

RACHEL'S FRIENDS

BREAST CANCER COALITION

Rachel's Friends supports laws to ban BPA in products for young children

Rachel's Friends has teamed with the Oregon Environmental Council and 16 other Oregon environmental advocacy groups to pass legislation during the Oregon legislature's special session in February.

These new laws would phase out Bisphenol A (BPA) from the following products intended for children under age 3:

- Reusable food and beverage containers, including baby bottles and sippy cups



Click here to find out how to contact your federal and Oregon senators and representatives:

www.leg.state.or.us/findlegsltr

Oregon voters

E-mail, fax, or phone the offices of your state senator and representative. Say that you're an Oregon voter and that you want the toxic chemical BPA out of baby bottles and food containers.

- Formula cans and baby food jars (single-use food and beverage containers)

BPA is a hormone-disrupting chemical developed in the 1930s as artificial estrogen. It's used in common products, including some clear, rigid plastic bottles, baby bottles, pacifiers, chew toys, reusable food containers, and food can liners.

BPA we consume is stored in our bodies. BPA can be dangerous at extremely low levels. Research

links BPA to cancer, miscarriage, obesity, heart disease, diabetes, early puberty, liver abnormalities, and attention deficit disorders. It even interferes with chemotherapy.

A 2007 study by the Centers for Disease Control found BPA in 93% of Americans age 6 and older.

In 2008, Canada banned BPA in baby bottles. In 2009, Connecticut, Minnesota, the City of Chicago, and three New York counties passed laws to eliminate BPA from various children's products.

What can I do?

www.oeconline.org/our-work/smart-policy/2010-bpa-legislation-fact-sheet

Voters in all states

The **Ban Poisonous Additives Act, S.593** in the Senate, **HR.1523** in the House, would ban bisphenol A from food and beverage cans and plastic containers. It would require that any replacements for BPA be safe.

Please e-mail, fax, or phone the offices of your federal senators and repre-

sentative. Say that you're a voter in their state and that you want the toxic hormone disruptor BPA out of baby bottles and food containers. Urge her/him to become a co-sponsor and lead the effort to pass it.

As of January 7, Rep. Wu in Oregon and Reps. Inslee and McDermott in Washington were co-sponsors. No senator from Oregon or Washington is a co-sponsor. They need to hear from you!

Join us on Facebook; Follow us on Twitter

www.facebook.com/pages/Rachels-Friends-Breast-Cancer-Coalition/173705488238?ref=nf



<http://twitter.com/RachelsFriends>



CDC releases Report on Human Exposure to Environmental Chemicals

Published in December 2009, The *Fourth National Report on Human Exposure to Environmental Chemicals* is the most comprehensive assessment to date of the exposure of Americans to environmental chemicals. The Centers for Disease Control (CDC) measured 212 chemicals in the blood or urine of about 2,400 people.

Chemicals measured in this biomonitoring study include metals such as lead,

cadmium, uranium, mercury, and arsenic; phenols such as bisphenol-A (BPA); acrylamide; perfluorinated chemicals; polybrominated diphenyl ethers (PBDEs); polychlorinated biphenyls (PCBs); volatile organic compounds such as benzene, styrene and methyl *tert*-butyl ether; pesticides; phthalates; phytoestrogens and dioxins.

www.cdc.gov/exposurereport/pdf/FourthReport.pdf

We appreciate your donations. Thank you!

- In memory of Mary Catherine Lamb from Sandy Polishuck
- In memory of Patti Veemer from Shari Rochelle
- In honor of Marie Woodcock from Suzanne Bonamici

Thank you, volunteers!

Liandra Chapman, Marilyn Grendele, Audrey Wang

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

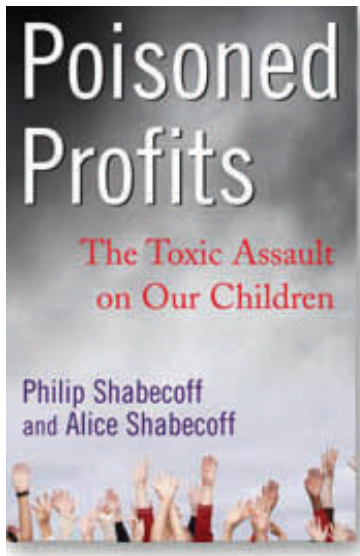
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Rachel's Friends Breast
Cancer Coalition

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Nancy Hunt, Exec. Assistant

Please join us

Annual membership \$35
Supporters \$100
Patrons \$500
Full-time students & seniors
age 65 or over \$20
Mail a check with your name,
address, day phone, and
e-mail to the PO box above.



