



RACHEL'S FRIENDS BREAST CANCER COALITION

Multnomah County bans BPA in baby bottles, sippy cups, and sports water bottles

On October 27 the Multnomah County Commission voted **unanimously** to ban the toxic chemical bisphenol-A (BPA) in baby bottles, sippy cups, and reusable sports water bottles sold within the county.

This is a big step forward for protecting children and families in Multnomah County. Exposure to BPA, a chemical found in plastics, can lead to hormone disruption, heart disease, diabetes and other severe health

problems. Children and babies are particularly vulnerable to the effects of BPA.

This victory shows a local government taking action when the state legislature failed to do so. A bill to ban BPA statewide was passed

by the Oregon Senate this year, but House leaders did not allow the full House to vote on it.

Thanks to all of you who called and emailed your Multnomah County commissioners, attended the hearings, and testified. We also thank Oregon residents who contacted their legislators during the 2009 and 2011 legislative sessions about banning BPA from baby bottles and sippy cups.



Women exposed to DES before birth face increased cancer risk

A large National Institutes of Health (NIH) study of daughters born to women prescribed diethylstilbestrol (DES) during pregnancy found that exposure to this synthetic estrogen before birth is linked with an increased risk of certain cancers, pre-cancerous conditions, and other reproductive issues.

The study was published Oct. 6, 2011, in the *New England Journal of Medicine*.

Beginning around 1940, DES was used to prevent miscarriage and other complications of pregnancy. Studies in the 1950s showed that DES was ineffective for this purpose, but it continued to be prescribed. In the late 1960s, cases of a rare vaginal cancer (clear-cell adenocarcinoma) were identified in young women and were linked to their exposure to DES before birth.

In 1971, the U.S. Food and Drug Administration

notified physicians that DES should not be prescribed to pregnant women, but it was not banned. However, between 5 million and 10 million pregnant women and babies had already been exposed to the drug.

This study included over 6,500 women (4,600 exposed and 1,900 unexposed). The so-called DES Daughters, who were exposed to DES before birth, had an increased risk of 12

(Continued on page 2)

(Continued from page 1)
DES Daughters

medical conditions, including clear-cell adenocarcinoma (40 times higher risk). DES Daughters over age 40 are nearly two times more likely to develop breast cancer than unexposed women.

To put that into perspective, **unexposed women have about a 1 in 50 chance for developing breast cancer by age 55 (barring other risk factors) while for DES Daughters the risk is more like 1 in 25.**

NCI researchers will continue to study DES Daughters as they move into menopausal years. Also, researchers are watching for possible health effects in the children of DES Daughters, who are known as DES Grandchildren. Early studies have indicated that this endocrine disruptor may have generational impacts extending years past the original exposure.

www.nih.gov/news/health/oct2011/nci-05.htm

www.desaction.org

Reduce your exposure to suspect chemicals in everyday products

1. **Use only glass and ceramic containers in a microwave.** Some plastic dishes contain chemicals that mimic or disrupt hormones. These chemicals can leach into food when they are heated.

2. **Use dry cleaners that do not use perchloroethylene (PERC) or ask for "wet cleaning."**

Solvents such as PERC have been linked to cancers. If you must use traditional dry cleaning with PERC, remove the plastic bags in an open space and air out your clothes *before* hanging them in a closet.

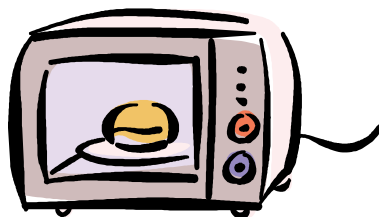
3. **Read product labels. Avoid phthalates and fragrance.** Phthalates are endocrine-disrupting

chemicals that have been associated with cancer, fertility problems, and male birth defects. Phthalates are found in hundreds of products, such as shampoos, lotions, perfume,

cosmetics, vinyl, and plastics, including toys. Look for labels that say

"phthalate-free" and "fragrance-free."

4. **When grilling foods, minimize char by reducing heat and using marinades.** Char contains PAHs (polycyclic aromatic hydrocarbons), which cause mammary tumors in animals. In the Long Island Breast Cancer Study, women who had more DNA damage from PAHs



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.

