

Breast Cancer Prevention Partners (BCPP) is the leading science-based policy and advocacy organization working to prevent breast cancer by eliminating our exposure to toxic chemicals and radiation.

We have achieved much in our first 25 years. We've passed critical state and federal legislation, issued 31 major scientific reports, and influenced multi-national corporations, such as Unilever, Procter & Gamble and Johnson & Johnson to adopt safer chemical policies.

Join us in creating a healthier world by protecting our families, our communities and future generations from toxic harm. Visit: [bcpp.org](http://bcpp.org) to learn more.



Exposing The Cause Is The Cure

# Be Safer

## Tips To Reduce Your Breast Cancer Risk



Exposing The Cause Is The Cure

Be Safer.

These top tips from BCPP  
can help you make simple  
changes to protect your  
health and wellness.

### 1. Read ingredient labels

There are hundreds of ingredients linked to cancer, endocrine disruption, and reproductive harm in personal care products, cosmetics, cleaning products and food packaging. Know what you are buying. Read and avoid. Check our Glossary of Exposures at [bcpp.org](http://bcpp.org) to learn more.

### 2. If you don't know what's in it, don't use it

Labeling loopholes have allowed companies to avoid disclosing ingredients on the labels of household cleaners, food packaging and hair and nail salon products. Buy from companies committed to full ingredient disclosure. Otherwise, leave it on the shelf.

### 3. Avoid fragrance

Fragrance (or parfum) is a cocktail of ingredients, and each fragrance can include dozens of potentially harmful chemicals. Avoid purchasing and using personal care products, cleaning products, clothing, and home goods with added fragrance as often as possible. Again, read the label.

### 4. Don't be greenwashed or pinkwashed

Watch out for products designed to look environmentally -friendly or natural. This is called green washing — words like “natural” and “safe” have little, if any, meaning without ingredient labels to back them up. Be wary of products boasting a pink ribbon, too; many pinkwashed products contain chemicals linked to cancer, and often do little to prevent or reduce breast cancer.