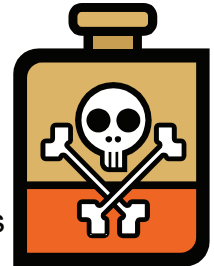


RACHEL'S FRIENDS

BREAST CANCER COALITION

Oregonians are Polluted with Toxic Chemicals



Pollution in People: A Study of Toxic Chemicals in Oregonians, a study released in November 2007 by the Oregon Environmental Council (OEC) and the Oregon Collaborative on Health and the Environment, shows that a diverse group of 10 Oregon men and women have been exposed to more than a dozen toxic chemicals. The results are startling.

Toxic chemicals from consumer products, food, and industrial pollution contaminate our bodies. Each person tested in this study had at least nine and as many as 16 of the 29 toxic chemicals in their body.

Some of these chemicals come from contaminated

soil, air, and water, but many also come from food, household dust, and direct contact with products like personal care items, plastic products, consumer electronics, and stain-resistant furniture.

These toxic chemicals can lead to preventable health problems. State and federal regulations have failed to prevent the use of harmful chemicals in consumer products, manufacturing, and food production.

“When it comes to many toxic chemicals used in consumer products, there are few if any laws regulating their use,” said Renee Hackenmiller-Paradis, Ph.D., MPH, OEC Program Director. “By eliminating unnecessary exposure to these

toxic chemicals in children’s toys and consumer products, Oregon can be an innovator in its approach to preventive health.”

We urge you to tell your elected representatives to adopt new policies to ensure that only the safest chemicals are used in consumer products and manufacturing processes.

Low-cost solutions can help reduce exposures until our broken chemical safety system is fixed by policy makers. For example, eat fish low in mercury, choose organic produce, and avoid personal care products containing phthalates and other toxic chemicals. Visit

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Tests Find Lead In Some Lipsticks

Christian Dior, Cover Girl, and L’Oreal test positive for lead

Toys made in China aren’t the only common consumer products with dangerous heavy metals: lipstick manufactured in the United States and used daily by millions of American women also contains high levels of

lead, according to product tests released in October 2007 by the Campaign for Safe Cosmetics.

Lead is a proven neurotoxin that causes learning, language, and behavioral problems such as lower IQ,

reduced school performance, and increased aggression. Pregnant women and young children are particularly vulnerable to lead exposure. Lead easily crosses the placenta and enters the

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www.cosmeticsdatabase.org to learn what's in your products and find alternatives.

Chemicals in the 10 Oregonians include:

- **Phthalates**, probable human developmental toxins and endocrine disruptors. They are in plastics, personal care products, paints, and pesticides. Human studies link low-level exposures to reduced sperm count, feminization of male genitals, and premature delivery. **Every participant was contaminated with phthalates.**
- **Mercury**, a neurotoxin that is a special risk for young children and fetuses. **All but one participant had blood mercury levels higher than the national median.**
- **Perfluorinated chemicals (PFCs)** have potential risks for cancer and liver damage. PFCs are used in soaps, detergents, and stain protectors, and to make non-stick pans. PFOA, a type of PFC, is a likely human carcinogen and was detected in each participant.
- **Organophosphate pesticides** are insecticides whose effects may include nervous system harm, cancer, and hormone disruption.
- **Bisphenol A (BPA)**, a probable human carcinogen, is used to make reusable plastic water and baby bottles, the linings in metal food cans, and

dental sealants. Animal studies link BPA to lower fertility, breast and prostate cancers, and obesity. Even low-dose exposures can be harmful. BPA was found in 80% of subjects.

- **Polychlorinated biphenyls (PCBs)** are in non-stick pans, cosmetics, household cleaners, clothing, and packaged food containers. The U.S. banned PCBs in 1977, but PCBs accumulate in the food chain and in our bodies. They are linked to cancer, immune and reproductive systems disruptions, and negative effects on developing nervous systems.

Oregon Environmental Council's 2008 Healthy Environment Forum

- **Matters of the Heart: The Emerging Field of Environmental Cardiology March 20, 2008**
Aruni Bhatnagar, PhD, will discuss how environmental pollutants and toxins affect cardiovascular disease.
- **Packing on the Compounds: How Exposure to Common Chemicals is Fueling the Obesity Epidemic, April 24, 2008**
Bruce Blumberg, PhD, explains how minute exposures to common chemicals may predispose children to lifelong obesity.

