

RACHEL'S FRIENDS

BREAST CANCER COALITION

Early Puberty Increasing among U.S. Girls, particularly African Americans

The age when puberty starts is dropping for all girls, but it is dropping most rapidly for African-American girls, according to *The Falling Age of Puberty in U.S. Girls: What We Know, What We Need to Know*. The new report, authored by scientist and cancer expert Dr. Sandra Steingraber, was published by The Breast Cancer Fund.

“The report describes puberty as a delicate process that can be easily dis-

rupted by . . . psychosocial stressors, chemical exposures, and obesity,” said Jeanne Rizzo, R.N., executive director of the Breast Cancer Fund. “To reverse the trend of earlier and earlier puberty — which increases the risk of breast cancer — we need state and national policies that will protect our children from harmful chemical exposures.”

- Girls develop breasts, on average, one to two years earlier than

girls did 40 years ago. The mean age is about 10 years for white girls and nine for black girls, with 14% attaining breast buds between their eighth and ninth birthdays.

- At age 10, the percentage of African-American girls who have begun menstruating is three times greater than for white girls.
- Early onset of menstruation increases a girl's risk of getting

(Continued on page 2)

See inside . . . Saturday, Oct. 13

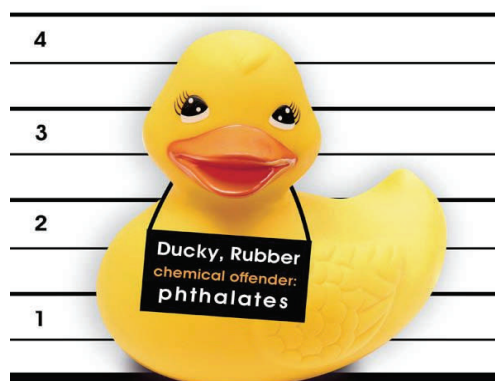
Take a toxic tour of your bathroom cabinet.

- **Formaldehyde**, a human carcinogen, in your nail polish?¹
- **1,4-dioxane**, a probable human carcinogen, in your child's shampoo?²
- **Mercury**, a neurotoxin, in your mascara?³

¹International Agency for Research on Cancer

²U.S. Environmental Protection Agency

³U.S. Environmental Protection Agency



Prevention is the cure!

Image Courtesy Breast Cancer Fund and Environment California
breastcancerfund.org environmentcalifornia.org

breast cancer later in life — as much as 50 percent at age 12, compared to age 16.

The Falling Age of Puberty reviews possible causes of early puberty such as obesity, television viewing, physical inactivity, psychosocial stressors, low birth weight, formula feeding and chemical exposures. It notes that many of these factors hit poorer communities and people of color the hardest because poverty, racism, unemployment and exposure to toxic substances are high and access to nourishing food and safe places to exercise is low.

Parts Per Million:

The Poisoning of Beverly Hills High School

by Joy Horowitz. Reviewed by Rita Clare McDonagh, PT, LMT, Rachel's Friends Board member

In 1892, Edward Doheny, a gold miner from Wisconsin, struck oil at 460 feet below Los Angeles, a desert atop a giant basin of hydrocarbons. In 1906, the first oil wells were drilled where Beverly Hills High (BHH) would be built in 1927. Today, oil wells next to the BHH football field continue to pump crude oil, along with toxic carcinogenic fumes.

In 1996, two women, both BHH graduates, passed the time in their oncologist's waiting room by sharing stories of former classmates

Girls' exposures to endocrine-disrupting chemicals are a known cause of early puberty. For example, testosterone and estrogen creams, hair tonics, and shampoos with estrogen have triggered early breast development in girls as young as 18 months. Pesticides also affect girls' development.

The amount of natural hormones that a child produces is much less than previous research showed. Even a trace amount of a hormonally active chemical in a child's body can potentially have a huge impact.

www.breastcancerfund.org/puberty

with cancer. Research began in earnest. With the help of Erin Brockovich, a case was born, *Lori Lynn Moss et al. v. Venoco Inc. et al.* People who knew of the cancer cluster among students and residents were also aware of the \$50 million in royalties paid to the school and Beverly Hills residents.

This book is a lesson in greed vs. the human impulse to protect one's children. Journalist Joy Horowitz, BHH class of

(Continued on page 5)

Rachel's Friends Breast Cancer Coalition is a non-profit Oregon advocacy organization dedicated to lowering the incidence of breast and other cancers by reducing our exposure to environmental carcinogens. We do this through education, legislative action, and organizing for change on behalf of Oregonians.

