

# HBCAC

"Take a Moment for Yourself with..."

HUNTINGTON BREAST CANCER ACTION COALITION FALL/WINTER '10



## *Signed sealed and delivered. Governor Paterson signs BPA-Free Children and Babies Act*

After an intense period of negotiations among New York State legislators, we have an historic victory for families across this state. New York State Governor Paterson signed the **Bisphenol - A Free Children and Babies Act** (S.3296H Thompson, Buffalo), and (A.6919D Engelbright, Setauket) into law, making New York the first state to pass comprehensive BPA legislation. The **New York State Breast Cancer Network** is proud to have participated in this process, making children's health a top priority in New York State.

Bisphenol-A (BPA) is one of the most pervasive chemicals we are exposed to in modern life. Mounting scientific evidence has demonstrated that brief exposure to endocrine-disrupting compounds and agents such as BPA during the development of the mammary gland (around the time of birth, and in puberty) lead to changes and abnormalities that can influence breast cancer risk in adulthood. This legislation will ban the use of BPA in pacifiers, unfilled baby bottles, baby bottle liners and cups, cup lids, straws and sippy cups to be used by children under age three.

The NYS Breast Cancer Network is the only network of community-based, survivor-driven breast cancer organizations in New York. The 25 member organizations of the Network, representing communities that stretch from Buffalo to Long Island, collectively reach over 100,000 New Yorkers each year with vital breast cancer information and support services. The Network also works to shape public policy in three areas that affect the breast cancer community: primary prevention/environment, access to quality care, and research.

"The New York State Breast Cancer Network congratulates Governor Paterson, Assembly Member Englebright, Senator Thompson, New York State Assembly Environmental Chair Robert Sweeney, and their colleagues in the Senate and Assembly, for their decisive response to the public's outcry to limit exposures to toxic chemicals with the passing of the Bisphenol-A Free Children and Babies Act .

There is ample scientific data supporting this important action which will help protect our children in New York State from this ubiquitous toxic exposure," said Andi Gladstone, Executive Director of the New York State Breast Cancer Network.

"This landmark legislation is a significant step forward in protecting the health of children and all New Yorkers," said

Philip Landrigan, MD, Director of the Children's Environmental Health Center, Mount Sinai School of Medicine.

"The passage of the BPA-Free Children's and Babies Act will go a long way in reducing our exposure to endocrine disrupting chemicals. We recognize and applaud New York for taking the lead and know it will provide a strong foundation for the passage of (TSCA) Toxic Substances Control Act.," said Karen Joy Miller, Huntington Breast Cancer Action Coalition, Inc., NYSBCN Environmental Committee member.

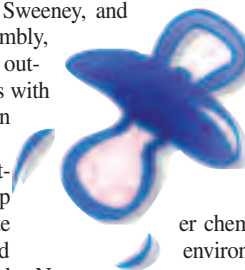
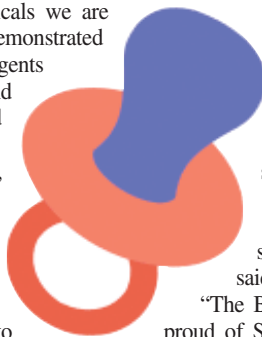
"It is important to recognize that powerful actions that we take today by banning BPA in children's products will affect the health of future generations.," said Laura Weinberg, President of the Great Neck Breast Cancer Coalition, NYSBCN Environmental Committee member.

"The first step to remove BPA from our environment should begin with our most vulnerable population, namely our children. Capital Region Action Against Breast Cancer (CRAAB) in Albany is very pleased to see the unanimous support from both the New York State Senate and Assembly.," said Joan Sheehan, President of CRAAB.

"The Breast Cancer Network of Western New York is extremely proud of Senator Antoine Thompson from Buffalo for his persistent efforts which have resulted in the passage of the Bisphenol A-Free Childrens and Babies Act. This act will protect those who are the most vulnerable from exposure to Bisphenol-A and decrease their risk of breast cancer.," said Alice Gray, President of the Breast Cancer Network of Western New York.

The Network has been in the forefront of the battle to remove hazardous chemical exposures for the most vulnerable of NYS residents—individuals with pre-existing conditions, pregnant women, the elderly, and children. Members of the Network's environmental committee were instrumental in securing the passage of the first BPA ban in the nation, in Suffolk County in March, 2009. The Network remains committed to advocating for broader chemical policy reforms for a safer and healthier environment.

*Newsday.com published article Paterson signs product laws protecting babies safety, July 30, 2010, by Delthia Ricks.*



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#### L. I. Community Breast Cancer Groups

- Babylon B.C. Coalition **631.893.4110**  
[www.babylonbreastcancer.org](http://www.babylonbreastcancer.org)
- Brentwood/Bayshore B.C. Coalition **631.273.9252**  
[www.bbccc.org](http://www.bbccc.org)
- Great Neck B.C. Coalition **516.829.1139**  
[www.greatneckbcc.org](http://www.greatneckbcc.org)
- Huntington B.C. Action Coalition **631.547.1518**  
[www.hbcac.org](http://www.hbcac.org)
- Islip B.C. Coalition **631.968.7424**  
[www.islipbreast.com](http://www.islipbreast.com)
- Long Beach B.C. Coalition **516.897.1344**  
[www.longbeachbcc.org](http://www.longbeachbcc.org)
- North Fork B.C. Coalition **631.574.4269**  
[www.northforkbreasthealth.org](http://www.northforkbreasthealth.org)
- South Fork B.C. Coalition **631.726.8606**  
[www.southforkbreast.com](http://www.southforkbreast.com)
- South Fork Ground Water Task Force **631.725.6200**  
[www.southgroundwatertaskforce.org](http://www.southgroundwatertaskforce.org)
- West Islip B.C. Coalition **631.666.2026**  
[www.wibcc.org](http://www.wibcc.org)

#### Breast Cancer Support Groups

- Adelphi NYS Support Program and B.C. Hotline 800.877.8077 **516.877.4320**  
[www.adelphi.edu/nybreastcancer/index.html](http://www.adelphi.edu/nybreastcancer/index.html)
- A.H.E.A.D. (African-American Health Education & Development) **516.538.0656**  
[www.aheadfoundation.org](http://www.aheadfoundation.org)
- Breast Cancer Options **845.657.8222**  
[www.breast\\_cancer\\_options.org](http://www.breast_cancer_options.org)
- Breast Cancer Coalition of Rochester **585.473.8177**  
[www.bccr.org](http://www.bccr.org)
- B.C. Net. of West. NY **800.533.6825 x4233**  
[www.bcwny.org](http://www.bcwny.org)
- C.R.A.A.B. Capital Region Action Against Breast Cancer **518.435.1055**  
[www.craab.org](http://www.craab.org)
- Huntington Hospital Support Group **631.351.2568**
- IBCA Ithaca B.C. All. **607.277.0960**  
[www.ibca.net](http://www.ibca.net)
- Latino Health Initiative **631.273.4074**
- LI Chapter, Nat'l Ovarian Coalition **631.672.2027**  
[www.ovarian.org](http://www.ovarian.org)
- LI Lesbian Cancer Init. **888.Li.Li.CiNY**  
[www.lilci.org](http://www.lilci.org)
- New York State B.C. Support & Education Network **607.279.1043**  
[www.nysbcscen.org](http://www.nysbcscen.org)
- North Shore University Hospital **516.926.HELP**
- SHARSHERET **866.474.2774**  
[www.sharsheret.org](http://www.sharsheret.org)
- Sisters Network of Greater N.Y. **516.385.5495**
- Suffolk YJCC Breast & Ovarian **631.462.9800**  
[www.suffolkyjcc.org](http://www.suffolkyjcc.org)
- University Hospital at Stony Brook **631.444.4970**
- B.C. Ctr. **631.444.4550**
- Women's Outreach Network **800.564.6868**
- Young Survival Coalition **212.206.6610**  
[www.youngsurvival.org](http://www.youngsurvival.org)

