

**HAZARDS  
CAMPAIGN  
THURSDAY  
TALK**

**BREAST  
CANCER  
AWARENESS  
IS NOT  
ENOUGH!**

**HELEN LYNN**

**ALLIANCE FOR  
CANCER PREVENTION**

**FROM PINK TO  
PREVENTION**

**LINCOLNSHIRE  
CANCER PROJECT**



# LIVES BEHIND EVERY STATISTIC

- Breast cancer is the most common cancer in UK women with 55,176 and 390 men diagnosed per year - 150/day.
- Deaths - 11,400 women and 85 men per year - 31 woman die from breast cancer each day .
- It's the 4<sup>th</sup> most common cause of cancer death and the leading cause of death in women under 50.
- There are an estimated 35,000 people living with secondary breast cancer in the UK.
- Breast cancer deaths in England are more common in females living in the most deprived areas.
- Ethnic variations - patients known to be Black are younger, less likely to be screen-detected and have worse prognosis tumours.
- In around 5% of women, breast cancer has already spread by the time it is diagnosed.
- In the last 25 years in the UK rates have gone from 1 in 12 to 1 in 7.

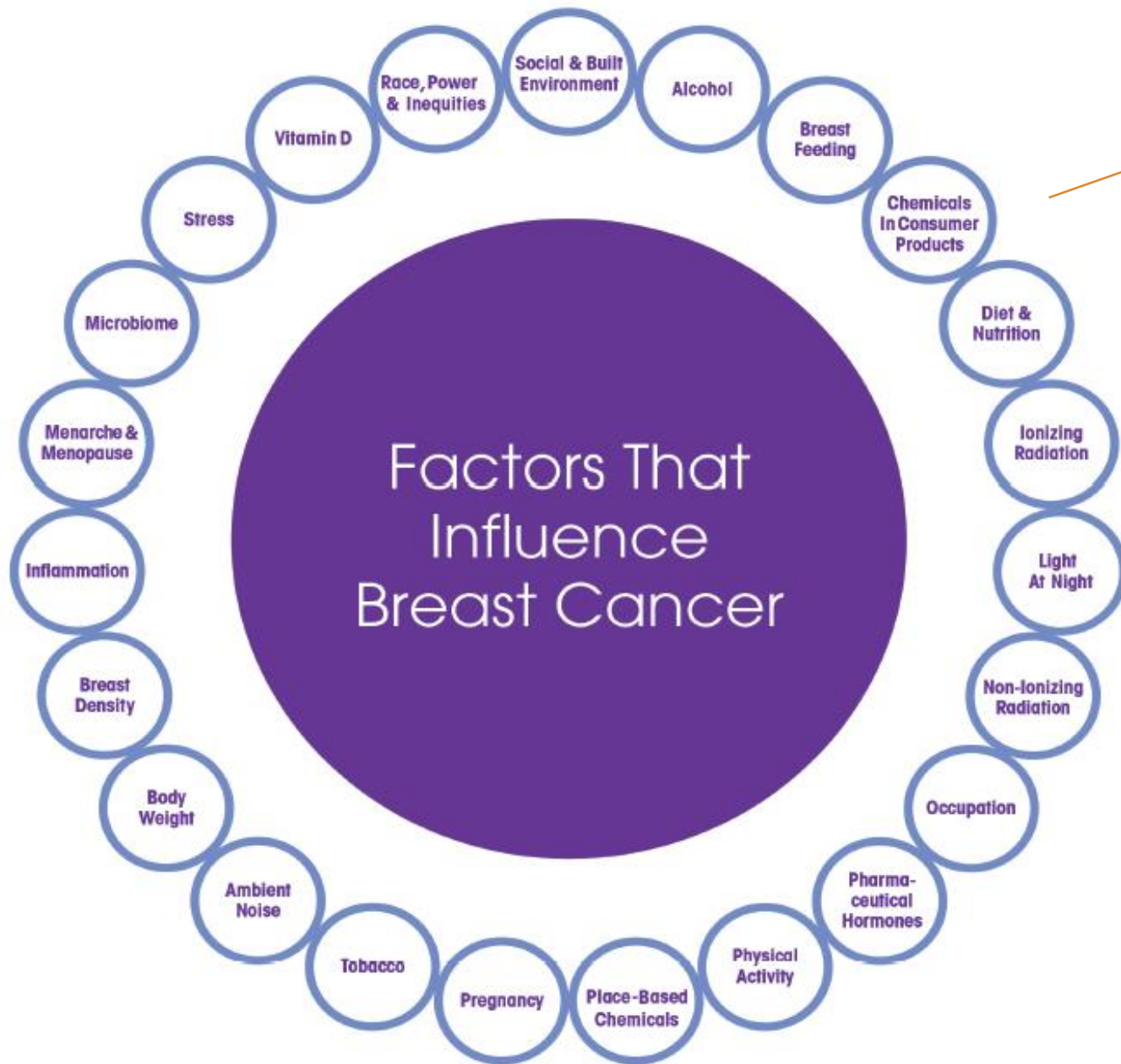






- Breast cancer is not a rite of passage.
- It is a social justice and human rights issue , and an indication of the state of the environment, all environments.
- It can also be considered an act of violence if we take violence to be as defined by the World Health Organisation "the intentional use of physical force or power, threatened or actual, against oneself, another person, or against a group or community, which either results in or has a high likelihood of resulting in injury, death, psychological harm, maldevelopment, or deprivation."





## Factors focused on by breast cancer establishment

Diet  
Alcohol  
Weight + lack of exercise

## Factors linked to occupation

Physical activity  
Ionizing radiation  
Light at night  
Non-ionizing radiation  
Ambient noise  
pregnancy  
Menarche and menopause  
Microbiome  
Breast density  
Stress  
Race Power and inequalities  
Social and built environment  
Breast feeding  
Diet and nutrition  
Chemicals in consumer products  
Physical activity  
Place based chemicals



# A Model of Breast Cancer Causation

Visualizing the many factors and relationships influencing breast cancer incidence in women