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Please join us

Annual membership	\$25
Full-time students & seniors age 65+	\$15
Supporters	\$50
Partners	\$100

Mail a check with your name, address, and e-mail to the PO box above.

(Continued from page 2)

had a higher risk of breast cancer.

5. **Buy and grow organic foods** to reduce your family's exposure to pesticides. Many pesticides are endocrine disruptors and affect brain development and neurological function in humans.
6. **Monitor what goes down the drain at home.** Help protect your indoor air and local water supply by using minimal amounts of the least toxic cleaning products and pesticides. Never put cleaning solvents, pesticides, paint thinners, automobile oil, or gas down a drain.
7. **Choose vacuum cleaners wisely.** Carpets can hide pesticides, flame retardants, other chemicals, and allergens such as mold. Cleaners with a strong suction, a brush on/off switch, and a multi-layered bag for dust collection are the best at



- preventing releases of dust.
8. **Look for furniture, bedding, and electronic equipment without PBDEs.** PBDEs (polybrominated diphenyl ethers) are endocrine dis-

ruptors that affect thyroid hormones. Flame retardants with PBDE's are often added to polyurethane foam, plastics, and electronics equipment. Ask for carpet pads, bedding, cushions, and upholstered furniture made from natural fibers such as wool, cotton, and hemp.

9. **Think organic for lawns and gardens.** Children and pets are exposed to pesticides and herbicides

when they play in non-organic parks and yards. These chemicals are tracked into homes and can leach into rivers, streams, and drinking water wells.

10. **Encourage your town to use non-toxic solvents in public buildings, especially schools, and to follow organic practices in green spaces.** Using safer cleaners and eliminating pesticides on a town-wide basis helps reduce exposure to compounds that mimic estrogen or otherwise disrupt hormones.

*Reprinted courtesy of
Silent Spring Institute*

Feb. 10, 2012

Annual NW Environmental Health Conference, **Bridging Research, Practice, and Policy**, Portland. For location, contact [nwehc \[at\] oeonline.org](mailto:nwehc[at]oeonline.org).

Feb. 15

Advancements in Breast Cancer Treatment, Doubletree Hotel Lloyd Center. **5 p.m.** exhibits and refreshments; **6 p.m.** program. 1000 NE Multnomah, Portland. **Free** review of news in breast cancer prevention, diagnosis, treatment, and clinical trials. To attend, email ncs.events@usoncology.com or call 360-597-1307.

March 10

Look for our table at **Komen Breast Cancer Issues Conference**, Oregon Convention Center, Portland, 8 a.m. - 3:45 p.m. 503-546-7445, www.komenoregon.org.

We appreciate your donations. Thank you!

- From Wynn Avocette in memory of Helen Keen
- From Kelsi McCarthy in memory of her sister Rita McDonagh
- From Sue Wood McCurdy in memory of "too many women"
- From Diane Drum in honor of dead Iraqis
- From Katherine Foldes in honor of Debby Mandelbaum
- From Arline Fors in honor of Nancy Bird
- From Marjorie Kirchner in honor of Ira Frankel and Linda Huddle
- from Michele Ness in honor of Holly Williams

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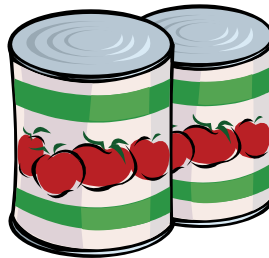
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Avoid these top 10 canned foods to reduce your BPA exposure

Reduce your exposure to the endocrine disruptor bisphenol-A (BPA) by using fresh or frozen foods instead of canned. Canned foods that are acidic, salty or fatty are more likely to leach BPA from can linings into foods.

Print the Breast Cancer Fund's

10 Canned Foods to Avoid wallet card:



www.breastcancerfund.org/bpawalletcard

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Thank you, volunteers!

Howard Blumenthal, Liandra Chapman, Liz Diehl, Diane Drum, Marilyn Grendele, Susan Jackson, Elizabeth Meyer, Pamlin Pegg, Wendy Sample, Mark Williams