

# RACHEL'S FRIENDS

## BREAST CANCER COALITION

### Wal-Mart, other retail outlets Say they'll remove Toxic Baby Bottles and Nalgene from U.S. and Canadian stores

Wal-Mart, the world's largest retailer, announced in April 2008 that it would immediately remove baby bottles, sippy cups, pacifiers, food containers, and water bottles made with bisphenol A (BPA) from its Canadian stores. Unfortunately, Wal-Mart will wait until Jan. 1, 2009, to remove BPA products from its U.S. stores.

Babies 'R Us, Toys 'R Us, and Whole Foods also said they will stop selling baby bottles with BPA. Nalgene, the water bottle manufacturer, said they will phase out all of their BPA bottles.

BPA is a hormone-disrupting chemical that acts

like estrogen in the body. It's used in baby and water bottles and in linings of food cans. BPA is used to manufacture hard, clear, polycarbonate plastic. It's in cell phones, laptop computers, automobile parts, and in sealants for children's teeth.

Also in April, the U.S. National Institutes of Health (NIH) reversed its earlier findings and accepted evidence of links to cancer from bisphenol A. The NIH statement was issued after a Congressional investigation revealed that **only studies by the chemical industry were recognized in the FDA's BPA evaluation**

despite dozens of peer-reviewed scientific studies linking BPA to obesity, diabetes, thyroid disease, breast and prostate cancers, and schizophrenia.

"We are delighted that Wal-Mart and Nalgene are doing the only sensible thing in light of the reality that BPA in baby and water bottles shows great risk of causing harm to infants and consumers who drink from them," said Mike Schade, of the Center for Health, Environment and Justice.

A recent Centers for Disease Control study

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### Get your free guide to pesticide loads In 43 fruits and veggies [www.foodnews.org/walletguide.php](http://www.foodnews.org/walletguide.php)

1 (worst)	Peaches	100 (highest pesticide load)	from Environmental Working Group
2	Apples	96	
3	Sweet Bell Peppers	86	
4	Celery	85	
5	Nectarines	84	
6	Strawberries	83	
7	Cherries	75	

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# Senators and Reps Agree to Ban Phthalates in Children's Toys

On July 29, House and Senate lawmakers agreed to ban three types of phthalates from children's toys. Three more phthalates will be banned depending on results of a study of their health effects in children and pregnant women.

Phthalates make plastics soft and strong. They're common in lotion, shampoo, and other personal care items. A 1999 Food and Drug Administration study of 1000 people found traces of

phthalates in everyone tested.

The chemical industry opposed the ban. Exxon Mobil manufactures diisononyl phthalate (DINP), the most common phthalate in children's toys.

California, Washington, and Vermont passed laws restricting phthalates in children's products, and 12 more states introduced similar legislation. Phthalates are banned or restricted in the European Union.

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Stores remove Bisphenol A

revealed that over 90% of Americans have BPA in their bodies. Research shows that BPA does not accumulate in humans. That means there is so much BPA in the products we use that we consume it constantly.

"There's no disputing the science that BPA disrupts hormones. . . we need to stop right now exposing our children – who depend on normal hormone function to develop normally – to these toxic chemicals. The sad task of tallying the myriad ways that children may have already been harmed should only come AFTER we act to prevent such future exposures." says

**. . . over 90%  
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David Wallinga, MD, from the public health organization, Healthy Legacy.

Maureen Swanson of the Learning Disabilities Association of America says, "In animal studies, very low level exposure to Bisphenol

A has been linked to impaired learning, hyperactivity, and aggression."

"It's outrageous that some baby bottle manufacturers are exposing little girls to BPA and possibly increasing their risk of breast

cancer later in life, especially since there are safer alternatives," said Janet Nudelman, Director of Program and Policy for the Breast Cancer Fund.

Several states have introduced legislation to restrict

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**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

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www.rachelsfriends.org

### Please join us

Annual membership \$35.00  
Supporters \$100  
Patrons \$500  
Full-time students & seniors age 65 or over \$20  
Benefactors \$1000  
Mail a check for your dues with your name, mailing address, day phone, and e-mail to the address shown above.

