

Here are some of the chemicals that we want you to look for and how they might appear on labels:

Ingredients, and what it can be found in:

Names to watch out for:

phthalates Hairspray and gel, nail polish, perfume, aftershave

Anything ending in phthalate including dibutyl phthalate (DBP) and Di(2-ethylhexyl) phthalate (DEHP), butyl benzyl phthalate (BBP or BzBP) Diethyl Phthalate - DEP

triclosan Toothpaste, soap, deodorant, body washes, liquid soap and cleansers

Triclosan, 5-chloro-2-(2,4-dichlorophenoxy)-phenol

propylene glycol Shampoo, lotions, make-up and colour cosmetics

propan-1, 2-diol: PG

parabens Shampoo, bubble bath, baby products, make-up, lotions and deodorants

Any name ending with '-parabens'.
For example, methylparabens

PPD Dark-hair dyes and "black henna" used in temporary tattoos

p-phenylenediamine

When you've found any of these chemicals, what do you do?

We'd like you to:

- Stop using that product and putting yourself at unnecessary risk. Alternatives are available which do not contain potentially harmful ingredients.
- Take the product back to where you bought it. Hand it in to Customer Services and explain why you don't want to use it any more and why you're returning it in October – to highlight the connection between chemicals in toiletries and breast cancer. You probably can't expect to get your money back ! But you can ask the staff to inform their head office of your actions. You could also ask them to review all products they are selling and to remove those containing carcinogens or endocrine disrupting chemicals as their own contribution to Breast Cancer Awareness Month
- Tell us how you've got on at women@unison.co.uk or health@wen.org.uk. We look forward to hearing from you!
- Join, affiliate to or support Women's Environmental Network (WEN) to enable us to carry on this work.

Thank you for campaigning with us this October.

For further information about the chemicals in cosmetics and toiletries, how they are used and the potentially harmful effect they have on our bodies, go to www.wen.org.uk

For further information about the prevention of breast cancer, go to www.nomorebreastcancer.org.uk

Women are also reminded that cancer is now included in the definition of a disabled person under the Disability Discrimination Act (DDA). For further information about the DDA and your rights, go to www.unison.org.uk/disabled. For information about cancer and the DDA and how to use the Government's Access to Work Scheme, go to info@cancerbacup.org

CLEAR OUT YOUR BATHROOM CUPBOARD FOR BREAST CANCER AWARENESS MONTH 2006



Don't just 'be aware' of breast cancer – start preventing it

October has become the month when we all wear pink ribbons and buy pink marketed products to show we care about the rising epidemic of breast cancer. And yet these actions won't stop any of us from getting breast cancer.

So this year, during October, we want everyone to start detoxing their lives by removing just some of the potential cancer-causing chemicals from their homes and returning them to where they bought them. This action will send a powerful message to retailers and manufacturers that we care what they sell us and we no longer want products that can harm us and contain ingredients linked to cancer.

Just take a look in your bathroom cupboard

Get out all your toiletries and cosmetics. We're looking for ingredients that could trigger cancer – especially those which have been associated with breast cancers.

