

# EDCs and Breast Cancer

breast  
cancer uk.

Endocrine disrupting chemicals (EDCs) disrupt your hormone (or endocrine) system.

EDCs can affect any hormone in your body, some interfere with the female sex hormone oestrogen.

Some EDCs can mimic the actions of oestrogen.

High levels of oestrogen are known to increase your breast cancer risk.

Long-term exposure to low levels of oestrogen may also increase your breast cancer risk.

You are exposed to EDCs every day, in your home, garden, workplace and the wider environment.



EDCs can enter and build up in your body through food and drink, the air you breathe and the products you use on your hair and skin.

This build-up of synthetic chemicals inside your body may increase your risk of breast cancer and other illnesses.

By understanding where you find EDCs, you can reduce your exposure.



## Where are EDCs?

- 'Forever chemicals' such as PFAS, found in non-stick cookware, takeaway boxes and waterproof clothing.
- Bisphenols, such as BPA or BPS, found in hard plastics, linings of canned food and receipt paper.
- Pesticides such as glyphosate, found in food, water and the air.
- Parabens used as preservatives in shampoos and creams.
- Phthalates used to carry fragrances in perfumes and cosmetics and as plasticisers in soft plastics.
- Flame retardants in sofas, mattresses and other furnishings.



## How to reduce your exposure to EDCs

- Use safer cosmetics, check labels for EDCs, such as parabens.
- Use fragrance-free products, as fragrance or parfum may contain EDCs such as phthalates.
- Use fewer cosmetics and toiletries, which often contain several types of EDCs.
- Use less plastic for food storage, instead use glass, ceramic or stainless-steel containers.
- Eat organic if you can, as it contains less pesticide residue.
- Eat less processed, canned and take-away food to reduce EDC exposures from food packaging.
- Don't microwave food or drink in plastic containers as EDCs leach into food and drink more easily when plastic is heated.



Scan the QR code  
to read our  
Chemical iGuide!



Lower your exposure to EDCs linked to breast cancer and reduce your risk.



Campaign with Breast Cancer UK for better regulation of EDCs.



Around 17,000 breast cancer cases, per year, could be prevented by making changes to your lifestyle.

It's never too soon or too late, to reduce your risk of breast cancer.

FOR MORE INFORMATION VISIT [BREASTCANCERUK.ORG.UK](https://breastcanceruk.org.uk)