Risk Domain

Biological

Behavioral

Social

Physical

Strength

Strong

Modest

Weak

Epidemiological

Strong

Modest

Biological

Strong

Modest

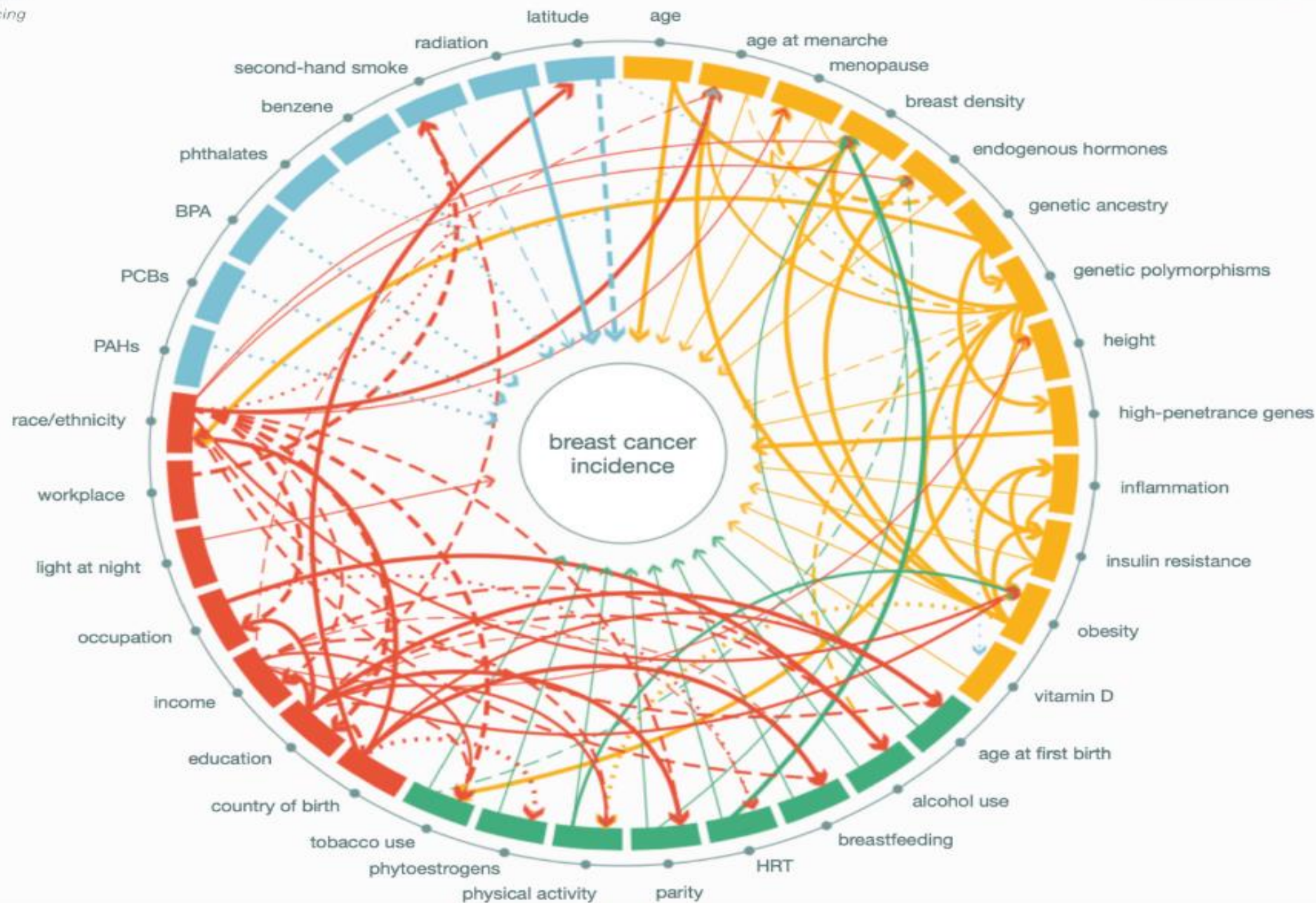
Data Quality

High

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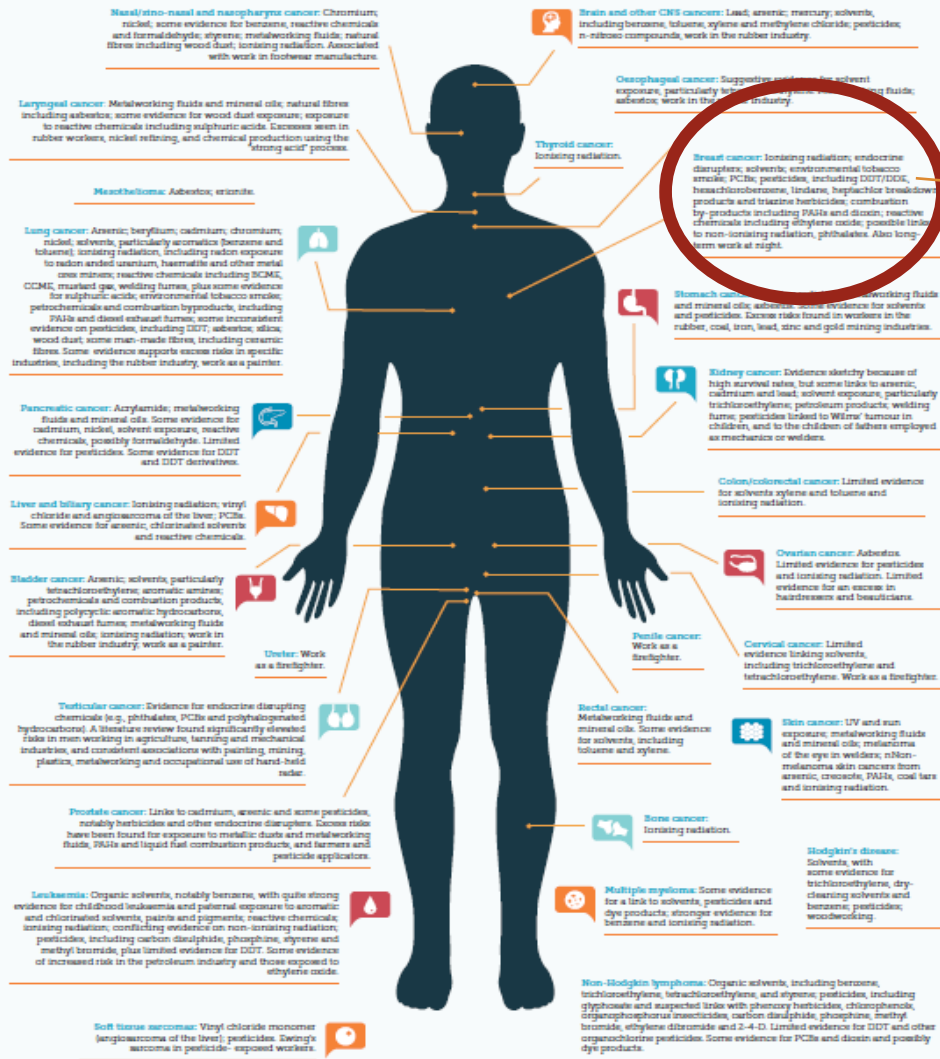
Low

