

Tips and advice to avoid endocrine disruptors:

- Eat more fruits and vegetables, less meat and dairy products because many endocrine disruptors accumulate in animal fat.
- Buy organic foods to avoid pesticides.
- Avoid using plastic containers for food or beverages. Choose glass, ceramic or stainless steel instead. Do not reheat food in plastic containers and recycle any worn or scratched plastic containers.
- Most aluminum cans contain BPA. Opt to purchase fresh, frozen or dried foods or food in glass containers.
- Say no to receipts, since thermal paper is usually coated with BPA.
- Read the labels of personal care products and avoid those that contain the terms: parabens, phthalates, triclosan.
- Avoid products that are highly perfumed as they likely contain phthalates.
- Avoid "antibacterial" products because they likely contain triclosan.
- Dust regularly with a damp cloth (including electronics) and vacuum often to remove dust that contains multiple endocrine disruptors.
- Replace damaged or worn out furniture.
- Buy products that have short and simple lists of ingredients.
- Simplify your life by consuming less!

Take Action

- Share your concerns with your political representatives asking them to ban endocrine disruptors in our environment.
- Become a member of Breast Cancer Action Quebec
- Visit our website: www.acsqc.ca
- Join our campaigns

For more information :

- <http://acsqc.ca/content/hands-my-hormones-1>
- <http://www.ewg.org/research/dirty-dozen-list-endocrine-disruptors>
- **The United Nations and World Health Organization's 2012 Report :**
http://www.unep.org/pdf/WHO_HSE_PHE_IHE_2013.1_eng.pdf

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ACTION CANCER DU SEIN DU QUÉBEC
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Hands off my hormones!

Take a stand against endocrine disruptors

Tips and advice to
avoid endocrine disruptors



Our hormonal system

The endocrine system is our exquisitely balanced system of glands and hormones. Hormones are chemicals such as insulin, thyroxin, estrogen, and testosterone. The primary purpose of these hormones is to regulate vital functions such as growth, reaction to stress, sexual development, production of insulin, blood circulation and other functions.

Endocrine Disrupting Chemicals (EDCs)

An endocrine disruptor is a synthetic toxic substance that mimics, blocks or disrupts hormones in our body and therefore disturbs the proper functioning of the hormone system. Results: Endocrine disruptors cause side effects throughout the body that can lead to the development of various diseases.

The effects on human health

Endocrine disruptors have a long term effect on our body and can lead to the development of diseases.

Scientific studies have found links between endocrine disruptors and:

- breast cancer
- testicular and prostate cancers
- cancer of the thyroid
- obesity
- diabetes
- asthma and allergies
- congenital malformations
- early onset of puberty in girls
- miscarriage
- Disorders of the nervous system
- attention deficit disorder with or without hyperactivity
- other diseases

5 endocrine disruptors to eliminate from our daily life:

Parabens

Parabens are antibacterial agents used as preservatives.

Parabens are found in many personal care products such as shampoos, moisturizing creams, shaving creams, cleaning gels, personal lubricants and deodorants.

Phthalates

Phthalates are used as additives in plastics and are added to prolong the scent of perfume. They can be found in: plastic containers, aerosols for hair care, nail polish, body creams and perfume.

They may be listed under the term phthalates but are often hidden under the name **fragrance** or **perfume**.

Triclosan

Triclosan is used for its antibacterial and antifungal properties. It's the active ingredient in most so-called "antibacterial" products.

Triclosan is found in various consumer products: soaps, toothpaste, acne creams, cleaning products, furniture and clothing

Flame retardants

Flame retardants are chemicals used in plastics and textiles that inhibit or resist the spread of fire.

They are used in a wide variety of consumer products such as children's toys, in electronics and in polyurethane foam used in furniture. They are also present in plastics, resins and fabric backings.

Bisphenol A (BPA)

Bisphenol A (BPA) is an industrial chemical used to make a hard and clear plastic known as polycarbonate and is used in some epoxy resins.

BPA is found in a wide range of plastics, particularly in number 7 plastics and food cans. It is also present on thermal paper used for receipts.

