

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.

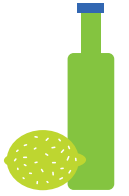


Endocrine disrupting chemicals (EDCs)

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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#DitchTheJunk

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 toiletries, and how you can support our campaign, visit our website at: www.breastcanceruk.org.uk/ditchthejunk

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 works to tackle the environmental and chemical causes of breast cancer.

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BC UK Breast Cancer UK
Preventing breast cancer

#DitchTheJunk

Your guide to safer cosmetics



#DitchTheJunk

Choose cosmetics which are free from harmful chemicals

To reduce your risk of exposure to chemicals that may be linked to breast cancer, try to avoid products containing the chemicals shown here. Natural cosmetics, free from harmful substances, are readily available, or you can make your own. For more information visit: www.breastcanceruk.org.uk

- Makeup**
Watch out for:
- SYNTHETIC MUSKS –
- x Galaxolide (HHBC)
 - x Tonalide (AHTN)
- PARABENS –
- x Methylparaben
 - x Ethylparaben
 - x Propylparaben
 - x Butylparaben
- ETHANOLAMINES –
- x Triethanolamine (TEA)
 - x Monoethanolamine (MEA)

- Toothpaste**
Watch out for:
- x Triclosan

- Fragrance**
Watch out for:
- x Diethyl phthalate
- SYNTHETIC MUSKS –
- x Galaxolide (HHBC)
 - x Tonalide (AHTN)
 - x Musk ketone

- Deodorant and anti-perspirant**
Watch out for:
- x Triclosan
 - x Aluminium salts

- Hair spray**
Watch out for:
- x Diethyl phthalate

- Hair dye**
Watch out for:
- x Hydroquinone

- Shampoo and bodywash**
Watch out for:
- SILOXANES –
- x Octamethylcyclotetrasiloxane
- ETHANOLAMINES –
- x Triethanolamine (TEA)
 - x Monoethanolamine (MEA)

- Lipstick**
Watch out for:
- x Butylated hydroxytoluene (BHT)

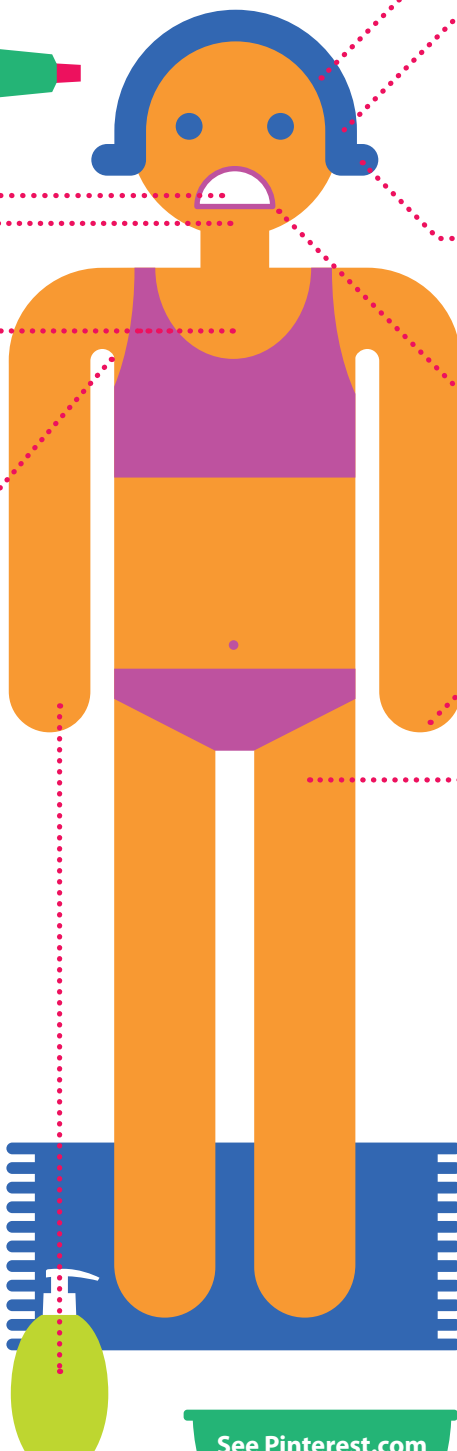
- Creams and moisturisers**
Watch out for:
- x Butylated hydroxytoluene (BHT)
- PARABENS –
- x Methylparaben
 - x Ethylparaben
 - x Propylparaben
 - x Butylparaben
- SILOXANES –
- x Octamethylcyclotetrasiloxane
- ETHANOLAMINES –
- x Triethanolamine (TEA)
 - x Monoethanolamine (MEA)
- UV FILTERS –
- x Benzophenone
 - x Ethylhexyl methoxycinnamate
 - x Octinoxate

- Nail polish**
Watch out for:
- x Diethyl phthalate
 - x Hydroquinone
 - x Formaldehyde

To find alternatives, search online for 'natural' or 'organic' cosmetics.

The bad guys:
Known endocrine-disrupting chemicals or carcinogens which may be linked to breast cancer

- x Parabens
- x Phthalates
- x Triclosan
- x Synthetic musks
- x Formaldehyde



See Pinterest.com for 'cosmetics recipes'

- Soap**
Watch out for:
- x Triclosan
- ETHANOLAMINES –
- x Triethanolamine (TEA)
 - x Monoethanolamine (MEA)