#### Cancer Information Services

- Cancer Action NY **315.393.1975**  
[www.canceractionny.org](http://www.canceractionny.org)
- Cancer Awareness Coalition **845.338.7759**  
[www.cacinfo.org](http://www.cacinfo.org)
- Children's Hlth. Ctr. **866-265-6201**
- CIS Cancer Info. Svcs. at Hunt. Hos. **631.760.2169**
- Huntington Hospital Women's Center **631.351.2564**
- L. I. OCEAN, Ovarian Cancer Ed. & Adv. Network/Support **631.928.0298**  
[www.lioceansnews.org](http://www.lioceansnews.org)
- Memorial Sloan Kettering Patient Referrals **800.525.2225**
- Nassau Healthcare Corp. Breast & Cervical Screening Program **516.572.3300**  
[www.numc.edu](http://www.numc.edu)
- Nassau-Suffolk Law Services (B.C. Legal Advice) **516.292.8299**
- North Shore LIJ Health System **516.465.8037**  
[www.northshorelij.org](http://www.northshorelij.org)
- SHARE **212.719.0364**  
[www.sharecancersupport.org](http://www.sharecancersupport.org) (bilingual)
- SUNY University at Stony Brook **800.UMC.2215**

#### National Organizations

- American Cancer Society **800.ACS.2345**  
[www.cancer.org](http://www.cancer.org)
- American Heart Association **888.MY.HEART**  
[www.americanheart.org](http://www.americanheart.org)
- American Lung Association of NY **631.265.3848**  
[www.lungusa.org](http://www.lungusa.org)
- Cancer Care **800.813.4673**  
L.I. Division **516.364.8130**  
[www.cancercare.com](http://www.cancercare.com)
- Cancer Information Services **800.4.CANCER**  
[www.mskcc.org](http://www.mskcc.org)
- DES Action **800.337.9288**  
[www.desaction.org](http://www.desaction.org)
- NCI Cancer Trials **http://cancer\_trials.nci.nih.gov**
- National Institute of Environmental Health Sciences **www.niehs.nih.gov**
- National Cancer Institute **301.496.9600**  
[www.nci.nih.gov](http://www.nci.nih.gov)
- NY State Dept. of Health **1.800.458.1158**  
[www.health.state.ny.us](http://www.health.state.ny.us)
- National Alliance of B.C. Org. (NABCO) **212.889.0606**  
[www.nabco.org](http://www.nabco.org)
- National B.C. Coalition (NBCC) **202.296.7477**
- National Center for Complementary & Alternative Medicine **www.nccam.nih.gov**

#### Resource Websites

- Annie Appleseed Project **www.annieappleproject.org**
- Birth Defects Res. for Children **www.birthdefects.org**
- Breast Cancer Answs. **www.biostat.wisc.edu/bca.html**
- The Breast Cancer Fund **www.breastcancerfund.org**
- Breast Cancer & the Environment Research Centers **www.bcerc.org**
- Breast Cancer Options **www.thebreastcaresite.com**
- Cancer Links **www.cancerlinks.com**
- Cancer Treatments **www.cancerhelper.com**
- Centers for Disease Control & Preven. **www.cdc.gov**
- Children's Health and the Environment **www.childrenenvironment.org**
- CIRCARE Citizen's for Responsible Care and Research **www.CIRCARE.org**
- Collaboration on Health & the Environment CHE **www.healthandenvironment.org**
- Environmental Advocates **www.EANY.org**
- Environmental Working Group (EWG) **www.ewg.org**
- Endocrine Disruptors **www.endocrinedisruption.org**
- Environ. Health Perspectives **www.ehp.niehs.nih.gov**
- EPA's National Pesticide Telecommunications Network **www.ace.orst.edu/info/nptn**
- Geographic Information System **www.Healthgis-li.com**
- Healthcare Choices **www.healthcarechoices.org**
- Health Finder **www.healthfinder.gov**
- Healthy Child Healthy World **http://healthychildhealthyworld.com**
- Healthy Envir. Healthy Econ. HEHE **www.hehe-ny.org**
- Healthy Planet **www.healthyplanet.org**
- Male Breast Cancer **www.infobreastcancer.ca/malebc.html**
- Medline **www.nlm.nih.gov**
- National Ctr. for Complimentary & Alternative Medicine **www.nccam.nih.gov**
- National Lymphedema Network **www.wenet.net/users/lymphnet/**
- Neighborhood Network **www.neighborhood-network.org**
- N.Y.P.I.R.G. **www.nypirg.org**
- N.Y. Coalition for Healthy School Lunch **www.healthylunches.org**
- Office of Cancer Complementary & Alternative Medicine **www.cancer.gov/occam**
- Ped. Env. Hlth. Spec. Unit **www.mssm.edu/cpm/pehsu/**
- Safe Cosmetics Campaign **www.safecosmetics.org**
- S.C. Energy & Environment **http://www.co.suffolk.ny.us/upload/environment**
- Sister Study **www.sisterstudy.org**
- U.S. Environmental Protection Agency **www.epa.gov**
- X-rays & Health Project **www.x-raysandhealth.org**



# PRESIDENT'S MESSAGE

## HOUSEHOLD CHEMICAL PRODUCTS SHOULD COME CLEAN

*Your home may be the cleanest on the block but is it the healthiest? Not necessarily. Without labeling how can we make informed choices?*

Recently more attention has been given to the products we use in and around our homes. What's safe? What's not? Plastic baby bottles, pesticides, personal care products, household cleaning products, each containing chemicals that are known or suspected to be harmful. Using many of these products everyday, can create a virtual toxic soup. There is mounting scientific evidence that chemicals play a role in breast cancer by mimicking hormones that signal tumor growth or altering mammary gland development early in life. A recent case-controlled study conducted at Silent Spring Institute highlighted the following: Household cleaning and pesticide products may contribute to breast cancer because many contain endocrine disrupting chemicals or mammary gland carcinogens. "Women who reported the highest combined cleaning product use had a doubled risk of breast cancer compared to those with the lowest reported use. Use of air fresheners and products for mold and mildew control were associated with increased risk. To our knowledge, this is the first published report on cleaning product use and risk of breast cancer" said Julia Brody, Executive Director. The researchers recommend further study of the effects of cleaning products and breast cancer. The results of this study were published in BioMed Central's open access journal Environmental Health.

With the Environmental Protection Agency (EPA) reporting indoor pollution is three to five times greater than outdoor pollution, we need to know what chemicals we are bringing into our homes and work places, and more importantly where our kids spend the day: their work place, school, day care, and play grounds. Right now, nearly any chemical can be used as an ingredient in cleaning products and federal law requires labeling only when they pose an immediate danger. *Without labeling how can we make informed choices?*

The more insidious effects from exposure to toxic chemicals have long term effects. Breast cancer doesn't occur overnight. According to a report by the Environmental Working Group (EWG) many common household products contain not just a few toxic chemi-



Congressman Israel sponsors HR 3067, Household Product Labeling Act

icals, but dozens of contaminants. Testing the air emissions from 21 cleaning products EWG found a total of 457 air contaminants. Three of the products tested were frequently used by many of us. One chemical EWG found in household cleaning products was benzene. In addition to being classified by the Environmental

Protection Agency (EPA) as a group A, human carcinogen - meaning there is sufficient evidence of a causal association between exposure and cancer; benzene may also cause drowsiness, dizziness, headaches, eye, skin and respiratory tract irritation. Another prominent chemical was formaldehyde, classified by the EPA as a probable human carcinogen. OSHA, The Occupational Safety and Health Administration recognize formaldehyde exposure as a potential workplace hazard, yet we unknowingly release it every day into our homes by using household products. *Without labeling how can we make informed choices?*

At the very least we have the right to know what we are bringing into our homes. Diseases like breast cancer are not caused by genes alone, exposure to toxic substances contribute to the onset of disease. We should be very concerned

that we're using these cleaners on our counter tops, in our kid's bedrooms, in the refrigerator; don't we deserve to know what chemicals are being released?