Poisoned Profits, The Toxic Assault on Our Children

One in three U.S. children suffers from a chronic disease. Over the past 20 years, the incidence of all

forms of invasive cancer in children has increased. Children today have higher rates of serious chronic diseases than earlier generations had, including cancer, autism, birth defects, and asthma.

Philip Shabecoff, former *New York Times* environmental reporter, and Alice Shabecoff, former executive director of the National Consumers League, blame industrial pollution and toxic products for the high percentage of infants and children with health problems. Other targets are the government's failure to protect public health and uninformed consumers who yearn for the "new car" smell, no weeds, and bug-free yards.
www.poisonedprofits.com

Our Place at the Table

By Caroline Skinner

Rachel's Friends' volunteers staff tables at health events to provide information on avoiding exposure to toxic chemicals. Tabling is a great way to alert people to environmental links to cancer and healthy consumer choices. You may have seen us last fall at the Green Sprouts Organic Baby Fair, Veg Fest Northwest, and the Willamette Falls Hospital Women's Health Fair in Oregon City.

Two of our most popular handouts are the Campaign for Safe Cosmetics' brochure, **Unmasked: 10 Ugly Truths Behind the Myth of Cosmetic Safety**

www.breastcancerfund.org, and Metro's **Hazardless Home Handbook** www.oregonmetro.gov/index.cfm/go/by.web/id=9022 with ideas for cheap non-toxic cleaning solutions.

We helped circulate postcards for the Oregon Physicians for Social Responsibility's Safe Food Campaign to convince Breyer's and Dreyer's to take rBGH (bovine growth hormone) out of their ice cream.

Volunteers meet people who share our interest in getting cancer-causing chemicals out of the environment. Watch for an e-mail asking for tabling volunteers.

Shop at NW Food Front and Support Rachel's Friends

Through March 31, the Food Front at NW 23rd Place and Thurman in Portland will donate 5¢ to Rachel's Friends each time you bring your own grocery bag when you shop.

When you don't use a Food Front bag, the cashier will give you a bean to drop in one of three jars representing local non-profits. Thank you in advance for choosing Rachel's Friends!



California bans household aerosol products

Effective in 2013, California has banned the sale of aerosol air fresheners, paint thinners, and solvents that release high levels of volatile organic compounds (VOC). VOCs increase ozone gas and smog and contribute to asthma and cancer.

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

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Portland, OR

Return Service Requested

Get involved!

(more events at www.rachelsfriends.org/events)

January 27, 2010
**Preventing Cervical Cancer-
HPV Vaccine and Pap
Screening**, Oregon Health &
Science University (OHSU),
Portland
[www.ohsuwomenshealth.com/
community/bbag/index.html](http://www.ohsuwomenshealth.com/community/bbag/index.html)

March 5 and 6
**2nd Annual NW Environ-
mental Health Conference**,
OHSU, School of Nursing,
Portland. 503-222-1963
[http://www.oeonline.org/our-
work/kidshealth/
healthprofessionals/second-
annual-nw-environmental-
health-conference](http://www.oeonline.org/our-work/kidshealth/healthprofessionals/second-annual-nw-environmental-health-conference)

**March 7, Portland Interna-
tional Women's Day**, Portland
State University. Look for our
table in the Health Room.

March 12 and 13
**Breast Cancer Issues
Conference**, OR Convention
Center, 777 NE MLK Jr. Blvd.,
Portland.
tmountain@komenoregon.org.
Keynote Speaker: Patricia
Ganz, MD, Medical Oncologist,
Cancer Prevention & Control
Research, UCLA School of
Public Health & School of
Medicine. Dr. Ganz co-
authored the 2005 report,
"From Cancer Patient to
Cancer Survivor: Lost in
Transition."

April 21
**Free Webinar, The Body
Toxic: What Consumers
Should Know About the Haz-
ardous Chemistry of Every-
day Things**. Internet connec-
tion and phone line required,

noon - 1 p.m. Call 503-418-
4506 for call-in phone number.
cwh@ohsu.edu,
[www.ohsuwomenshealth.com/
community/bbag/index.html](http://www.ohsuwomenshealth.com/community/bbag/index.html)
Portland investigative journalist
Nena Baker, author of *The
Body Toxic: How the Hazard-
ous Chemicals of Everyday
Things Transform our Health
and Wellbeing*, will discuss
risks of endocrine-disrupting
chemicals and how to limit ex-
posures to phthalates in plas-
tic, flame retardants in elec-
tronics and furniture, and
bisphenol A in polycarbonate
bottles and linings of food and
beverage cans.

**OHSU Cancer-related
Classes**. Call 503-494-4580.
Nutrition, cooking, free yoga
and writing workshops.