

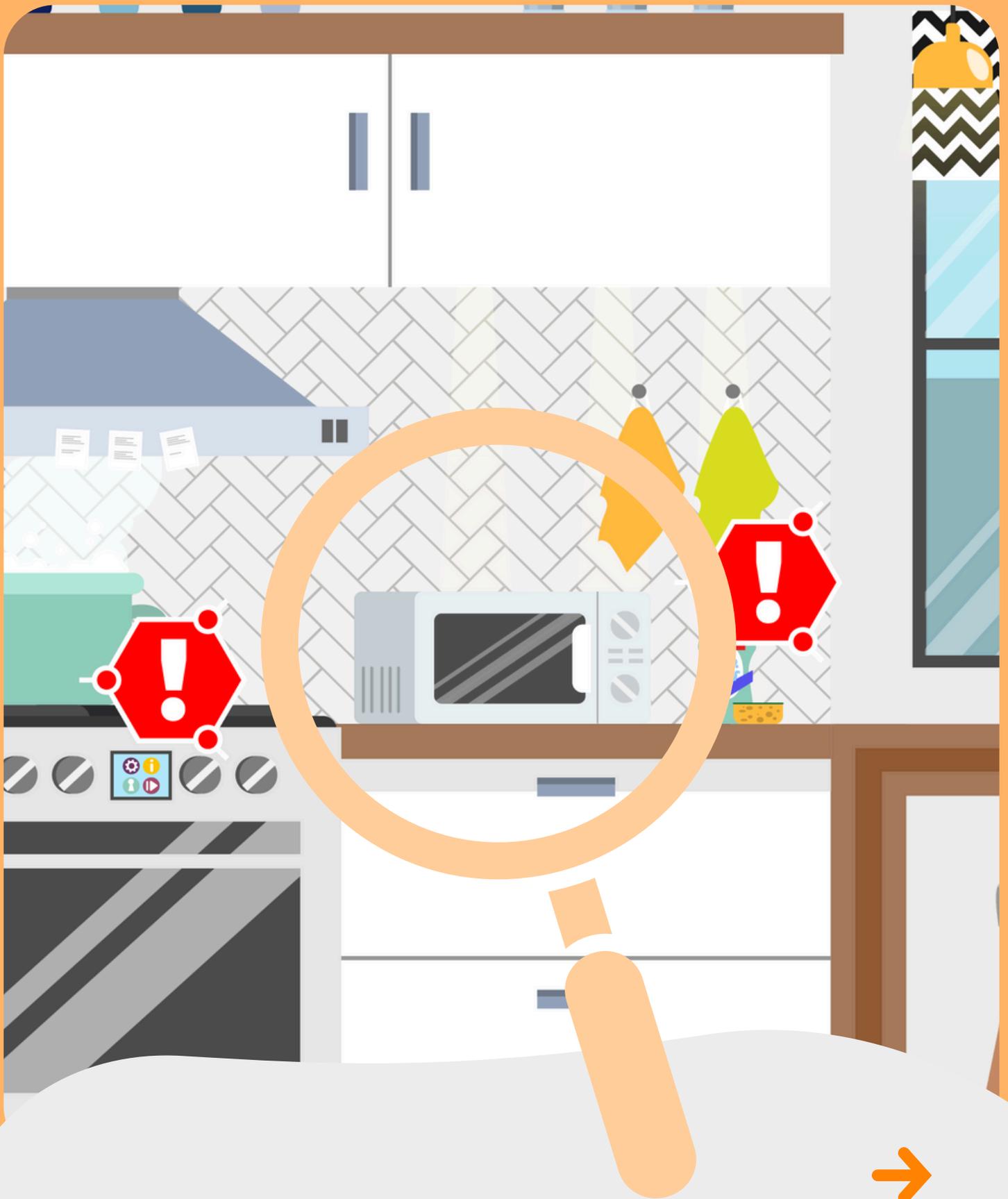
breast cancer uk.

