



AutoNation Breast Cancer Institute Website: <http://www.nova.edu/research/cancer.html>

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What you can do...

- Eat at least 5 portions of fruits and vegetables daily.
- Exercise regularly and get plenty of sleep. (*Sleep is when your body heals, and if there is not enough sleep, you won't heal fully everyday.*)
- Don't smoke
- Drink alcohol (adults) in moderation
- Avoid tanning (use sunblock, wear hats).
 - *Some sun is good for creating vitamin D in your skin but if you are tanning, freckling or burning, it is too much sun, from the perspective of lifetime exposure.*
- Avoid chemicals that kill insects (pesticides), weeds, or prevent plant germination (glyphosate)
 - These can also damage human cells.
 - Leave your outdoor shoes at your door, rather than tracking these chemicals (shoes used on lawns, golf courses, parks) into the house.
 - Also avoid using these chemicals on your lawn, they put your pets at risk for cancers and get into the water table. Many lawn companies now have "greener", less toxic alternatives if you inquire about them.
 - Wash fruits and vegetables well before eating them with a soft vegetable brush. Grapes and berries can be washed in water with a tablespoon of white vinegar to help clean their delicate skins.
- Avoid heating food in plastic (especially plastics number 5 or 7) or drinking hot beverages out of styrofoam.
 - Chemicals such as bisphenol A (BPA) although banned in Canada, are still prevalent in American plastics and are linked with certain hormone related cancers. The coatings used on children's teeth can contain BPA but there is one version without BPA.
 - Use stainless steel water bottles and coffee containers rather than plastic ones.

- Filter tap water before drinking.
 - The chlorine in tap water contributes to bladder cancer over a lifetime of exposure, and for example the Brita filter will not remove the fluoride for your teeth but removes chlorine and other harmful chemicals such as lead (which is not associated with cancer but is harmful to brain development in children).
- Eat fresh or frozen food, rather than canned food if possible. Many American cans are lined with plastics that include BPA.
- Choose cosmetics and personal care products that do not contain parabens or formaldehyde (shampoos and other personal care products).
 - The FDA does not regulate cosmetics or personal care products in the US and more information can be gathered at safecosmetics.org or EWG.org (environmental working group).
 - (Safer brands include Gabriel, Jane Iredale, Mineral Fusion and Zuzu, etc. but check the EWG.org site because formations change.)
 - There are now less toxic nail polishes (formaldehyde, acetone and toluene- free).
 - Evidence linking these chemicals with cancer is still emerging, but they are chemicals that we control carefully in the laboratory environment for health reasons in general, so they should be controlled in our personal care products.
- Be aware of flame retardants in children's pajamas, upholstered furniture and mattresses.
 - You can buy "long johns" or "short johns" for children to wear to bed which do not contain these chemicals because they are not called "pajamas". Flame retardants prevent flame for 12 seconds but several of them currently in use, are associated with increased risks of cancer. Some online mattress companies use a compound from thistle as a less toxic alternative and have organic cotton tops on these mattresses.
- Avoid becoming overweight.
- Excess body fat produces a molecule like estrogen called "estrone" that contributes to a number of cancers (breast, colon, uterine etc.).



The Food Supply

- Avoid genetically modified (GMO) corn, wheat, soy, peanuts, alfalfa and rapeseed (canola oil) because the genetic modification for these crops involves resistance to glyphosate which prevents the germination of weeds, but concentrates the glyphosate in the cash crop.
 - For these crops (and oils or syrups derived from these crops) it is worth buying organic or if available, non-GMO.
- Antibiotics in the food supply are associated with higher incidence of breast cancer.
- To avoid antibiotics and growth hormone in dairy, buy cheeses made in Canada, Europe or the British Isles.
- Avoid antibiotics and growth hormone in meats, milk and eggs when possible. **Buy organic meats, milk and eggs if possible. Warehouse stores now have them as well as local grocery stores.**
- Avoid **nitrites and nitrosamines** in preserved (Lunch) meats. nitrites are associated with pancreatic cancer. There is usually a version of that meat available without these chemicals.

For Children

The papilloma virus vaccine protects (those vaccinated) against certain kinds of cancer. Many countries including the US are attempting to eradicate cervical cancer as well as reduce the numbers of anal and head & neck cancers by using the papilloma vaccine starting in children.