

Chemicals in Plastic Causing Breast Cancer

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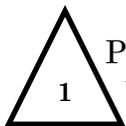
September 22, 2015

Bisphenol A (BPA) is a weak synthetic estrogen in many rigid plastic products like water bottles, plastic food containers, and some food and baby formula can linings. BPA produces an estrogen-like activity that makes it a hormone disruptor that can affect how estrogen and other hormones act in the body. Because estrogen can make hormone-receptor-positive breast cancer develop and grow, BPA containing products should be avoided.

Tips to Reducing Your Exposure to BPA

- Use a glass, steel, or ceramic water bottle filled with filtered water
- Eat fresh fruits and vegetables, avoiding canned foods
- Look closely at plastics with the number 7 recycling symbol. If a plastic doesn't also say "PLA" or have a leaf symbol on it, it may contain BPA.
- Don't cook food in plastic containers or use roasting/steaming bags. The plastic residue may leach into food when heated in a regular or microwave oven.
- Use glass, porcelain, enamel-covered metal, or stainless steel pots/pans, and containers for food and beverages.

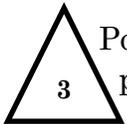
What do the plastic type symbols mean?



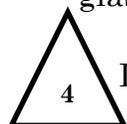
Polyethylene terephthalate (PETE or PET); includes clear plastic soda and water bottles; generally considered OK to use, but don't reuse



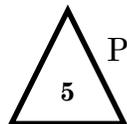
High density polyethylene (HDPE): includes opaque milk jugs, detergent bottles, juice bottles, butter tubs and toiletry bottles; considered OK to use



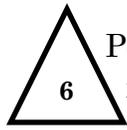
Polyvinyl chloride (PVC): includes food wrap, cooking oil bottles, and plumbing pipes; do not cook food in these types of plastic and try to minimize using no. 3 plastics around any type of food (use wax paper instead of plastic wrap and use glass containers in the microwave)



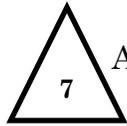
Low density polyethylene (LDPE); includes grocery bags, some food wraps, squeezable bottles, and bread bags; considered OK to use



Polypropylene: includes most yogurt cups, water bottles with a cloudy finish, medicine bottles, ketchup and syrup bottles, and straws; considered OK to use



Polystyrene/Styrofoam: includes disposable foam plates, cups, and packing materials; do not cook food in these plastics and avoid using no. 6 plastics around any type of food.



All other plastics not included in the other categories are mixes of plastic 1 through 6 and are labeled with a 7, including compact discs, computer cases, BPA-containing products, and some baby bottles. PLA (polymer polylactide) is a plastic made from plants (usually corn or sugarcane) that is also labeled with a number 7. PLA plastics don't contain BPA; no safety concerns have been raised about using PLA plastic with food. Right now, it can be difficult to tell the difference between a PLA no. 7 plastic and a BPA-containing no. 7 plastic. Some PLA plastics may also say "PLA" near the recycling symbol. Others may have a leaf symbol near the recycling symbol. Do not cook food in no. 7 plastics that aren't PLA and avoid using non-PLA no. 7 plastics around any type of food.

 PETE	<p>Polyethylene Terephthalate Ethylene</p> <p>PETE goes into soft drink, juice, water, detergent, and cleaner bottles. Also used for cooking and peanut butter jars.</p>
 HDPE	<p>High Density Polyethylene</p> <p>High Density Polyethylene HDPE goes into milk and water jugs, bleach bottles, detergent bottles, shampoo bottles, plastic bags and grocery sacks, motor oil bottles, household cleaners, and butter tubs.</p>
 PVC	<p>Polyvinyl Chloride</p> <p>PVC goes into window cleaner, cooking oils, and detergent bottles. Also used for peanut butter jars and water jugs.</p>
 LDPE	<p>Low Density Polyethylene</p> <p>LDPE goes into plastic bags and grocery sacks, dry cleaning bags, flexible film packaging, and some bottles.</p>
 PP	<p>Polypropylene</p> <p>PP goes into caps, disks, syrup bottles, yogurt tubs, straws, and film packaging.</p>
 PS	<p>Polystyrene</p> <p>PS goes into meat trays, egg cartons, plates, cutlery, carry-out containers, and clear trays.</p>
 OTHER	<p>Other</p> <p>Includes resins not mentioned above or combinations of plastics.</p>