A GUIDE

How to reduce your exposure
to EDCs in your home



THE KITCHEN



TIPS FOR THE KITCHEN



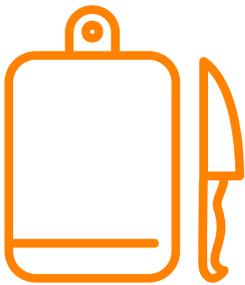
Your kitchen space can contain lots of potentially harmful chemicals - not just from your cleaning products, but from the food and drink you consume, containers you put your food in, and pans where your food is cooked.

Some of these chemicals have been linked to breast cancer. They are called Endocrine Disrupting Chemicals (EDCs).



CHEMICALS TO AVOID

PFAS (forever chemicals) can be found in non-stick cookware, and takeaway food packaging (e.g. pizza boxes, compostable food boxes, and paper food bags).



Antimicrobial agents, such as triclosan, can be found in plastic antibacterial chopping boards.

Residues of **pesticides**, such as fungicides or herbicides, can be found in fruit and vegetables.



Bisphenols, such as BPA, can be found in linings of canned food and certain plastics used for food, cosmetic and cleaning product packaging, water bottles and electronics.

Phthalates can be found in food packaging, fragrances and cleaning sprays.



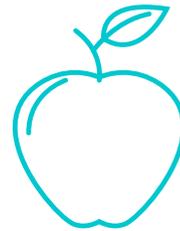
OUR TIPS

TO AVOID EDCS

Store and reheat your food in glass, ceramic, or stainless steel. If you do use plastic, avoid recycling codes 1, 3, and 7.



Choose organic fruit, vegetables, meat, and dairy products where possible. Consider growing your own fruit and vegetables.



Avoid non-stick cookware and use ceramic or stainless steel alternatives.



Eat less canned and packaged food.



THE BATHROOM



TIPS FOR THE BATHROOM



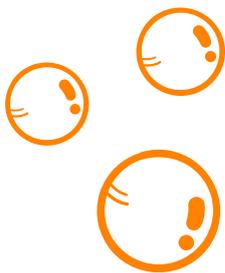
There may be numerous chemicals in your bathroom that could harm your health. Cosmetics, deodorants, shampoos, wet wipes, and cleaning products can all contain EDCs that may be linked to breast cancer.

But don't worry, Breast Cancer UK can help you identify the chemicals of concern so you can reduce your exposure.



CHEMICALS TO AVOID

Phthalates are used as plasticisers or solvents and can be found in nail varnish, perfume, shampoos, and PVC plastics.



Triclosan can be found in some antibacterial soaps and toothpastes.

Fragrance ingredients such as phthalates and synthetic musks can be found in perfume or scented products under the term 'parfum'.

UV filters, such as benzophenones and 4-methylbenzylidene canthor, can be found in skin creams, hair products and suncreams.



Parabens can be found in shampoos and creams.



Phthalates, parabens, and bisphenols can be found in some menstrual products.



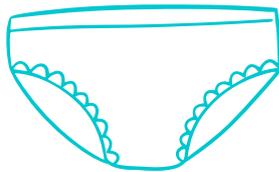
PFAS can be found in waterproof cosmetics such as mascara.



OUR TIPS

TO AVOID EDCS

Choose organic cotton pads and tampons or reusable fabric pads and underwear.



Check ingredients lists using our [A to Z chemicals of concern guide](#) and avoid personal care products that contain phthalates, parabens, PFAS, UV filters, siloxanes, and parfum.

Avoid antibacterial soaps and cleaning products that contain antibacterial agents such as triclosan.



Choose unscented or fragrance-free personal care and cleaning products.