(Continued from page 2) BPA bisphenol A: Connecticut, Illinois, Maine, Maryland, Minnesota, New Jersey, New York, and Pennsylvania.

California's Senate passed a bill in April that would ban the sale of plastic baby bottles, training cups, and formula cans if they contain detectable levels of BPA. If the bill becomes law, California would be the first state in the nation to ban BPA in any consumer product.

## So what's safe?

[glass bottles from Even-Flo](#), [Born-Free plastic bottles](#), and Gerber's [Fashion Tints plastic](#) bottles



[www.babystoxicbottle.org](http://www.babystoxicbottle.org)

[www.environmentcalifornia.org/uploads/B0/av/B0aveh-MELtJWs0ZmzXiK4w/The Right Start.pdf](http://www.environmentcalifornia.org/uploads/B0/av/B0aveh-MELtJWs0ZmzXiK4w/The Right Start.pdf)

Look here for BPA-free pacifiers and teethers.

<http://safemama.com/2008/01/04/bpa-free-pacifiers-and-teethers-cheat-sheet/>

[www.ewg.org/reports/bpaformula](http://www.ewg.org/reports/bpaformula)

## We have work to do!

While developing their Pure Prevention program, LUNA surveyed more than 500 U.S. women aged 18 to 60. Results revealed disturbing misinformation about breast cancer, such as:

- 50 percent of the women thought all breast cancer is hereditary, so they assumed that they couldn't change their "destiny." However, research shows only one in 10 women with breast cancer has a genetic history of the disease. This means we can influence our risk factors.
- 87 percent of survey responders did not know any ways to prevent breast cancer or reduce their risk factors.
- 71 percent of women did not know that more than one-third of personal care products contain at least one chemical linked to cancer.

[www.pureprevention.org](http://www.pureprevention.org)

**Visit our table at the Green Sprouts Fest  
on September 13 at Peninsula Park,  
700 N. Rosa Parks Way in Portland.**

Saturday, September 13th  
Peninsula Park, Portland

**Green Sprouts**  
Organic Baby & Family Fest

## Thank you!

We appreciate the 37 members who renewed their annual membership dues or joined Rachel's Friends for the first time. Thank you for your support. We welcome donations of any amount. Together, we'll eliminate preventable forms of breast and other cancers.

**In honor of Ann Aldrich**  
from Nancy Cross Aldrich

**In honor of Leanne Park**  
from Joanne Skirving

**In honor of Phil Goldsmith**  
from Marcia Liberson

**In honor of Betty Parkinson**  
from Kay Shoudy

**In honor of Rita McDonagh**  
from Kelsi McCarthy

**In memory of Toni Carson**  
from Julia Gies

Rachel's Friends  
P.O. Box 82509  
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**Wanted: New board members who want to prevent cancer before it starts**

They are enthusiastic about working to reduce breast cancer incidence by eliminating environmental risks.

They could be you!

We ask for:

- Commitment to Rachel's Friends' mission and the Precautionary Principle
- Interest in breast cancer prevention and legislation

**Thank you!**

We received a donation from the 2008 graduating class of Linfield School of Nursing in Portland.

- Willing to listen and work in a group process
- Able to commit 4-6 hours per month on Rachel's Friends projects, including one monthly two-hour board meeting from 6-8 p.m.

If you have questions, call 503-777-2761 or 503-869-7225 or e-mail **rachelsfriendsbcc at gmail.com**.

We're looking for folks with bookkeeping and/or legal background, but we need passionate generalists, too.

**Save The Date!**

**Saturday, October 11, 11 a.m. - 4 p.m.**

**Rachel's Friends' 2nd Annual Healthy Living Fair**

Collins Hall, First United Methodist Church  
1838 SW Jefferson, Portland

Free parking on site and at lot across SW 18th. On MAX line.

Keynote speaker: Nena Baker, author of **The Body Toxic: How the Hazardous Chemistry of Everyday Things Threatens our Health and Well-being**.

**Do you market non-toxic, no-phthalates personal care and baby products?** For information about tables at the fair, call Nancy Hunt, 503-493-9014, or Diane Lund-Muzikant, 503-869-7225, or e-mail **rachelsfriendsbcc at gmail.com**.

We need volunteers for the fair! Please let us know if you can help.