Federal legislation recently introduced by **Congressman Steve Israel (NY-2) / H.R.3067** and Senator Al Franken (MN) / S.1697, **The Household Product Labeling Act** require companies to list all ingredients on the label or packaging, so we can make informed decisions for ourselves and the most vulnerable in our family, the elderly, our children, pregnant women, and individuals with pre-existing health conditions. With cancer, autism, diabetes, developmental disorders on the rise, shouldn't we be limiting our exposures to toxic chemicals, and the first step is the consumer's right to know. *Without labeling how can we make informed choices?*

Research is ongoing and continues to connect the dots between our genes and our environment, but until it's all sorted out our representatives must require manufactures of household products to come clean with adequate labeling and allow us to make informed decisions.

*Karen Joy Miller, President*



## IN THE SPOTLIGHT



### Maria Chiquitucto

**Maria Chiquitucto** is truly a jewel. For so many years, she has been compassionate in spreading the breast health message to our community, specifically to Latina women. Maria is a familiar face at countless outreach events, representing HBCAC as a proud volunteer. Her energetic spirit never quits, despite a hectic schedule, allowing her to continue reaching the hearts of others. HBCAC shines the light on Maria Chiquitucto ... we are forever grateful.



### Alice Jean Peltz

**Alice Jean Peltz** has been a dedicated member of HBCAC for over 15 years. She embraces every opportunity to volunteer while she worked full time with the County of Suffolk. Alice is ready and willing to lend a hand on any occasion when called upon ... and always with a smile. Her commitment and tireless efforts over the many years deserves a standing ovation. HBCAC shines the light on Alice Jean Peltz for her time serving our community.

### Patch.com employees

**Patch.com employees** offered HBCAC a day of volunteering with seven of their employees in conjunction with their "Give 5 program." We had the privilege of being the charity of choice to commemorate the launch of their 100th Patch website. Patch is an online news resource around Long Island who report local breaking stories, pertinent community updates and events from business and residents. Editors from Huntington, Syosset, Lynbrook, Dix Hills and beyond collect detailed information of hundreds of public events and put it at your fingertips. Thank you **Meryl, David, Paul, Josh, Karen, Mike and Laura** for helping us extend our reach into the community.



## Do cleaning products cause breast cancer?

Women who report greater use of cleaning products may be at higher breast cancer risk than those who say they use them sparingly. Researchers writing in BioMed Central's open access journal *Environmental Health* asked more than 1500 women about their cleaning product usage and found that women who reported using more air fresheners and products for mold and mildew control had a higher incidence of breast cancer.

Julia Brody, from the Silent Spring Institute, USA, worked with a team of researchers to carry out telephone interviews with 787 women diagnosed with breast cancer and 721 comparison women. She said, "Women who reported the highest combined cleaning product use had a doubled risk of breast cancer compared to those with the lowest reported use. Use of air fresheners and products for mold and mildew control were associated with increased risk. To our knowledge, this is the first published report on cleaning product use and risk of breast cancer."

The researchers questioned women on product use, beliefs about breast cancer causes, and established and suspected risk factors. They found that cleaning products, air fresheners, and insect repellents were associated with breast cancer, but little association was observed with overall pesticide use. Women with breast cancer who believed that chemicals and pollutants contribute 'a lot' to the risk of developing the condition were more likely to report high product usage. Speaking about this

potential bias to the study, Brody said, "When women are diagnosed with breast cancer, they often think about what happened in the past that might have contributed to the disease. As a result, it may be that women with breast cancer more accurately recall their past product use or even over-estimate it. Or, it could also be that experience with breast cancer influences beliefs about its causes. For example, women diagnosed with breast cancer are less likely to believe heredity contributes 'a lot', because most are the first in their family to get the disease."

In order to avoid possible recall bias, the researchers recommend further study of cleaning products and breast cancer using prospective self-reports and measurements in environmental and biological media.

**Link to full journal article:** <http://www.ehjournal.net/content/9/1/40>

*New results of research conducted by Silent Spring Institute was published in the peer-reviewed journal **Environmental Health**. They found higher breast cancer risk among women who reported the highest cleaning product use; however, Silent Spring caution that these results may be influenced by differences among women in what they recall about past product use as well as their actual product use. Silent Spring recommends alternatives that may reduce exposure to suspect chemicals: <http://silentspring.org/take-action>.*

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## Students and Scientists Environmental Research Program Program Growing by Leaps and Bounds

*Huntington's Students and Scientists Environmental Research Scholarship Program sponsors prestigious high school students with interests in environmental science and public health. Local students are granted the rare opportunity to work with world renowned researchers, learning sophisticated laboratory procedures in a state-of-the-art lab, researching and exploring environmental triggers which contribute to the causation of disease. Time well spent now enables the next generation to become guardians of the future.*

*This year's summer internship provided five students Chirag Munim, Northport high school; Pablo Palacios, Walt Whitman high school; Eugene Park, Great Neck high school; Savitha Racha, Commack high school and Kimberly Shen, Walt Whitman high school a two week internship at Tufts University and Silent Spring Institute, Boston, Mass.*

**HBCAC extends a heartfelt thank you to Lisa Kratter who worked closely with our students over the past years.**

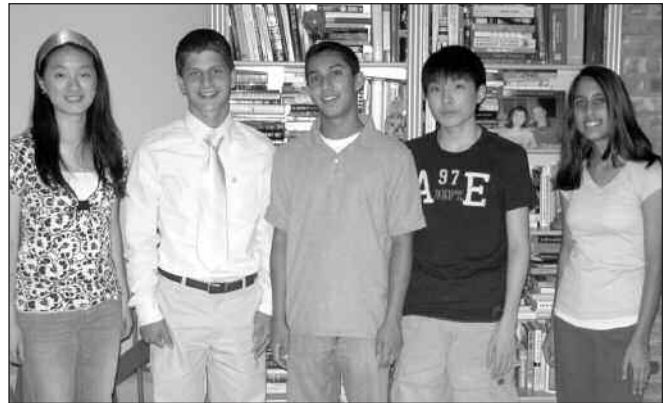
## HBCAC GIVES HIGH SCHOOL STUDENTS AN ENRICHING OPPORTUNITY!

### Chirag Munim, Northport H.S.

This summer I was given a wonderful opportunity by the Huntington Breast Cancer Action Coalition as an intern at Silent Spring Institute. The HBCAC Students and Scientists internship program allowed me to gain priceless experience and exposure at a renowned research facility. One of the many avenues of breast cancer research that the Silent Spring organization is exploring includes breast cancer risk factors present in the environment. The institute mainly conducts epidemiological research. These epidemiological studies involve looking at factors affecting the health of a certain population which serves as the groundwork for interventions made in the interest of public health and preventive medicine. An example of a study that the organization has undertaken has been the testing of the Cape Cod water supply for certain endocrine disruptors, carcinogens, volatile organic chemical (VOCs), etc.

At the onset of my internship I was taught about many of the risk factors of breast cancer, the biology of the condition, as well as many of the current studies that are ongoing at the institute. With the guidance and advice from my mentor, Janet Ackerman, and the friendly and knowledgeable staff, I was able to conduct research and analyze significant information available to the everyday consumer regarding the unfortunate condition. My peers and I were given a project to work on throughout the course of our internship that would end up being beneficial for us and Silent Spring.

The project we undertook analyzed breast cancer risk in many consumer products through various methods and resources. First we looked at many credible websites such as



July 2010 student participants (l to r) Kimberly Shen and Pablo Palacios of Walt Whitman High School; Chirag Munim of Northport High School; Eugene Park of Great Neck High School; Savitha Racha of Commack High School

**Hats off Lisa!!**

mayoclinic.com, komen.org, bcaction.org, etc. and analyzed the different assertions made by these organizations regarding certain controversial topics related to breast cancer risk. Different sites had different conclusions depending on the specific study they choose to reference. We wanted to see if the consumer would be able to obtain sufficient and accurate information about breast cancer risks present in specific products.

