

# A 10-Point Plan For Reducing The Risk Of Breast Cancer And Ultimately Ending The Epidemic: <sup>1</sup>

*A “cafeteria plan” for action! Choose your level of participation from the options! <sup>2</sup>*

## **1 Establish environmental health tracking (EHT) programs at state and federal levels.**

*Things that you can do.<sup>2</sup>*

( ) Call or write the Georgia Division of Public Health and ask them to request funding from CDC and implement a Biomonitoring (measuring chemicals in the body)-Environmental Health Tracking program. Georgia Department of Human Resources, Division of Public Health, Environmental Health Section, 2 Peachtree Street N.W. - Suite 13 - Atlanta, GA 30303 Phone: (404) 657-6534.

## **2 Practice “healthy purchasing” by adopting precautionary purchasing laws at the local, state and federal levels.**

( ) If affordable for you and your family, adopt your own “healthy purchasing” plan. Check out [www.newdream.org](http://www.newdream.org)

( ) Contact ECO-Action for a copy of a model precautionary purchasing law to take to your city council or county commission. Other institutional resources can be found at the New American Dream site: [ww.newdream.org/procure/index.php](http://ww.newdream.org/procure/index.php)

## **3 Protect workers from hazardous exposures.**

( ) Elevated breast cancer rates have been found in workers exposed to a variety of solvents in electronics, fabricated metal, lumber, furniture, printing, chemical, textile and clothing industries (p.6)<sup>1</sup>. Support workers rights to protective gear and health monitoring and care.

( ) Support school & hospital personnel by calling for less-toxic substitutions for harmful chemicals in schools and hospitals.

## **4 Educate the public about the health effects of radiation and how to reduce exposure to both ionizing and non-ionizing radiation.**

( ) **View & discuss the video “Exposure”**

( ) Call for restoration of monitoring for radionuclides coming from the Savannah River Site (SRS). Ask Governor Perdue why Georgia’s Environmental Protection Division has refused to apply for federal money to restart this monitoring. Toxins were found in the past. Why did we stop monitoring? What are they afraid to find now? His phone number is 404-656-1776.

( ) Join in the organized efforts to prevent any new Nuclear Power plants from being constructed. Write, email or call your state & federal representatives to say “no” to new nuclear plants and “no” to the creation of more radioactive nuclear waste!

## **5 Hold corporations accountable for hazardous practices.**

( ) Investigate the products you use every day, such as shampoos, detergents, and cleansers. Look for labels that warn, such as “harmful if swallowed,” or “seek medical attention if inhaled.” Seek out alternatives. Call the 1-800 numbers on product labels and ask “if” and “how” the products have been tested for safety. Ask specifically if the container or chemicals used in the product has been tested or identified as a hormone-disrupting chemical (Example: white liners inside canned food goods – Bisphenol A)

( ) Join the *Campaign for Safe Cosmetics*. Look for the cosmetics and personal care items you use a “Skin Deep” at Internet site: [www.safecosmetics.org/your\\_health/skindeep.cfm](http://www.safecosmetics.org/your_health/skindeep.cfm) or at [www.nottoopretty.org](http://www.nottoopretty.org)

( ) Think before you pink! Before purchasing a company’s product because they donate to breast cancer research, check out [www.thinkbeforeyoupink.org](http://www.thinkbeforeyoupink.org) a campaign for corporate accountability led by Breast Cancer Action.

<sup>1</sup> State of the Evidence: What is the Connection between the Environment and Breast Cancer? 2006. Edited by Nancy Evans. Published by Breast Cancer Action & Breast Cancer Fund

<sup>2</sup> ECO-Action and Atlanta WAND recommendations for implementing the plan of action in Georgia

## **6 Offer local, state and federal incentives for clean, green practices.**

( ) We have tax subsidies and incentives to create jobs. Call your state representatives to tell them you want incentives for healthy building construction, clean energy (be sure to mention NUCLEAR POWER is not clean!), and closed loop processes. To learn more go to [www.cleanproduction.org](http://www.cleanproduction.org)

## **7 Strengthen right-to-know legislation and public participation in decisions about toxic exposures.**

( ) Use the Georgia School Environmental Checklist to let parents, teachers, students and administrators know about the toxic exposures in your child's school.  
[www.eco-act.org/environmental Checklist.pdf](http://www.eco-act.org/environmental%20Checklist.pdf)

( ) Write to the FDA to ban non-medical use of triclosan. Triclosan is a pesticide that acts like a hormone that can damage the immune system and may cause cancer. Why then is it in personal care products, especially anti-bacterial products? It's got to go!

( ) Volunteer to serve on your Local Emergency Planning Committee (LEPC). Find those in Georgia at [www.epa.gov/ceppo/lepclist.htm](http://www.epa.gov/ceppo/lepclist.htm). Don't have one for your county? Contact your state representative to let them know how important these committees are for emergency planning and citizen right-to-know. Have your county petition to set up a committee. To join Fulton County's LEPC call: 404) 730-5600.

## **8 Enforce existing environmental protection laws.**

( ) Support The Public Health and Environmental Equity Act, which would require that important environmental and health regulations be fully enforced in the wake of Hurricane Katrina and other natural disasters. Contact your federal representatives and tell them to support the Act.

## **9 Require greater transparency in funding of scientific and medical training, research and publications.**

( ) Give your doctor a copy of *State of the Evidence 2006 What is the Connection between the Environment and Breast Cancer?* [www.bcaction.com/PDF/StateofEvidence.pdf](http://www.bcaction.com/PDF/StateofEvidence.pdf)

( ) Ask your doctor and insurance company (if you have one!) about alternatives to mammography.

( ) Write a letter to your newspaper or community newsletter and ask them to publish information about the environmental links to breast cancer from Breast Cancer Fund and Breast Cancer Action's research.

( ) Join The Puzzle Project: Watch this flash movie at [www.thinkbeforeyoupink.org/Pages/2004FlashMovie.html](http://www.thinkbeforeyoupink.org/Pages/2004FlashMovie.html) and learn how you can contact breast cancer researchers to demand a coordinated and funded approach to breast cancer research, with the ultimate goals of understanding the causes of breast cancer and discovering more effective, less toxic treatments.

## **10 Create a comprehensive chemicals policy based on the precautionary principle.**

( ) **Attend one – Host one! Set up a video screening of “Exposure” to teach friends, family and neighbors about the precautionary principle.**

( ) Recruit allies – organizations who would like to be a part of the regulatory change to precautionary principle.

( ) Join us for a Training the Trainers session on precautionary action!

( ) Join the BE SAFE campaign [www.besafenet.com](http://www.besafenet.com)

( ) Attend the 1<sup>st</sup> National Conference on Precaution. See details at [www.besafenet.com](http://www.besafenet.com)

( ) Support the Louisville Charter for Safer Chemicals [www.louisvillecharter.org/](http://www.louisvillecharter.org/)

( ) Act locally! Have your city council or county commission introduce and pass a Precautionary Principle Ordinance. To see the one adopted in San Francisco, go to [www.sfenvironment.com/aboutus/innovative/pp/sfpp.htm](http://www.sfenvironment.com/aboutus/innovative/pp/sfpp.htm) Call ECO-Action for support from our Precautionary Principle Working Team and public health professionals.