THE LIVING ROOM



TIPS FOR THE LIVINGROOM



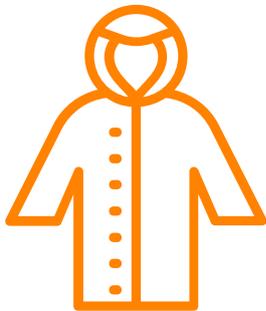
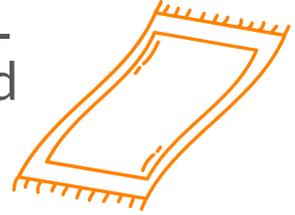
A living space should be relaxing and non-toxic. Did you know your sofas, soft furnishings, and even electronics often contain potentially harmful chemicals such as flame retardants or bisphenols?

Not to worry, we will highlight the chemicals in your living room environment and give you practical tips on how to minimise exposures to them.



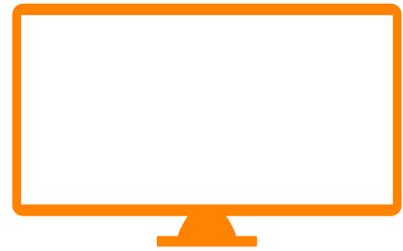
CHEMICALS TO AVOID

Flame retardants can be found in flame-resistant, sofas, furnishings, carpets, and electronics. Phthalates can be found in PVC flooring and carpets.



PFAS can be found in stain-resistant and water-repellent fabrics used for clothes and soft furnishings.

Bisphenols and phthalates are found in electrical equipment and cabling.



Parfum/fragrances can be found in air fresheners and candles.



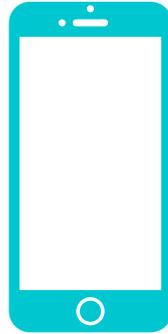
EDCs and microplastics are commonly found in dust particles.



OUR TIPS

TO AVOID EDCS

Dispose of old electronics responsibly. Burning electronics can lead to the release of EDCs into the environment.



Choose products that use natural materials such as wool for soft furnishings and untreated solid wood for flooring.



Use house plants in your home to purify and freshen the air.



Avoid using air fresheners that contain synthetic fragrances & parfum.

Air all newly bought furniture.

Try thrift shopping and choosing second-hand furniture.