Throughout our research we saw that many of these popular resources would disagree on many things, such as the extent of disruptions caused by parabens. Parabens are chemical preservatives that mimic naturally occurring estrogen and are believed to be linked to breast cancer. We realized that there was a great amount of speculation and uncertainty when linking breast cancer to the environment, so we approached the issue from a consumer standpoint.

We knew that due to the lack of FDA regulation regarding products such as deodorants, cosmetics, etc. on the market, there is a clear danger for many consumers. The second part of our project pushed us to explore two product-rating websites: cosmeticsdatabase.com run by Environmental Working Group (EWG) and goodguide.com. We were given a certain group of products ranging from skincare to kitty litter that were in current use for a Silent Spring Study and asked to search these products on the two rating systems. EWG rated the products on a scale of 0-10 based on how

*(Continued on page 7)*



## 2010 Students and Scientists Internship Experience

### Kimberly Shen, Walt Whitman H.S.

*Beep! Beep! Beep!* The incessant buzz of the alarm clock finally rouses the woman, who drowsily switches the OFF button. After a quick shower to start her day, she wraps her hair with a towel and gets dressed. When she finishes applying lotion to her face, she removes the towel and adds a bit of mousse to her moist hair. Finally, just before heading out the bathroom, she carefully applies her blush and mascara.

What is wrong with this picture? After all, this woman did nothing more than what millions of women across the nation do every morning. However, neither she nor many other Americans realize that the aforementioned cosmetics are contaminated with chemicals associated with breast cancer. Because a number of these products are items that many regularly use, I made the most of **Silent Spring's** resources to expand my knowledge on this topic's surprising controversies. By understanding the many potential dangers of cosmetics, I hope to spread awareness in the wider community, continue my research in this divisive subject, and above all, make healthier everyday choices.

During my two-week experience, I learned a great deal about the hidden toxins in some of the most mundane products. For example, many shampoos have been discovered to contain parabens, chemical preservatives that mimic naturally occurring estrogen and are linked to breast cancer. Meanwhile, phthalates, toxins commonly found in nail polish, are known to cause a range of reproductive problems and birth defects in lab animals. Such a widespread problem is additionally compounded by both the government's failure to prohibit such chemicals and the cosmetics companies' abilities to exploit the lax health regulations. A number of industries often vaguely label suspicious chemicals as "fragrance" or neglect to disclose them at all.

Under the guidance of Dr. Brody, the director of the **Silent**

**Spring Institute** and Janet Ackerman, my mentor, I explored the Internet's websites concerning this subject to understand the multifarious resources advocating community awareness. Unfortunately, the Internet itself is as contradicting as it is informative. One aspect of the project involved comparing the toxicity rating systems of two websites, Skin Deep and Good Guide, both of which analyzed the hazard levels of different cosmetics and worked to help Americans pick healthier alternatives. After converting the Skin Deep scale to match that of Good Guide, we interns discovered only a moderate correlation between the ratings. Such findings demonstrate that even experts disagree about what constitutes "safe" or "toxic."

Given all these obstacles, one may wonder, is a future of safer cosmetics even realistic? The answer is yes. Already, many countries around the world, lead by those of the European Union, have taken steps to remedy this problem. With the European Union's banning over 1100 chemicals, there is little doubt that the United States can do the same. What's more, this cause is not only for the lawmakers, but also for consumers to stay involved. Whether consumers are calling their favorite cosmetics companies to request safer products or simply being more wary of label claims, every contribution truly makes a difference. Thus, by giving the cosmetics companies the makeovers that they desperately need, we can prevent countless Americans from undergoing the years of grief and suffering associated with breast cancer.

"Attitude is a little thing that makes a big difference."  
~Winston Churchill

Kimberly Shen



### Savitha Racha, Commack H.S.

In today's world, it's becoming more and more common to come across newspaper headlines alluding to new discoveries in the rapidly progressing field of breast cancer research. Never did I imagine that I would one day be working side-by-side with the very scientists who are responsible for these discoveries. Organized by the Huntington Breast Cancer Action Coalition, the Students and Scientists Environmental Research Program provided me with the precious opportunity to conduct research in the Soto & Sonnenschein Laboratory at Tufts University Medical Center this past summer. Participating in the program not only expanded my understanding of oncological medicine; it gave me a new appreciation for environmental research.

In the current industrial race to develop more efficient products, manufacturers driven by commercial revenue tend to overlook consumer health and safety. In doing so, people are inadvertently being exposed to environmental carcinogens, some of which act as endocrine disruptors that upset body functions. The Soto & Sonnenschein laboratory studies the morphological

effects of xenoestrogen bisphenol A - a chemical that is commonly found in plastics and metal cans - on the mammary glands. I contributed to this effort by examining tissues under a microscope, preparing whole mounts, and performing hematoxylin and eosin stains and immunocytochemistries.

Due to the availability of the necessary resources and facilities, this program provided the perfect opportunity to obtain laboratory research exposure. I gained comprehensive knowledge about mammary biology, the operation of laboratory instruments, and lab interaction. Getting an "insider's look" at cutting-edge breast cancer research through the Students and Scientists Environmental Research Program was a fascinating and valuable opportunity that I am thankful to have experienced. I hope to share my insights from this experience with the community, as education is the first step to addressing the increasingly prevalent world issue of breast cancer.



## 2010 Students and Scientists Internship Experience

### Pablo Palacios, Walt Whitman H.S.

This summer I was given the privilege by the Huntington Breast Cancer Action Coalition to be selected for an internship at Silent Spring Institute, along with two other students. The institution's name derives as an honor for a book written by Rachel Carson that introduced a different perspective of the environment and the health risks it may contain. Thus, Silent Spring is a non-profit organization that attempts to discover possible links between factors within the environment and the health effects that it may propose in perspective with breast cancer. Epidemiological studies are done annually throughout Massachusetts in order to test water samples to air particles in order to discover possible carcinogens, volatile organic chemicals, endocrine disruptors, and other plausible harmful components that may be a health risk. The research conducted not only identifies potential links, but also attempts to identify safer alternatives for consumers.

Throughout the course of my internship our mentor, Janet Ackerman, introduced a project to us in which we researched the information portrayed to average consumers about daily products. Furthermore, each of us was assigned various sites that we were to analyze the information being displayed and whether there was sufficient evidence to support their statements. While working on our project, we came across numerous products, such as cosmetics to deodorants, that various websites stated different conclusions of their potential health risks. In addition, we utilized two different online health rating systems, Good Guide and Skin Deep, which would be used to collect data for over

two hundred different products provided by scientist Robin Dodson; these products ranged from cleaners to skin care. Along with the data collected we analyzed any possible correlation between the ratings and found a moderate correlation, indicating that sites provided similar ratings for some products while different for others.

Along with the issued project, Dr. Laurel Schaidler allowed us to do a nitrate water sample test on three various water samples from the Charles River. At the end of the two week period, all three of us interns had a PowerPoint presentation in front of the staff lead by Executive Director Dr. Julia Brody. The presentation was followed by vigorous questions as well as suggestions on how to enhance our presentation and the information we portray. Working alongside professionals allowed me to obtain a glimpse of the work life while gathering as much useful information.

This amazing internship experience would not have come into fruition if it was not for the grant provided by Huntington Breast Cancer Action Coalition. The knowledge I have been taught throughout will be redirected to the community through presentations and outreaches in order to increase the awareness of breast cancer. The experience allowed me to develop an understanding of the field of breast cancer research through a different perspective of prevention rather than treatment.