RESET



# Cancers and their work causes

## An ITUC/Hazards at-a-glance guide to cancer hazards at work



ITUC/Hazards' cancer hazards blog: [www.cancerhazards.org](http://www.cancerhazards.org)

Jobs such as firefighters, manufacturing workers – especially those using chemicals – construction workers, miners, agricultural workers exposed to agrochemicals and those workers exposed to paints are among the occupations at an elevated risk of certain cancers, however there is at least some risk of occupational cancer in virtually every job, from cleaning, to catering to nursing.

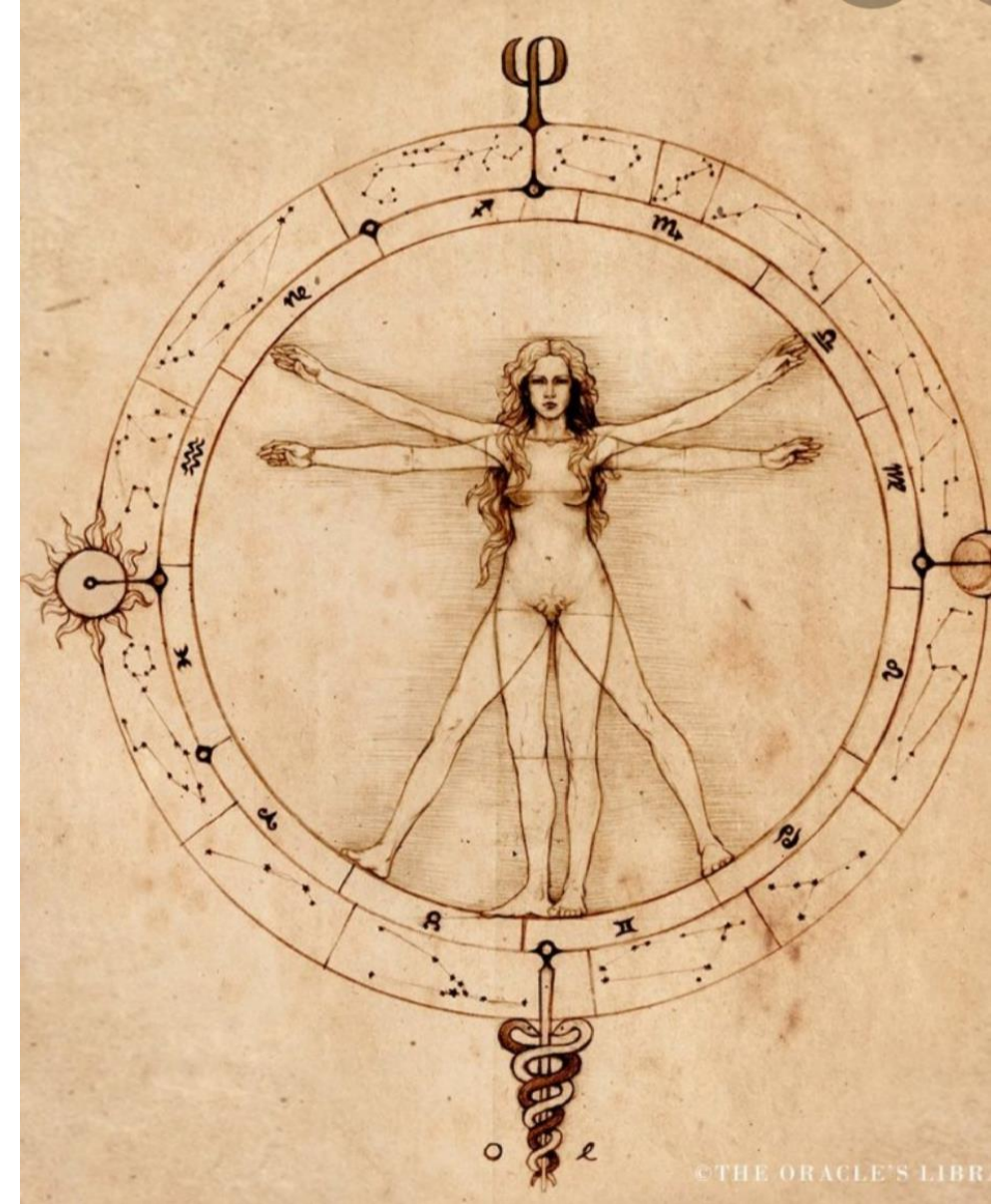
**Breast cancer:** Ionising radiation; endocrine disruptors; solvents; environmental tobacco smoke; PCBs; pesticides, including DDT/DDE, hexachlorobenzene, lindane, heptachlor breakdown products and triazine herbicides; combustion by-products including PAHs and dioxin; reactive chemicals including ethylene oxide; possible links to non-ionising radiation, phthalates. Also long-term work at night.