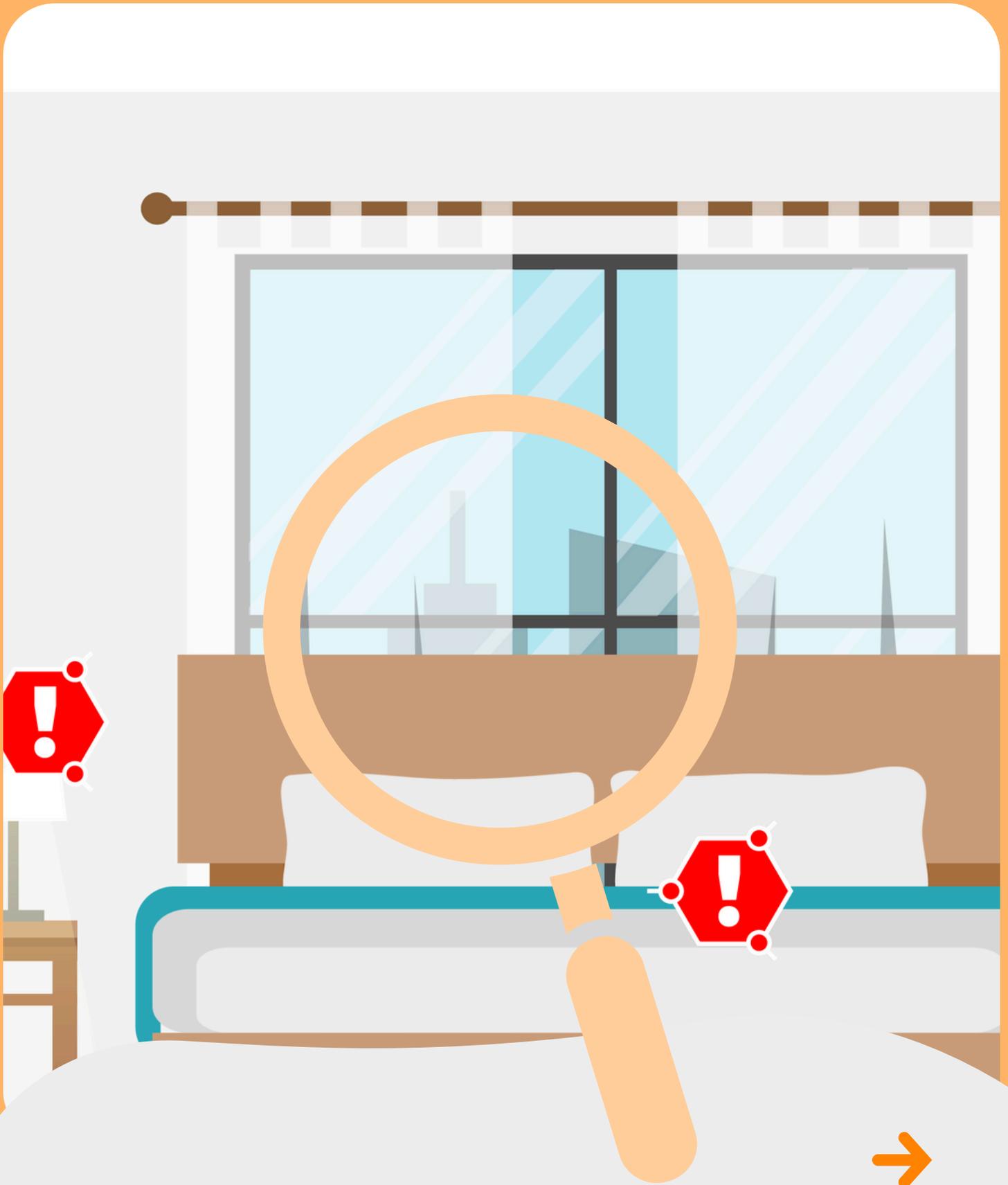


Avoid burning candles, wood, or incense indoors as these contribute to air pollution.

Keep rooms well aired and dust and vacuum regularly.



THE BEDROOM



TIPS FOR THE BEDROOM



The bedroom can contain various harmful chemicals. For example, EDCs may be present in bedding, mattresses, your clothing, or your children's toys.



CHEMICALS TO AVOID

Flame retardants (e.g. brominated or organophosphorus flame retardants) can be found in mattresses, furniture and furnishings, and in fire-resistant nightwear and children's toys.



EDCs and microplastics can be found in dust particles.

PFAS can be found in stain-resistant and water-repellent clothes such as raincoats, as well as stain-resistant fabrics and mattresses.

Phthalates may be present in soft plastic toys.



Parfum can be found in scented candles.



OUR TIPS

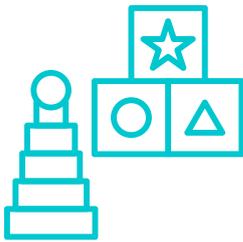
TO AVOID EDCS

Choose house plants to freshen or purify the air in your home.



Avoid products that have been treated with stain or water repellent chemicals as these likely contain PFAS.

As in other rooms, where possible, choose home furnishings, mattresses, and clothes made from less flammable materials such as wool or felt as they are unlikely to contain flame retardants.



Look for toys made with untreated and sustainable wood.



Dust and vacuum regularly.

Try thrift shopping and choosing second-hand furniture and clothing.



Keep rooms aired, especially if you recently bought new furniture.



THE HOME OFFICE



TIPS FOR

THE HOME OFFICE



Being confined indoors all day can be hard enough, let alone factoring in exposures to harmful chemicals. Simple changes that you can make to your home office or study may reduce your risk of breast cancer and your EDC burden.

CHEMICALS TO AVOID

Chemicals such as flame retardants, PFAS, and formaldehyde from new office furniture.



Phthalates and bisphenols from food packaging.

Parfum from air fresheners.



