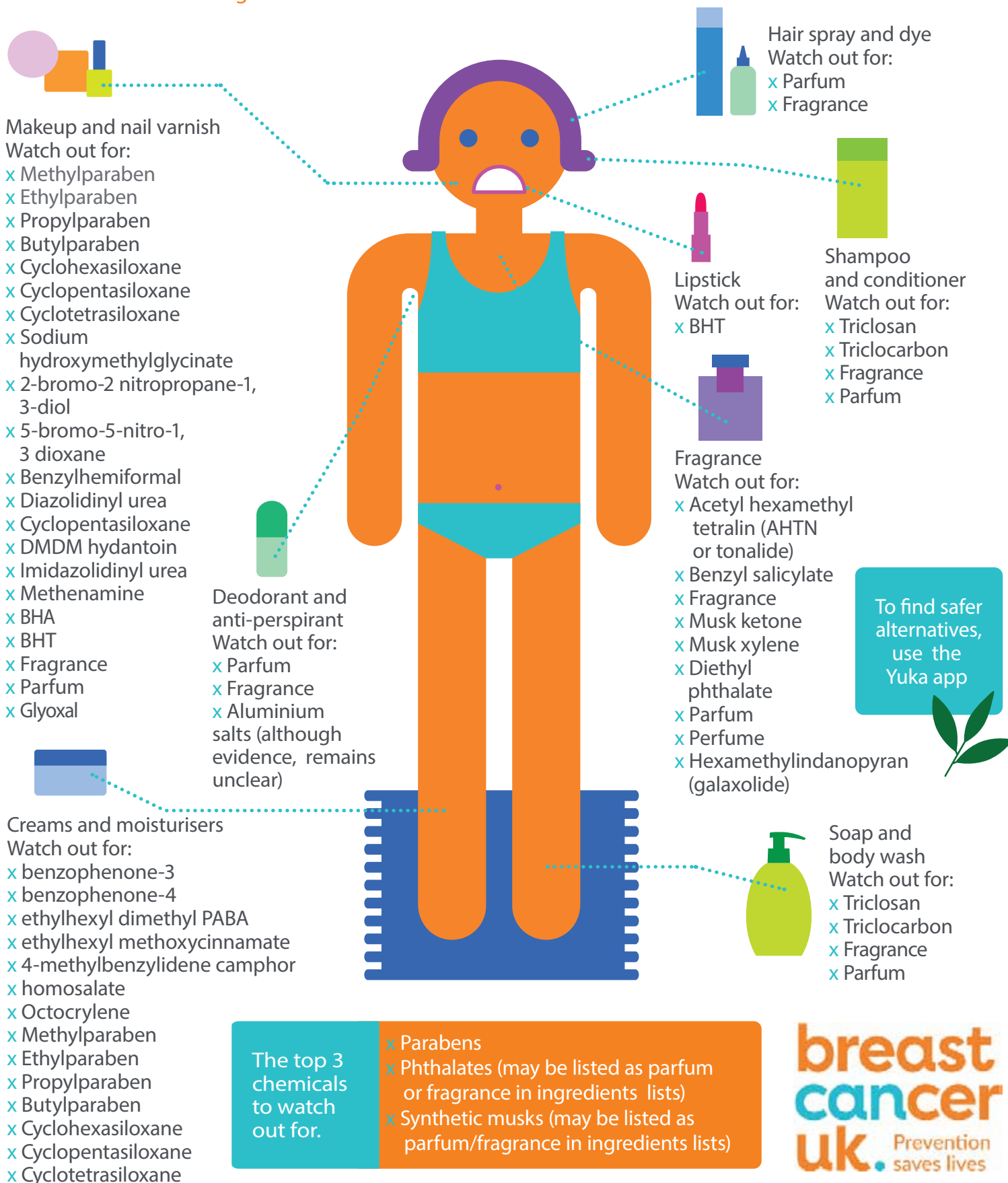


#DitchTheJunk

Choose cosmetics which are free from harmful chemicals

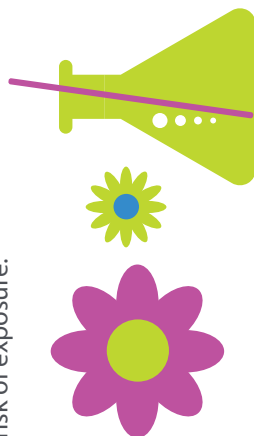
Certain chemicals, known as Endocrine Disrupting Chemicals (EDCs), have been shown to increase your risk of breast cancer. To reduce your exposure, be mindful of the ingredients in your everyday products and try to avoid those containing the chemicals listed below. For more information visit:

www.breastcanceruk.org.uk



Be a natural beauty

In our relentless pursuit of beauty, more and more synthetic chemicals have been employed in everyday cosmetics and toiletries. Many of those chemicals have now been linked to adverse health effects including breast cancer. This leaflet lists some of the most hazardous chemicals to help you identify which products to avoid and reduce your risk of exposure.



Endocrine disrupting chemicals (EDCs)

A number of cosmetics and personal care products contain chemicals known as endocrine disrupting chemicals, or EDCs, which disrupt or interfere with the human hormone system. Some of these chemicals are known to, or suspected of being able to, mimic the female hormone, oestrogen. High levels of oestrogens in the body are associated with an increased risk of breast cancer.

For more on EDCs and their links to breast cancer, visit:
www.breastcanceruk.org.uk/ditchthejunk

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Choose cosmetics free from harmful chemicals

Keep it simple

Try to use fewer cosmetic products, and use them less often. Always try and opt for un-fragranced products.

Do your research

Check ingredients lists before you buy and choose products which don't contain chemicals of concern. There are many products available which do not contain harmful chemicals and plenty of natural beauty blogs and helpful tips online.

Make your own

You can make your own cosmetics using readily available natural ingredients such as coconut oil, lemon, olive oil and oats. To get started, look on Pinterest.com for recipes and guides. Make it fun, get your friends round and have a natural beauty night.

Visit our website

For more information about safer cosmetics and beauty products, and how you can support our work, visit our website at:
www.breastcanceruk.org.uk

DISCLAIMER: This work in no way claims to be a comprehensive treatment of the subject of all chemicals associated with breast cancers. Breast Cancer UK has used all reasonable endeavours to ensure that the content of this leaflet is correct at the time of publishing, but no warranty is given to that effect nor any liability accepted for any loss or damage arising from the use of this leaflet.

Breast Cancer UK provides free science-backed education resources, funds breast cancer prevention research and campaigns for stronger health protections.

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Your guide to safer cosmetics