Cancer is also caused by a lack of political will, underestimation of cases, ignoring of the evidence, lack of data broken down by gender, lack of compliance with existing regulation, and vested interests.



# WHY WOMEN ARE NOT THE DEFAULT MALE

- Lifetime of hormonal changes ie pregnancy, menstruation and menopause
- Different immune systems
- Thinner skin
- Detox more slowly
- More fat tissue
- Affected differently by chemicals and pollution
- Smaller than men





# TOXIC CHEMICALS & PREGNANCY

## 10 WAYS TO AVOID TOXICS DURING AND AFTER PREGNANCY



**PLASTICIZERS**

**BISPHENOLS**  
(BPA, BPB, BPF, BPS)

**PFAS**  
(PFOA, Gen-X, PFBS)

**MERCURY**

**PESTICIDES**

**PHthalATES**

**PERC and TCE**

**LEAD**

**FLAME RETARDANTS**  
(PBDEs, OPFRs)

- 1 Avoid eating, drinking or storing food in plastic
- 2 Don't microwave in plastic
- 3 Cook with cast iron or stainless steel rather than non-stick pans
- 4 Avoid eating fish high in mercury or PCBs like shark and swordfish
- 5 Eat fresh, organic foods whenever possible
- 6 Limit cosmetics use
- 7 Avoid dry cleaning or stain treating clothes
- 8 Use a wet mop when cleaning
- 9 Avoid consumer products with flame retardants
- 10 Remove shoes before entering your home