OUR TIPS

TO AVOID EDCS

Opt for untreated wood for furniture and try to avoid engineered wood products such as plywood and MDF.



Always work in a well-ventilated environment.



As an alternative to air fresheners, use house plants to purify the air, and fresh flowers for scent.

Air all newly bought furniture.



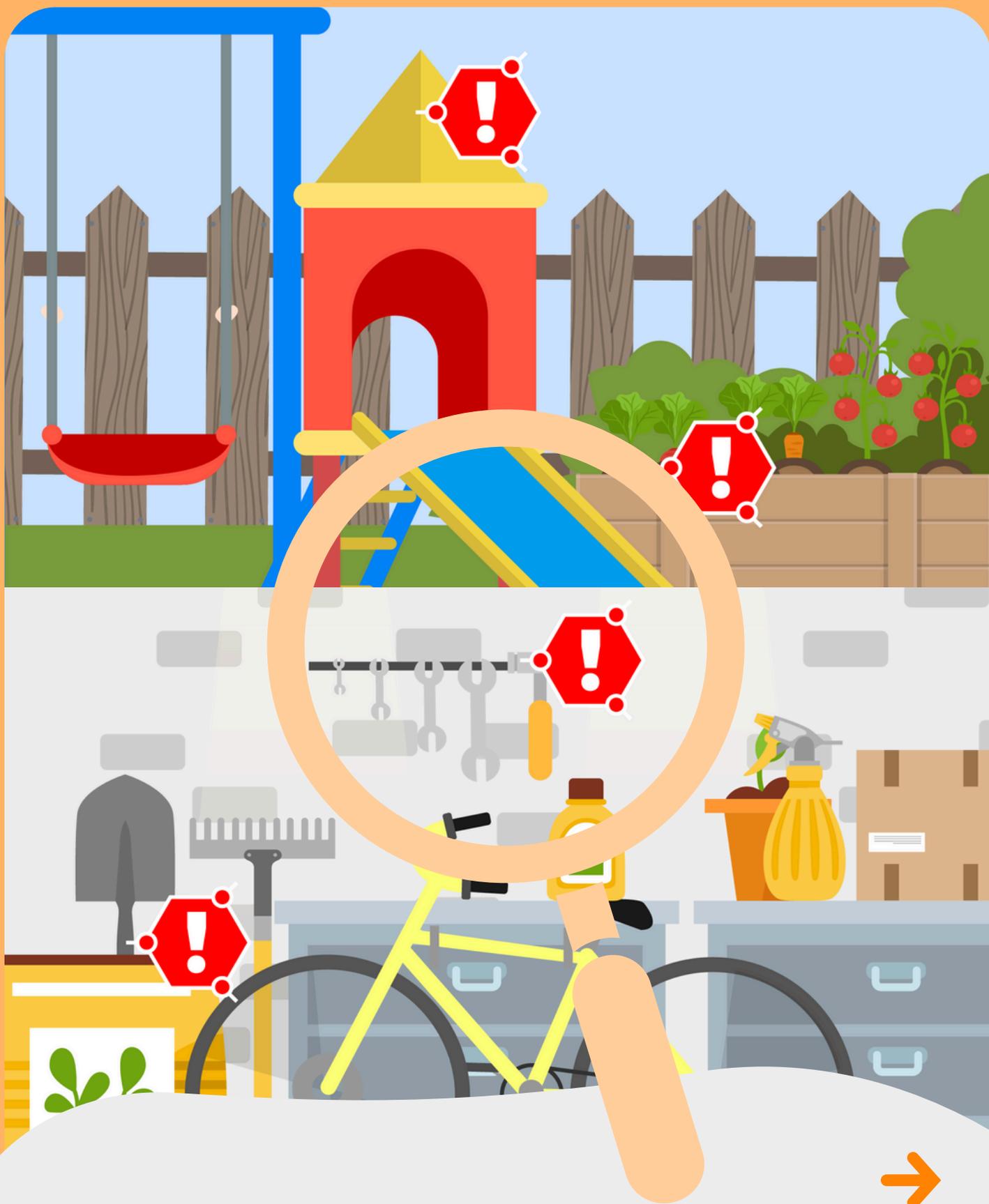
Avoid flammable materials for soft furnishings; instead, choose wool or felt which are less likely to contain flame retardants.