We honor Rachel Carson, a biologist and writer who died of breast cancer. Her 1962 book *Silent Spring* exposed the dangers of pesticides.

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.

Board of Directors

Diane Lund-Muzikant, Chair
Nancy Crumpacker, MD
Phil Goldsmith; Karen Gritzka, RN; Rita McDonagh, PT, LMT; Joanne Skirving
Admin. Asst: Joan Little
Intern: Leanne Park, RN

Rachel's Friends Breast
Cancer Coalition
P.O. Box 82509
Portland, OR 97282
Voice: 503-292-1035
info@rachelsfriends.org
www.rachelsfriends.org

Please join us

Annual membership \$35.00
Supporters \$100
Patrons \$500
Students & seniors \$20
Benefactors \$1000.00
Mail a check for your dues with your name, mailing address, day phone, and e-mail to the address shown above.

Healthy Living Fair: Which cancer-causing chemicals lurk in your shampoo, deodorant, and baby products?

Learn how to choose safe personal care products and baby toys.

**Saturday, October 13, Noon – 5:00 p.m.,
First Unitarian Church, SW 12th & Main, Portland
\$5 suggested donation**

Keynote speaker

Stacy Malkan, Campaign for Safe Cosmetics and Health Care Without Harm. Stacy will speak on hazardous chemicals in personal care products and sign copies of her new book, *Not Just a Pretty Face: The Ugly Side of the Beauty Industry*.

Other speakers

- State Senator Margaret Carter, Oregon Legislature
- Renee Hackenmiller-Paradis, Oregon Environmental Council, recent biomonitoring study in Oregonians
- Sara Leverette, Oregon Environmental Council, Tiny Footprints
- Kate O'Brien, President, Alima Cosmetics

Confirmed exhibitors

Cosmetics & Personal Care Products

- [Alima Cosmetics](#)
- [Camellia Pure Beauty](#)
- [Divine Essence](#) essential oils
- [Ely Organics](#)
- [HABA](#)
- [Ocean Child Bath & Body Products](#)
- [Oregon Soap Company](#)
- [Young Living](#) cosmetics

Children's Products & Services

- [Josiah Hill III Clinic](#) lead screening
- [Mother Nature's Baby Store](#)
- [Spielwerk Community Toy Store](#)

Organic Foods & Herbs

- [New Seasons Market](#)
- [Organics To You](#) home delivery
- The Herb Shed

Community Organizations

- [Clara Jean Foundation](#)
- [Oregon Center for Environmental Health](#)
- [Oregon Environmental Council](#)
- [Physicians for Social Responsibility, Oregon Chapter](#)
- [Portland Waldorf School](#)
- [The Redirect Guide](#)

To register (no charge), call 503-869-7225 or e-mail healthylivingfair@yahoo.com.

We need volunteers on the day of the event. Please contact Diane Lund-Muzikant at 503-869-7225 or muzikant@aol.com.

Information

www.rachelsfriends.org

www.safecosmetics.org

www.breastcancerfund.org

What is the Campaign for Safe Cosmetics?

The Campaign for Safe Cosmetics is a coalition of public health, educational, faith, labor, women's, environmental and consumer groups. They protect the health of consumers and workers by urging the health and beauty industry to stop using chemicals linked to cancer, birth defects, and other health problems and replace them with safer alternatives.

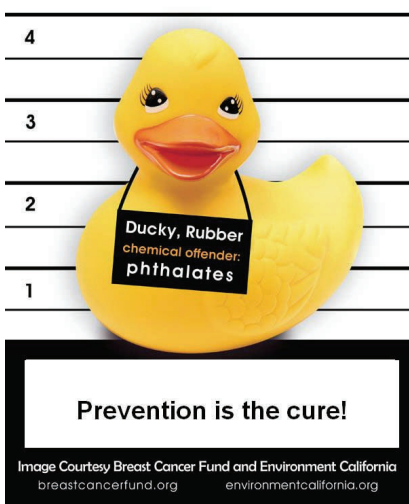
What do we want cosmetics companies to do?

Join more than 450 cosmetics companies that have signed the Compact for Safe Cosmetics. Signing the Compact commits them to phase out chemicals linked to cancer, birth defects and other health problems in their products and to replace them with safer alternatives.