### WHAT HEALTH PROFESSIONALS AND POLICYMAKERS CAN DO

 Advocate for policies to prevent exposure to toxic environmental chemicals

 Work to ensure a healthy food system for all

 Make environmental health part of health care

 Champion environmental justice

 **FIGO**  
International Federation of Gynecology and Obstetrics

 **HEAL**  
Healthy Environment and Livelihoods Alliance

 **UCSF** Program on Reproductive Health and the Environment

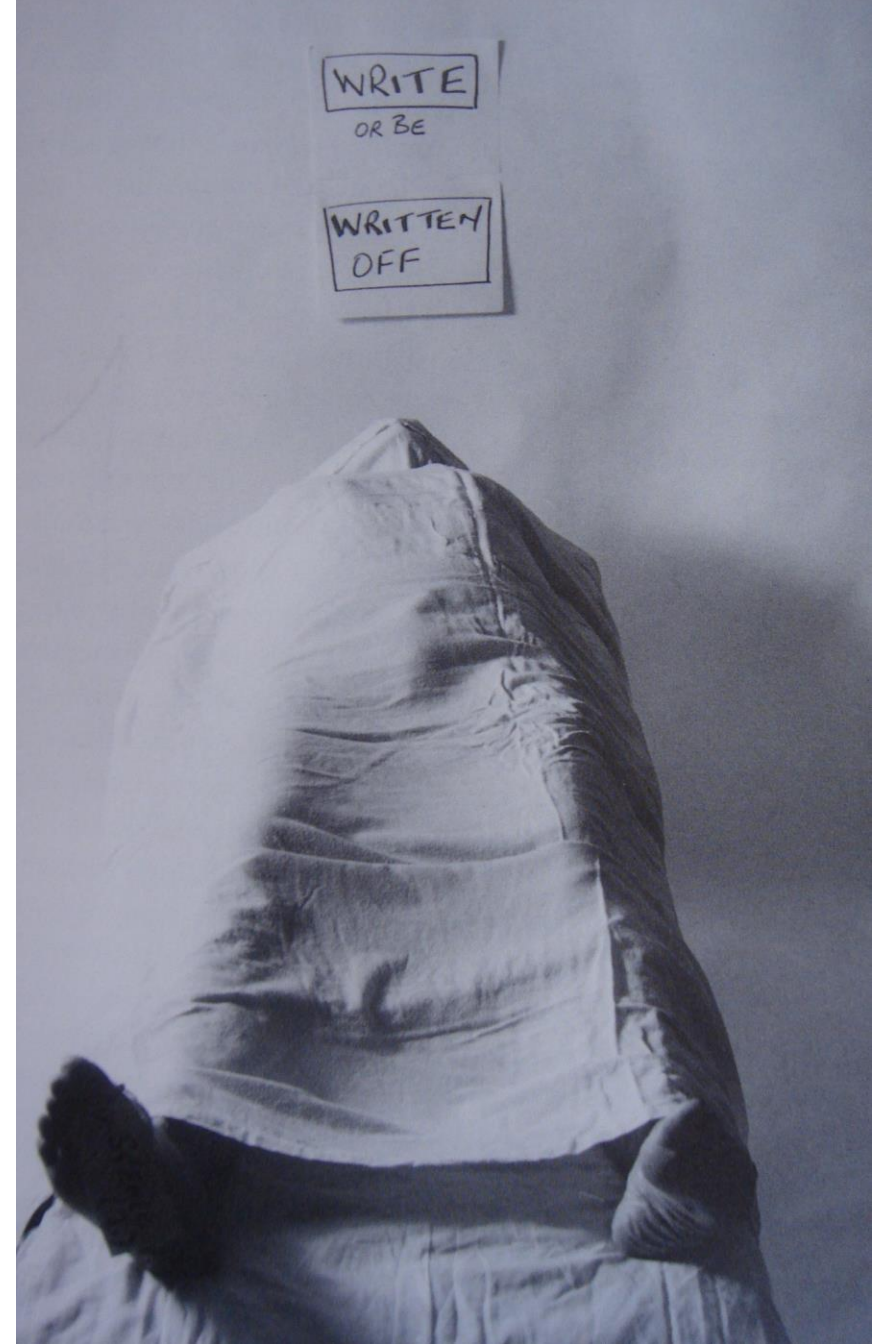
For more information  
**FIGO.ORG**



Cartoon by Di Ward - From Pink to Prevention.org

# WHAT'S NEEDED

- Reframe/redo/refit/our approach to breast cancer.
- Three-pronged approach - equal footing - equal funding -equal action on treatment and care, safer detection and primary prevention.
- Aim of zero occupational and environmental cancer.
- A complete refit of existing cancer plans, and strategies updated for the 21<sup>st</sup> century to deal with 21<sup>st</sup> risk factors.
- Increase the spending on research into the primary prevention of cancer from under 5% to at least 35%.
- Medical establishment can lead the way by up to date training on recognizing occupational and environmental illness and disease including pesticide poisoning especially in areas where exposure is most likely.
- All research data to be collected and broken down by sex.
- The UK needs to follow the EU on chemicals policy.
- We need to put the public back into public health and start from the premise that safe and healthy working conditions are a [human right](#).





# CONTACT DETAILS

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