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### 2010 Students & Scientists Internship Experience: Chirag Munim

*(Continued from page 5)*

hazardous the product was. The Good Guide rating system included the product's health rating and manufacturer's environmental and social ratings (equal weight given to the 3 categories). We found it interesting that various parabens didn't impact ratings because they were considered too controversial and some ingredients were unjustly portrayed less hazardous than others merely due to lack of evidence. The data we obtained revealed a moderate correlation between scores given by the two systems with some consensus between the two groups. We also noticed that by percentile, Environmental Working Group's Skin Deep was more likely to rate products between 0-4, or more dangerous while Good Guide was more likely to rate items 4-8, or safer.

This internship was truly an amazing experience and an everlasting memory for me. I not only learned about breast cancer, but I was able to understand how non-profit organizations function and gained insight into the atmosphere of a work-environment setting. Some of the highlights of my internship outside of conducting the project included my attending research meetings concerning the staff which was

extremely informative as they shed light on the work Silent Spring Institute undertakes. I believe that these meetings taught me so much about how a research team works together and how tasks are broken down. I also learned how connections to the media are significant because in the end, communicating results to the general public and spurring change in society is a vital goal for most organizations of this nature.

After communicating the results of our project to the staff of the institute in the form of a PowerPoint presentation, we received great feedback and beneficial advice. This advice came from many world renowned professionals in their fields of research, such as executive director Dr. Julia Brody and research scientist Dr. Robin Dodson. Having worked alongside these people of great expertise and communicating results amongst them, I feel that I must continue to connect with the public and instill in them the knowledge I've been fortunate enough to gain regarding breast cancer risk and preventive medicine. We all hope that our research may cause an increase in consumer awareness and their understanding of breast cancer risk factors.

# NEWLY LAUNCHED: AUTISM AND LEARNING DISABILITIES DISCOVERY AND PREVENTION PROJECT

## Mount Sinai School Of Medicine, Children's Environmental Health Center

The goal of the Autism and Learning Disabilities Discovery and Prevention Project, launched in May 2010, is to discover environmental causes of autism and other learning disabilities and to turn those discoveries into evidence-based strategies for disease prevention.

One in six American children is afflicted with a developmental disability. In most cases these disabilities affect the brain and nervous system. The most common are autism, learning disabilities, attention deficit hyperactivity disorder, dyslexia, sensory deficits and cerebral palsy. Treatment of these disorders is difficult. They place great burdens upon families and are very costly to society. Their reported prevalence is on the rise.

Some environmental causes of developmental disabilities have already been discovered. These include lead, PCBs, methyl mercury and ethanol. Discovery of a specific environmental cause is the key to prevention. For example, discovery of the toxicity of low-level exposure to lead, a discovery in which researchers in our Center were centrally involved, triggered a decision to remove lead from gasoline and paint. These actions have produced a 90% decline in developmental disabilities due to lead. But for far too many developmental disabilities, the causes are not clear. Information on preventable causes is urgently needed.

In the case of autism, genetic causes are clearly implicated. They include gene mutations, deletions, and copy number variants. However, these genetic causes account for only a small fraction of cases of autism, and they do not easily explain key clinical and epidemiological features.

It is increasingly clear that environmental exposures also contribute to autism. Indirect evidence for environmental causation comes from studies demonstrating the exquisite sensitivity of the developing brain to toxic exposures in the environment. But the most powerful proof-of-concept evidence comes from studies that specifically link autism to exposures in early pregnancy – thalidomide; misoprostol; valproic acid; and the organophosphate insecticide, chlorpyrifos.

Likelihood is high that there are still other undiscovered environmental causes of autism and other learning disabilities. These undiscovered causes are most likely to be found among 1,200 industrial chemicals that are known to be toxic to the brain in adult humans and laboratory models, but have never been examined for toxicity to the developing brain.

Among these 1,200 chemicals, highest suspicion attaches to those that are:

- (1) Most widely distributed in the environments of children and pregnant women; *and*
- (2) Most commonly detected in the bodies of Americans in national surveys conducted by the Centers for Disease Control and Prevention (CDC).

We have placed three classes of synthetic chemicals - phthalates, Bisphenol A (BPA), and organophosphate pesticides - at the top of our list of "chemicals of interest". Prenatal exposure to maternal cigarette smoke is also of great interest, because it has recently been linked to ADHD. Call (866) 265-6201

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### KEEP ABREAST TRIBUTE FUND:

HBCAC sincerely acknowledges the following contributions received from friends  
in *loving memory of Gary Schiff*

Eric Ray, The Kalinsky Family, Amy Santulli, Robert Faver, Falcon Electronics &  
Brian Flynn, Beth Rosen, Jeffrey Klein, Ryan Schinman

*Our heartfelt condolences to his family, Marcia Schiff and Adrienne Giannone*



The following donations accepted in honor of Beth Gilman, Golf Outing 2010

The Sisterhood at Temple Beth El Janet & Michael Widowsky

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## **MALE CALL**

### **Mirrored Souls with Breast Cancer**

By Robert Christiansen, Jr.

When you first heard the words 'breast cancer' spoken to you, how did you feel? What did you think? Were you scared? Confused? Angry? Those outside of the breast cancer community tend to think it is a women-only disease. It's not. breast cancer affects everyone.

One-in-nine women will hear these words spoken by their doctor and in that moment, their lives change. Tests are arranged, procedures discussed, stages reviewed, possible outcomes, possible treatments – everything for the woman in life is suddenly different.

It's different for the men in their lives too. Husbands, sons, uncles, cousins, nephews, friends; everyone is affected. As a man whose mother and wife have been attacked and survived breast cancer, my life changed forever with the news.

Before the diagnosis, breast cancer was a concept, a

commercial, a magazine ad. Something that affected others. After the news, breast cancer became the central conversation in our lives. Everything was altered to provide support for the schedule of surgeries, radiation and chemotherapy treatments.

The reality is that no matter how well you live your life, breast cancer can still affect you. When the two most important women in my life were attacked by this killer disease, I chose to get off the bench and onto the court with total commitment and conviction to beat breast cancer.

I have committed myself, my talents, energy and resources to finding a cure for this merciless killer; to keep even one more woman from being lost to this disease. As a man and concerned member of my community, I challenge every man to take a stand against breast cancer! Learn how this beast of a disease can take the women in your life away, then contact and join a local breast cancer group to join the fight and together, we will win!

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## **LEND A HELPING HAND SUPPORT:**

Huntington Breast Cancer Action Coalition (HBCAC) has been serving residents of Huntington Township and surrounding areas for nearly 20 years; providing free support services and educational programs to individuals diagnosed with breast cancer and their families. Our Lend a Helping Hand (LAHH) support program eases the burden of women undergoing treatment. Much needed assistance is available for those in need, offering a variety of resources based on personal situations.



**Do You or Someone You Know  
... Need A Hand?  
Do You Need Someone to Lean On?  
Lend A Helping Hand can help!**

Medical Transportation; House Cleaning; Food Assistance; Physical Therapy; Emergency Prescriptions; And more ...



**If you are a Huntington Township resident  
undergoing breast cancer treatment**

**We are only a phone call away**

**(631) 547-1518**

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## NIH NEWS: NATIONAL INSTITUTES OF HEALTH National Institute of Environmental Health Sciences (NIEHS) New Breast Cancer Committee to Establish Federal Research Agenda August 16, 2010

*HBCAC president and founder, Karen Miller has been chosen along with advocates across the country to represent the needs of the community.* This newly formed advisory committee will develop and coordinate a strategic federal research agenda on environmental and genetic factors related to breast cancer. The 19-member **Interagency Breast Cancer and Environmental Research Coordinating Committee (IBCERCC)** was established by the National Institute of Environmental Health Sciences (NIEHS), in collaboration with the National Cancer Institute (NCI), to review all breast cancer research efforts conducted or supported by federal agencies

The committee will develop recommendations for the secretary of the U.S. Department of Health and Human Services, the National Institutes of Health, and other federal agencies, to improve existing research programs related to breast cancer research. Additionally, the IBCERCC will create a comprehensive plan to expand opportunities for collaborative, multi-disciplinary research, and develop

a summary of advances in federal breast cancer research.