What health concerns are linked with cosmetics and personal care products?

Some chemicals in cosmetics - including phthalates, acrylamide, formaldehyde and ethylene oxide - are listed by EPA and the state of California as carcinogens or reproductive toxins.

Consumers use as many as 25 different cosmetics products in a day. Up to 70% of what we apply to skin is believed to be absorbed into the body.



The chemicals in just one consumer product may not cause harm. But we are exposed to industrial chemicals from many sources, including cosmetics and personal care products.

Many chemicals are stored in our bodies, our breast milk and our children, and diseases linked to synthetic chemicals - including breast cancer, testicular cancer and reproductive problems - are rising.

One of every 100 consumer products contains ingredients certified by govern-

ment authorities as known or probable human carcinogens, including shampoos, lotions, makeup, and lip gloss.

Cosmetics companies could make products that do not threaten our health. The European Union requires safer products for their consumers. Manufacturers could make the same safer products available for all of us.

Does the Food and Drug Administration (FDA) test cosmetics and personal care products?

The \$60 billion cosmetics industry can add unlimited amounts of chemicals to personal care products with no required testing and no monitoring of health effects.

Almost 90% of 10,500 ingredients used in personal care products have never been evaluated for safety.

We urge the FDA to ban the marketing of cosmetics and personal care products containing known or probable human carcinogens, reproductive toxins, or mutagens.

What can I do?

Check your products' safety ratings at www.cosmeticdatabase.com to find safer choices.

Oregon ranks fifth in invasive breast cancer; Washington state maintains number 1 rank

Rankings by State: 2003, Female Breast
Number of cases per 100,000 people in each state

Rank	State	Rate
1	Washington	136.6
2	Alaska	132.1
3	Maryland	131.3
4	Massachusetts	130.1
5	Oregon	128.9
6	Colorado	128.8
7	Connecticut	127.8
8	Vermont	127.7
9	Maine	127.0
10	New Jersey	126.4
31	US average	119.0

United States Cancer Statistics: 1999–2003 Incidence and Mortality Web-based Report. Atlanta: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention and National Cancer Institute; 2007.
www.cdc.gov/uscs.

*(Parts Per Million
Continued from page 2)*

1971, creates a compelling, detailed drama with more than a thousand plaintiffs who claim that their illnesses can be traced to exposures from oil extraction at BHH. “Until now,” she wrote, “I did not realize how much writing a book about the environment is an open invitation to fear.”

We see science used to protect corporations from accountability. One part per million was an acceptable exposure limit, meaning that one

person in 1,000 might get sick from certain contaminants. Records were sealed and evidence concealed.

Oil companies denied responsibility. A plaintiff was asked if his daughter could have died from exposures outside BHH, such as “home care products, shampoos, hair straighteners or colorings, shoe polish, pesticides, or air travel, which might have increased Janet’s chemical exposure...”

Parts Per Million isn’t just about greed and politics

Study finds link between pesticides and breast cancer

Results from the Long Island NY Breast Cancer Study Project found an association between reported lifetime residential pesticide use and breast cancer risk.

Researchers measured organochlorine compounds in the blood of 1,508 study participants, all women.

Lawn and garden pesticide use was associated with breast cancer risk, but little or no correlation was found for pest pesticides, insect repellants, or products to control lice, fleas, and ticks on pets.

The research was published in December 2006 in *American Journal of Epidemiology*.

<http://aje.oxfordjournals.org/cgi/content/abstract/kwk046v1>

in Beverly Hills. Government plays a role by allowing big business to loosen emission standards and pay fewer penalties. Children’s growing bodies are more susceptible to carcinogens. In this case, we meet high schoolers who run around a track, smell foul odors, drink “funny tasting” water, fall on ground soaked with toxins, and die way too soon.

We need to continue the battle against toxic exposures. Let this book inspire you to speak out. Together, we can make a difference.

**Rachel's Friends
P.O. Box 82509
Portland, OR 97282**

Return Service Requested

Non-Profit Org.
US Postage
PAID
Permit No. 1047
Portland, OR

**We received a
donation in
honor of:**

- Mary Priester

From Marjorie Kircher

Thank you!

We greatly appreciate the Ralph L. Smith Foundation's generous grant of \$3000 to our public education program on avoiding hazardous chemicals and choosing safe consumer products.

Thanks to everyone who sent a donation, renewed their membership, and/or returned a survey. You're the greatest!

Prevention is the cure!