACR's Scientist-Survivor Program that matched 37 cancer survivors with scientists to share perspectives on the meeting.

"Survivors have an important role in the research community," said Heather. "We need to make sure the interests of survivors are paramount in everything the scientists do. For example, a lot of attention was given to improving clinical trial randomization models so people entering the trial towards the end benefit from knowledge already captured from earlier results of the same trial. Another example is tissue banking; the laws regarding what happens to tumors after they have been excised do not give the patient many options. Scientists could learn a lot from those old tumors."

Topics included adult stem cells as the source of

cancer, advanced imaging techniques to monitor the effectiveness of cancer treatment, nanotechnology systems to deliver microscopic bombs of chemotherapy, and individualized nontoxic treatments based on genetic profiling. Heather said, "I felt like I had a chance to see into the future of breast cancer prevention and treatment. I liked what I saw and I only wish it could be realized faster."

Heather encourages anyone interested in participating in the Scientist-Survivor Program to apply. All expenses are covered by the program; no scientific background is required. To learn about the AACR and download an AACR Scientist-Survivor Program application, visit www.aacr.org.

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cause cancer, mutation, or birth defects. The ban included two common cosmetics ingredients that the EU calls "reproductive toxins" – the phthalates DBP and DEHP.

More than 70% of personal care products tested by the Environmental Working Group contained at least one type of phthalate. Most nail polishes tested contained high DBP levels. Many deodorants, perfumes, and hair products contain DBP, DEHP, or other phthalates. Some manufacturers removed DEHP from products sold in the U.S., but many cosmetic companies still sell products with phthalates in Oregon.

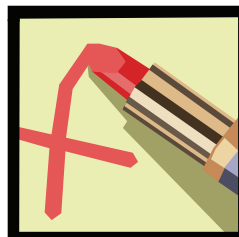
We look forward to your support as we launch this campaign.

ARE COSMETICS POISONING TEENS?

Chemical exposures for teens are especially dangerous because their bodies are going through rapid, hormonally driven changes.

The Environmental Working Group is conducting monitoring determine of cosmetics. About 20 pants will from volunteers. Young women aged 14-19 are eligible.

For more information, read the [study brochure](#).



a bio-study to the level of cosmetic in teens. partici-be chosen

Rachel's Friends
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Watch your mailbox for information about our free early December event:

“Public health, the environment, and the 2007 Oregon Legislature.”

Speakers from Oregon environmental advocacy groups and members of the legislature will answer questions about their 2007 agendas.

RACHEL'S FRIENDS SPEAKERS BUREAU

Are you looking for a speaker for your class or group? Call Rachel's Friends.

We are breast cancer survivors, environmental activists, health care professionals, and others affected by cancer. We are committed to sharing information about chemical links to breast cancer. We advocate for true prevention – stopping cancer before it starts by eliminating environmental toxins.

To learn more, e-mail info@rachelsfriends.org or call 503-226-7870.