“The broad range of expertise and insight of these individuals will ensure the federal research portfolio continues to advance our understanding of the critical links between our environment, our genes, and our health,” said Linda Birnbaum, Ph.D., director of NIEHS and the National Toxicology Program (NTP).

“The committee’s focus on breast cancer and the environment research across federal agencies will be valuable in identifying scientific opportunities to better understand the impact of the environment on this disease,” said Robert Croyle, Ph.D., director of the Division of Cancer Control and Population Sciences at NCI.

The IBCERCC is comprised of 19 voting members, including representatives of federal agencies; non-federal scientists, physicians, and other health professionals from clinical, basic, and public health sciences; and advocates for individuals with breast cancer.

To read the entire press release, <http://www.niehs.nih.gov/news/releases/2010/breastcancer.cfm>

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## Newly Published Research shows Early Onset of Puberty

*A recent study adds further evidence that girls are entering puberty at an earlier age. Pediatricians are evidencing girls are entering puberty as early as 7 years of age. Researchers from Mount Sinai School of Medicine, NY; the University of Cincinnati College of Medicine; and Kaiser Permanente in San Francisco have recruited over 1,200 girls age 6 to 8 years, and have witnessed a proportion of girls who have breast development at ages 7 & 8 showing the age pubertal onset is decreasing. Research conducted in the past put average age of puberty between 10 & 11 years. This group has been working together, and are part of a 7 year Breast Cancer and the Environment Research Centers, (BCERC) network investigating the influence of environmental exposures on mammary gland development. Please take a moment and read below article.*

### First Signs of Puberty Seen in Younger Girls

By DENISE GRADY

A new study finds that girls are more likely today than in the past to start developing breasts by age 7 or 8. The research is just the latest in a flood of reports over the last decade that have led to concern and heated debate about whether girls are reaching puberty earlier, and why it might be happening.

Increased rates of obesity are thought to play a major role, because body fat can produce sex hormones. Some

researchers also suspect that environmental chemicals that mimic the effects of estrogen may be speeding up the clock on puberty, but that idea is unproved.

The issue is of concern for both medical and psychosocial reasons. Studies suggest that earlier puberty, as measured by the age at first menstruation, can slightly increase the risk of breast cancer, probably because it results in longer lifetime exposure to the hormones estrogen and progesterone, which can feed some tumors.

Although the new study did not look at menstrual age, breast growth is also a sign of hormone exposure, and some researchers fear that early development might also mean an increased cancer risk. Socially and emotionally, life can be difficult for a girl who has a child’s mind in a woman’s body and is not ready to deal with sexual advances from men and boys, or cope with her own hormone-spiked emotions and sexual impulses.

“Our analysis shows clearly that the white participants entered puberty earlier than we anticipated,” said Dr. Frank M. Biro, the first author of the study and the director of adolescent medicine at Cincinnati Children’s Hospital Medical Center.

Overweight girls were more likely to have more breast development, the study showed. But Dr. Biro said he did not think weight was the whole story. He said it was pos-

*(Continued from page 22)*

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# Cancer The Number One Killer And Its Environmental Causes

*Karl Grossman, Investigative reporter*

The World Health Organization projects that this year cancer will become the world's leading cause of death. Why the epidemic of cancer? Death certificates in the United States show cancer as being the eighth leading cause of death in 1900.

Why has it skyrocketed to now surpass heart disease as number one?

Is it because people live longer and have to die of something? That's a factor, but not the prime reason as reflected by the jump in age-adjusted cancer being far above what could be expected from increased longevity. And it certainly doesn't explain the steep hike in childhood cancers. Is it lifestyle, diet and genetics, as we have often been told? They are factors, but not key reasons.

The cause of the cancer epidemic, as numerous studies have now documented, is largely environmental—the result of toxic substances in the water we drink, the food we eat, the consumer products we use, the air we breathe. (Some of the pollution is voluntarily caused—by smoking. But most is involuntary.)

As the President's Cancer Panel declared in May, in a 240-page report titled "Reducing Environmental Cancer Risk: What We Can Do Now," : "The American people—even before they are born—are bombarded continually with myriad combinations of these dangerous exposures." It said: "With the growing body of evidence linking environmental exposures to cancer, the public is becoming increasingly aware of the unacceptable burden of cancer resulting from environmental and occupational exposures that could have been prevented through appropriate national action."

It pointed to chemicals and radiation as major causes of cancer and stated: "Cancer continues to shatter and steal the lives of Americans. Approximately 41 percent of Americans will be diagnosed with cancer at some point in their lives, and about 21 percent will die from the cancer. The incidence of some cancers, including some most common among children, is increasing...The burgeoning number and complexity of known or suspected environmental carcinogens compel us to act to protect public health."

The panel urged President Obama "most strongly to use the power of your office to remove the carcinogens and other toxins from our food, water, and air that needlessly increase health care costs, cripple our nation's productivity, and devastate American lives."

In 1980, another presidential panel, the Presidential Toxic Substances Strategy Committee, came to the same conclusion. It declared:

"Of the hazards to human health arising from toxic substances, cancer is a leading cause of concern. Cancer is the only major cause of death that has continued to rise since 1900. It is now second only to heart disease as a cause of death... Some of the increase in cancer mortality since 1900 is a function of the greater average age of the U.S. population and the medical progress made against infectious disease. But even after correcting for age, both mortality (death) rates and incidence (new cases) of cancer are increasing. Many now believe that environmental (nongenetic) factors—life style and work and environmental exposures—are significant in the great majority of cancer

cases seen."

Meanwhile, through the years solid science done by independent researchers—not those taking money from the chemical or nuclear industries—has extensively documented this cancer/environment connection.

"The evidence is there that the majority of cancer cases are environmentally caused," says Dr. David Carpenter, founding dean of the University of Albany School of Public Health and now director of the Institute for Health and the Environment there. Among the research he points to is a 2000 study involving examining health records of 44,788 pairs of twins in Sweden, Denmark and Finland. If genetics were the main cause of cancer, if one twin developed cancer the other probably would, too. This was not found. The study, published in the *New England Journal of Medicine*, concluded that "inherited genetic factors make a minor contribution" in most cancers. "This finding indicates that the environment has the principle role in causing sporadic cancer."

Dr. Samuel Epstein, professor emeritus of Environmental and Occupational Medicine at the University of Illinois School of Public Health, in his book *The Politics of Cancer* concludes that cancer is a preventable disease "caused mainly by exposure to chemical or physical agents in the environment." The huge problem, he said, is how "a combination of powerful and well-focused pressures by special industrialized interests, together with public inattention and the indifference of the scientific community" has warped public policy and thwarted "meaningful attempts to prevent the carnage." Dr. Epstein now chairs the Cancer Prevention Coalition committed to eliminating those toxins that are causing the cancer epidemic ([www.preventcancer.com](http://www.preventcancer.com)).

The initiative, *Prevention is The Cure*, was founded by breast cancer survivor Karen Joy Miller and on its website declares that four decades have passed, "and the wake-up call put forth by Rachel Carson" in her book *Silent Spring* "and other activists has been blocked by powerful political interests that profit from pollution."

These powerful interests have long had allies in government. The late James Sibbison, who went from being a reporter for the Associated Press to press officer at the Environmental Protection Agency, would tell the story of how immediately after Ronald Reagan became president, orders were given to the EPA press office "never to use the words cancer-causing in front of the word chemical." Now the number of chemicals in commercial use in the U.S. totals 80,000. The EPA under the Toxic Substances Control Act of 1976 has been required to assess all of them. In over 30 years it has gotten around to examining 200.

The poisoning—and consequent cancer—is not necessary. The report by the President's Cancer Panel emphasize how "the requisite knowledge and technologies exist" to provide safe "alternatives" to cancer-causing agents.

But this doesn't suit those doing the polluting—who have such a hold on government.