Dust and vacuum regularly.



THE GARDEN AND GARAGE



TIPS FOR

THE GARDEN AND GARAGE

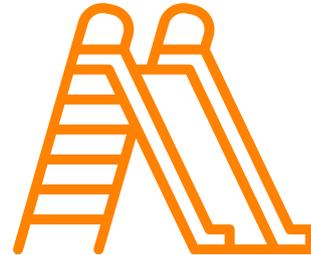


The garden, especially in the summer, should be your sanctuary, not a potentially harmful playground. You may think gardens are EDC-free, but they're not always. Although there are simple ways to remove harmful chemicals from your summer haven.



CHEMICALS TO AVOID

Bisphenols and plasticisers (such as phthalates), found in garden toys and plastic play equipment.



Pesticides such as weed killers and fungicides.

Phthalates (used as solvents) that can be in garden cleaning products.



Phthalates in paint



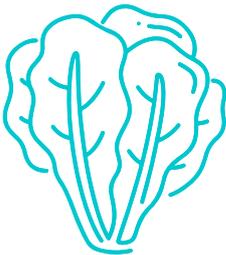
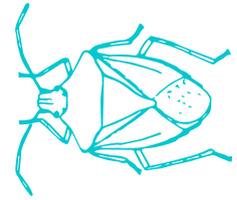
OUR TIPS

TO AVOID EDCS

Ditch the pesticides – check out what is in your garden shed and garage and dispose of unwanted items responsibly.



Try to remove garden pests and weeds by hand, choose plants that are pest- and disease-resistant, and keep your plants healthy so they don't attract bugs.



Try growing your own organic fruit and veg – a small window box of lettuces or herbs is a good place to start.

Check ingredients lists of paint for harmful chemicals. Paint in a well-ventilated area if inside

