

Chemicals in Plastic Causing Breast Cancer

Volume 1, Issue 8

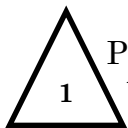
September 22, 2015

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.

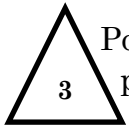
What do the plastic type symbols mean?



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



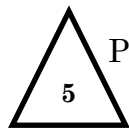
High density polyethylene (HDPE): includes opaque milk jugs, detergent bottles, juice bottles, butter tubs and toiletry bottles; considered OK to use



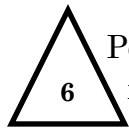
Polyvinyl chloride (PVC): includes food wrap, cooking oil bottles, and plumbing pipes; do not cook food in these types of plastic and try to minimize using no. 3 plastics around any type of food (use wax paper instead of plastic wrap and use glass containers in the microwave)



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