*Reprint permission – Karl Grossman, Posted: August 17, 2010, Huffington Post <http://www.huffingtonpost.com/karl-grossman/cancer-the-number-one-killer-685089.html> Prevention Is The Cure, Karen Miller is cited.*



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## LEGISLATIVE UPDATES

### The Safe Cosmetics Act of 2010

For the first time in 70 years, Congress is ready to close the gaping holes in the outdated federal law that allows chemicals linked to cancer, birth defects, learning disabilities and other illnesses in the products we use on our bodies every day.

On July 21, Reps. Jan Schakowsky, D-Ill., Ed Markey, D-Mass., and Tammy Baldwin, D-Wisc., introduced the Safe Cosmetics Act of 2010 (H.R.5786), which gives the U.S. Food and Drug Administration authority to ensure that personal care products are free of harmful ingredients.

This legislation will affect every American—everyone who puts on moisturizer or uses shampoo or deodorant. More and more people are concerned about unsafe chemicals in our everyday lives, and getting these toxics out of the stuff we rub on our bodies every day is just common sense. It will also help the cosmetics industry by fostering the development of the safer products American consumers are demanding.

#### Good for Consumers, Businesses and Innovation

When there's cancer-causing chemicals in baby shampoo, hormone disruptors in fragrance and lead in lipstick, you know the regulatory system is broken. That's what you get when you have an entire industry that's practically self-regulated.

Existing law – the Food, Drug and Cosmetics Act of 1938 – cedes decisions about ingredient safety to the cosmetics industry. Under the current law, the FDA can't require cosmetics companies to conduct safety assessments, and can't even require product recalls. In a recent example, the FDA could not recall skin whitening creams that were found to contain illegal levels of toxic mercury.

This legislation will be good for consumers, but it will also level the playing field for businesses that are making the safest products. New advancements in science have exposed the health risks of repeated exposures to low-dose hazardous chemicals – while also enabling green chemists to develop safer, non-toxic formulas. The cosmetics industry as a whole has not kept pace with safety innovations due to a weak regulatory sys-

tem that encourages ignorance about chemical hazards and allows companies to hide the true toxicity of products.

#### What's in the Legislation?

- According to our understanding of the Safe Cosmetics Act of 2010, provisions of the legislation will:
- Phase out ingredients linked to cancer, birth defects and developmental harm;
- Create a health-based safety standard that includes protections for children, the elderly, workers and other vulnerable populations;
- Close labeling loopholes by requiring full ingredient disclosure on product labels and company web sites, including the constituent ingredients of fragrance and salon products;
- Give workers access to information about unsafe chemicals in personal care products;
- Require data-sharing to avoid duplicative testing and encourage the development of alternatives to animal testing;
- Provide adequate funding to the FDA Office of Cosmetics and Colors so it has the resources it needs to provide effective oversight of the cosmetics industry; and
- Level the playing field so small businesses can compete fairly.

#### What You Can Do

Ask your U.S. Representative to support the Safe Cosmetics Act. Congress needs to know that this issue is important to constituents!

**Learn more about this issue and get your friends and family involved: Watch the short film, *The Story of Cosmetics*, and share it with people in your life.**

***The Campaign for Safe Cosmetics Press release: Toxic Chemicals in Cosmetics: New Legislation to Prevent Exposure (July 21, 2010). For full bill information Library of Congress: H.R.5786***

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### The Endocrine Disruption Prevention Act of 2009

The Endocrine Disruption Prevention Act authorizes the National Institute of Environmental Health Sciences conduct endocrine disruption research in order to develop assays that will identify endocrine disrupting chemicals and determine their safety.

We swallow, inhale and absorb through our skin, plastics, pesticides, fire retardants, exhaust fumes, fragrance and much more every day. They are in our homes and automobiles, our cleaning products, cosmetics and clothing, even in our children's toys, contributing to our continual, ubiquitous exposure to EDCs.

A growing pandemic of endocrine-related disorders, such as ADHD, Parkinsons, Alzheimers, diabetes, cardiovascular disease, obesity, early puberty, infertility and other reproductive disorders, and childhood and adult cancers, is seriously undermining the health and wealth of our nation. Data from NIEHS and its grantees shows that all of these diseases can be caused by developmental exposure to EDCs in animal models.

The purpose of this act is to establish a multidisciplinary intramural and extramural research program to

- 1) improve the understanding of endocrine disruption,
- 2) design and develop research protocols to identify EDCs, and
- 3) determine their safety.

*This Act is to facilitate broader and sweeping legislation (for example, TSCA reform and the Safe Cosmetics Act). Regulatory decisions cannot be made without the ability to identify chemicals with the potential to disrupt the human endocrine system.*

**Please call your senators and urge them to co-sponsor S2828: The Endocrine Disruption Prevention Act!** And while you're at it, get your House members moving too – Congressman Moran has gathered several co-sponsors but more is always better.

**For more information on how you can help support this bill, go to <http://www.endocrinedisruption.com/endocrine.edlaw.howhelp.php>**

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## LEGISLATIVE UPDATES

### New Report Demonstrates Reductions in Toxic Chemical Exposure Would Make Americans Healthier

According to a new analysis released January 2010, “**The Health Case for Reforming the Toxic Substances Control Act,**” the U.S. has the opportunity to prevent rising rates of chronic disease and reduce health care costs by overhauling federal chemical policy. Evidence is strong and growing that chemical exposures contribute significantly to the rise in many chronic diseases, according to this new report synthesizing peer-reviewed science.

As the U.S. debates the costs of health care and its reform and New York State continues to be in a fiscal crisis, “The Health Case” documents the enormous health care costs of treating cancer, learning and developmental disabilities, asthma and other diseases and conditions linked to chemical exposure, according to recent studies. By updating toxic chemical laws, the report found that Congress would reduce exposure to chemicals contributing to chronic diseases.

**Conservative estimates show that if reductions in toxics led to even a 0.1 percent incidence of these diseases the US would save \$5 billion annually in health care costs, and New York would save nearly \$300 million annually.** These dollar figures are based on expected health care costs projected for 2020, and assumes full implementation of the new legislation by that year. The Safer Chemicals, Healthy Families coalition has estimated health care cost savings on a state-by-state basis, using census figures projected for 2020. The report summarizes a number of peer-reviewed studies that estimate the disease burden attributable to chemical exposure. These estimates vary widely, from five percent of childhood cancer to 30 percent of childhood asthma.

“As Chair of the Environmental Conservation Committee, it is a priority to not only protect the environment but also work to protect people’s health from the adverse affects of environmental chemicals,” stated **NYS Senator Antoine M. Thompson**. “Increasing rates of diseases such as childhood cancer, infertility and autism are unacceptable and changes need to be made.”

“As science advances, and we learn more about the effect chemicals have on our environment and ourselves, we need to make sure that this new knowledge is used to protect human health and the environment.” **Assemblyman Bob Sweeney Chair, NYS Assembly Committee on Environmental Conservation.**

The primary federal law governing chemical safety is the Toxic Substances Control Act (TSCA), which has never been significantly amended since its adoption in 1976. EPA Administrator Lisa Jackson has identified comprehensive reform of the toxics law as a key Obama Administration priority, stating that the law fails to provide EPA with the authority it needs to ensure chemicals are safe. Of the 80,000 chemicals used in the U.S., EPA has been able to require safety testing on only 200. And 60,000 chemicals - including bisphenol A - were grandfathered in for use without any testing for health safety.

New legislation to bring the toxics law into the 21<sup>st</sup> century will be introduced by Sen. Frank Lautenberg (D-NJ) and Rep. Bobby Rush (D-IL) in early 2010.

“While the research community advances in their ability to identify hazardous chemicals and health outcomes, meaningful advances in public policy are overdue,” said **Karen Joy Miller, President of Huntington Breast Cancer Action Coalition, Inc. and Prevention Is The Cure**. “Strong legislation will provide the foundation for change.”