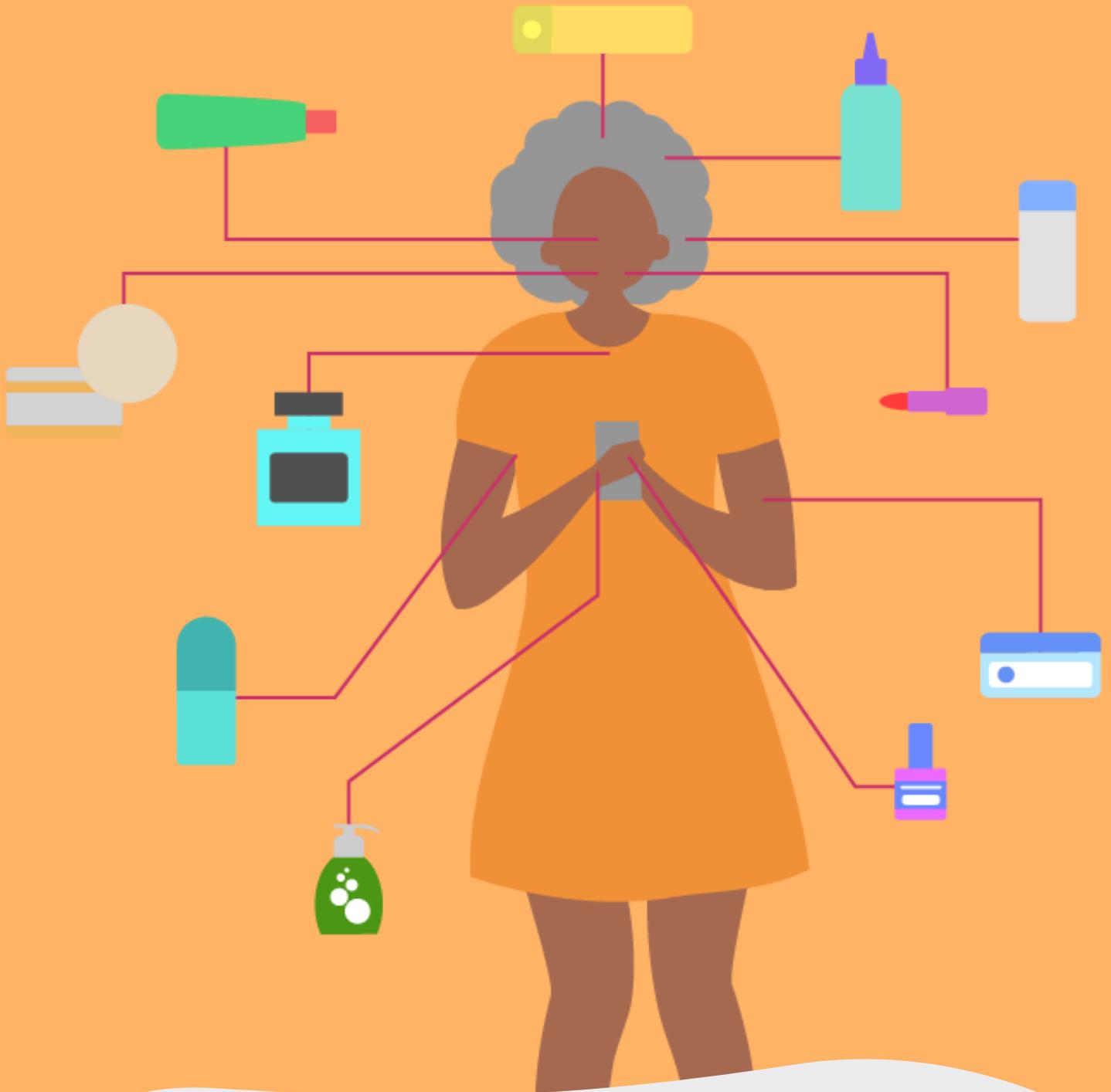
Avoid harmful chemicals found in harsh patio cleaners. A simple DIY solution (e.g. white vinegar or baking soda and water) can easily do a good job.



Buy untreated wooden garden toys and play equipment.



THE BODY BURDEN



WHAT IS

BODY BURDEN?



Body burden is the concentration (or amount) of harmful chemicals in the body at any given time. Your chemical burden is partly the result of where you live and how old you are. But it's also strongly connected to what kind of lifestyle you have.

Chemicals can enter your body by ingestion (through food and drink), breathing (polluted air and dust), and absorption through your skin (e.g. from cosmetics).



Reducing your exposure to potentially harmful chemicals is the best way to help reduce the levels in your body. Try to minimise your exposure in your home, workplace, and garden.

Breast Cancer UK is concerned about chemicals known as Endocrine Disrupting Chemicals (EDCs) that have been linked to breast cancer.



EDCs are used in everyday products such as cosmetics, cleaning sprays, packaging, fabrics, and pesticides and are present in our food. Many can last for a very long time in our bodies and the environment.



Due to their high usage in everyday products, people are constantly exposed to mixtures of EDCs at low levels throughout their lives, which may be more harmful to human health.

How EDCs affect our health and specifically the risk of cancer is not as well understood as those of chemical carcinogens* such as benzene or formaldehyde. More research is needed.



However, there is enough evidence for people to take a precautionary approach. We recommend using products that do not contain EDCs wherever and whenever possible.

*A chemical carcinogen is a substance, organism, or agent capable of causing cancer.



WHAT NOW?



TAKE OUR QUIZ

and get a personalised prevention plan.



PLEDGE YOUR SUPPORT

to help ban EDCs in everyday products.



DONATE

to fund research into the links between EDCs and breast cancer.

VISIT OUR WEBSITE
breastcanceruk.org.uk

breast
cancer uk.

Registered charity number: 1138866
Registered company number: 7348408