Call 503-222-1963 for information.

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

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fetal brain where it can interfere with normal development. Lead has also been linked to infertility and miscarriage.

“Lead builds up in the body over time and lead-containing lipstick applied several times a day, every day, can add up to significant exposure levels. **The latest studies show there is no safe level of lead exposure,**” said Mark Mitchell, M.D., MPH, president, Connecticut Coalition for Environmental Justice.

The tests were conducted by an independent laboratory in September 2007 on red lipsticks bought in Boston; Hartford, Conn.; San Francisco; and Minneapolis. **Sixty-one percent of 33 brand-name lipsticks tested contained detectable levels of lead,** with levels ranging from 0.03 to 0.65 parts per million (ppm), but none listed lead as an ingredient.

One-third of the tested lipsticks exceeded the U.S. Food and Drug Administration’s 0.1 ppm limit for lead in candy. Lipsticks are also swallowed, but the FDA has not set a limit for lead in lipstick, which fits with the disturbing absence of FDA



oversight and enforcement for the \$50 billion personal care products industry.

Lipstick can be made without lead: 39% of lipsticks tested had no detectable lead, and cost doesn’t seem to be a factor. Some less expensive brands such as Revlon (\$7.49) had no detectable lead, while the more expensive Dior Addict brand (\$24.50) had more lead than some other brands.

“The cosmetics industry needs to clean up its act and remove lead and other toxic ingredients from their products,” said Stacy Malkan, author of *Not Just a Pretty Face: The Ugly Side of the Beauty Industry*.

“Repeated, daily exposures to low levels of lead add up – and they add up on top of lead from paint and drinking water, which is especially a problem in low-income communities. There’s no excuse for lead in lipstick or toys. Companies should act immediately to reformulate lead-containing products,” Malkan said.

We urge you to tell your federal senators and representative that the FDA should require the industry to remove lead from their products and require suppliers to guarantee that raw materials are free of lead and other toxics. The full report, “A Poison Kiss: The Problem of Lead in Lipstick” is at www.safecosmetics.org/about/reports.cfm.

Greetings from your treasurer

by Rita McDonagh, PT, LMT, Rachel’s Friends Board

Since joining Rachel’s Friends in 2000, I became a board member, and, more recently, accepted the role of treasurer. My commitment to increasing public education about links between cancer and environment continues to grow.

In 1991, I was diagnosed with breast cancer. My life as a holistic health practitioner since the 1970’s already had me

choosing organic food, nurturing an environmental consciousness, meditating, and keeping an optimal health profile. Why me?

In 1993, I read “The Politics of Cancer” in *UTNE Reader*, which opened my eyes to the larger issues. As I continue living with cancer, I find peace in speaking out on these issues. I am grateful to Rachel’s Friends for providing such an

opportunity.

I look back over my life and the many obvious exposures to potentially harmful chemicals that at the time I accepted as normal. Now I wonder about oil wells at my high school, my brief career as a hairdresser, and the products I used to ease my dog’s suffering from southern California fleas. The less obvious

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exposures are equally important to consider.

Being a part of Rachel's Friends keeps me actively involved with a community of people dedicated to making information about our environment more widely known. We encourage your involvement

through financial contributions, volunteering at our events, or any other creative way to help us build a safer, healthier world amidst the growing cancer statistics that are truly alarming.

Thank you for your continued support. I am proud and happy to be "on board."

Donations in memory of
Teresa Lyn Broersma Beall
from:

- Randall Pearl and MaryKay Moskal
- Doris Sun

Not Just a Pretty Face and a call to action

We have copies of Stacy Mallkan's new book for \$10. That's 37% less than the cover price! ***Not Just a Pretty***

Face: The Ugly Side of the Beauty Industry exposes cancer-causing chemicals



and other hazards in makeup, personal care products, and baby toys and products.

Did you hear Oregon State Senator Margaret Carter's rousing call to action to prevent cancer and Stacy Malkan reading from her book at our October 2007 Healthy Living Fair? We have **CDs** with all five speakers for \$8, including postage.



E-mail
info@rachelsfriends.org or
call 503-869-7225 or
503-777-2761.