



AutoNation 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 every day.*)
- Don't smoke
- Drink alcohol (adults) only in moderation (guidelines say not more than 2 glasses of wine daily).
- 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, weeds, or prevent plant germination (Roundup)
 - 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. 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 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" 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.).