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THE "DIRTY DOZEN" AVOIDABLE RISK FACTORS FOR BREAST CANCER

There are a wide range of well-documented avoidable risks of breast cancer, information on which has not yet received adequate public recognition raising disturbing public policy concerns. These risks fall into three categories: medical; industrial; and lifestyle.

MEDICAL

1. ORAL CONTRACEPTIVES, WITH EARLY AND PROLONGED USE
2. ESTROGEN REPLACEMENT THERAPY, WITH HIGH DOSES AND PROLONGED USE
3. PRE-MENOPAUSAL MAMMOGRAPHY, WITH EARLY AND REPEATED EXPOSURE
4. NONHORMONAL PRESCRIPTION DRUGS, SUCH AS SOME ANTI-HYPERTENSIVES
5. SILICONE GEL BREAST IMPLANTS, ESPECIALLY THOSE WRAPPED IN POLYURETHANE FOAM

INDUSTRIAL

6. DIETS HIGH IN ANIMAL FAT CONTAMINATED WITH CARCINOGENIC AND ESTROGENIC CHEMICALS, AND DAIRY PRODUCTS CONTAMINATED WITH rBGH and IGF-1.
7. DOMESTIC EXPOSURE TO CARCINOGENIC HOUSEHOLD PRODUCTS, OR POLLUTANTS FROM NEARBY CHEMICAL PLANTS OR HAZARDOUS WASTE SITES
8. EXPOSURE TO A WIDE RANGE OF OCCUPATIONAL CARCINOGENS

LIFESTYLE

9. ALCOHOL, WITH EARLY AND EXCESSIVE USE
10. TOBACCO, WITH EARLY AND EXCESSIVE USE
11. INACTIVITY AND SEDENTARY LIFESTYLE
12. BLACK OR DARK BROWN PERMANENT OR SEMI-PERMANENT HAIR DYES, WITH EARLY AND PROLONGED USE