“Scientific evidence is piling up, revealing how chemicals are contributing to the alarming increases we are seeing in childhood leukemia, learning disabilities, reproductive disorders and other health problems,” says **Charlotte Brody, RN, National Field Director of the Safer Chemicals, Healthy Families coalition and lead author of the report**. “But meanwhile the federal law that is supposed to protect us has stayed frozen in time.”

“Failure of TSCA has direct implications for the health of America’s children. Infants and children are uniquely vulnerable to toxic industrial chemicals. Research from CDC documents show that several hundred industrial chemicals are in all of us. Some of these chemicals are known to cause asthma, cancer, learning disabilities and birth defects,” said **Philip J. Landrigan, MD, Pediatrician and Director, Children’s Environmental Health Center, Mount Sinai School of Medicine**. “But for too many of the chemicals that are in us, no toxicity testing has ever been done. For too many of the industrial chemicals that are in us we have no idea of their potential toxicity to our children. This is very unwise and terribly short-sighted. Failure of TSCA is cause for great concern not only for the health of our children, but also for the future of our nation.”

“This important report makes it painfully clear that we need an effective law to protect our families and friends from dangerous chemicals now routinely used in common household products. Current laws simply do not work, and have done virtually nothing to assure everyday Americans that our everyday products are safe,” said **Stephen Boese, Executive Director of the Learning Disabilities Association of New York State**. “The increasing incidence of neurological disorders, cancers and asthma point to chemical exposures that few understand and none can avoid. This is why chemical policy reform is so important, and this is why it is urgent for Congress and the President to enact effective legislation to assure the safety of products in the marketplace.”

*The Safer Chemicals, Healthy Family report concludes, “in simplest terms, real [TSCA] reform will lead to more healthy babies, fewer women with breast cancer, a return toward normal fertility patterns, and lower numbers of people with Alzheimer’s disease. This is the promise of TSCA reform.”*

*Safer Chemicals Healthy Families - The full report, additional quotes and state-based economic information is available at [healthreport.saferchemicals.org](http://healthreport.saferchemicals.org)*



# HBCAC HAPPENINGS

## The 5th Annual Bag Ladies Benefit, May 6, 2010, Honored Two Recognized Community Leaders, Joan And Lauren Kulchinsky, Mayfair Jewelers

With over 300 attendees, HBCAC's 5<sup>th</sup> Annual Bag Ladies Benefit held at the Hamlet in Commack proved to be yet another stellar event. Under the talented hands of Lisa Kratter and Rose Koven, co-chairpersons for this event, the evening progressed flawlessly. Multiple sponsors provided handbags and other beautiful items that were attractively displayed on rows and rows of tables creating what can only be described as an inviting atmosphere. With excitement in the air, this year's honorees, Joan and Lauren Kulchinsky, accepted their awards with flair and grace. Likewise, two high school students who were recipients of the 2010 Students and Scientists Environmental Research Scholarship Program colorfully described the merits of their experience. Thanks to all who helped to make the evening a success.



Lovely 2010 Honorees Joan and Lauren Kulchinsky)



Past honorees, Rhonda Weinman & Pat Petrone, 2010 honorees Lauren and Joan Kulchinsky with HBCAC board members, Beth Gilman, Roz Haber, Nordeen Accardi, Karen Miller.

Rose Koven, Co-chair, with Laura Weinberg of GNBCC with Students & Scientists '09 participants, Rubab Rehman and Travis Fishstein, Lisa Kratter, Co-chair, Huntington Supervisor Frank Petrone, Karen Miller)



Honorees shown with their Kulchinsky family)



Kudos to our champion BLB event co-chairs, Rose Koven and Lisa Kratter



# HBCAC HAPPENINGS

## HBCAC'S SIGNATURE FUNDRAISER ...



Imagine if all products that are available for human consumption and use were free of cancer causing radicals. Legislative improvements have made great headway and scientific research have become vital components in the efforts of HBCAC. Karen Miller, president has spear headed this endeavor through Prevention Is The Cure campaign, and with never ending efforts has affected change in legislation.

It is comforting to know that she is not alone in this mission and that there are many people who believe in Prevention Is The Cure cause. This year's honorees, Joan and Lauren Kulchinsky have dedicated their lives to making a difference. Evidence of their work can be asserted in the numbers who attended the May event, along with corporate sponsors, donors and committee members. These are the people who have supported the hard work of the organization by raising funds to preserve programs and are the lifeline of HBCAC.

One such program is the **Students and Scientists Environmental Research Scholarship Program** that recruits brave intelligent young minds to discover new information with the assistance of the well-known scientists. This program promotes the familiarization with environmental research studies.

These students will be the scientists of tomorrow. In particular the Students and Scientists program principally funded through resources raised at the Bag Ladies event has enjoyed great success over the past years.

Each year HBCAC continues to advance its mission to create accessible pathways of involvement through intervention and prevention of breast cancer. Through programs, namely Lend A Helping Hand, Students and Scientists, Integrative Health Network, A Gift of Health and Inspiration, Breast Awareness Training and other educational outreaches; we have seen many lives changed for the better. With the help of donations from supporters and volunteers we will continue to see improvements in the development of cancer prevention. We are grateful to have continued support from the community.

Lisa Kratter and Rose Koven  
2010 Co-chairs



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## ALERT:

### Huntington Breast Cancer Action Coalition, Inc. (HBCAC) Does Not Telemarket

**HUNTINGTON BREAST CANCER ACTION COALITION INC. (HBCAC) HAS NO ASSOCIATION WITH ANY GROUPS THAT HIRE TELEMARKETERS**

On July 15th a solicitation phone call was received in the home of HBCAC's President from a group calling themselves - **The Coalition Against Breast Cancer**. The caller was reading from a script, and made it very difficult to interrupt to ask pertinent questions, such as:

Are you a volunteer or a paid telemarketer;  
Where is your office located;  
How much funds go to support breast cancer services?

Her answer was a quick hang up. Part of the caller's script mentioned their group as a Huntington coalition; subsequently we have received calls from members of our community who felt they were being targeted for financial support.

***\*\*Please note: HBCAC does not and has never solicited the public through telemarketing to raise funds\*\****

HBCAC has been serving our community for nearly 20 years and will continue providing breast health support services and programs to those affected by breast cancer. If you receive a phone call, please be aware that this group is not the Huntington Breast Cancer Action Coalition, Inc.

## FAST TRACK INFORMATION: Healthy Home Tips for Families

Choose better body care products, read label ingredients [www.safecosmetics.org](http://www.safecosmetics.org)

Opt to go organic and eat fresh foods (fruits & vegetables) - [www.foodnews.org](http://www.foodnews.org)

Pick plastics carefully – 5, 4, 1, and 2, all the rest are bad for you <http://www.dec.ny.gov/chemical/51377.html>

Filter your tap water – [www.ewg.org/tap-water](http://www.ewg.org/tap-water)

Wash your hands frequently, use soap and water <http://www.cdc.gov/cleanhands/>

Use greener cleaners and avoid pesticides [http://www.nyc.gov/html/nycwasteless/html/at\\_home/tips\\_shopping\\_cleaning-products.shtml](http://www.nyc.gov/html/nycwasteless/html/at_home/tips_shopping_cleaning-products.shtml)

Eat good fats (Omega 3 fatty acids) <http://www.fda.gov/Food/ResourcesForYou/Consumers/ucm079609.htm>

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## Rib-bets Health Tips to Think About



*With the Fall season comes thoughts of household improvements... Avoid commonly used paints and stains with odors, they contain VOCs (Volatile Organic Compounds).*

*With recent Bed Bugs scare, thinking of changing your mattress... Avoid mattresses and furnishings treated with synthetic flame retardant chemicals called PBDEs*

*Open windows and let the fresh air in ... Avoid chemical based “fresheners” that add to indoor air pollution.*

*Just for fun – finish the rhyme:  
Dirty air, dirty water, together we'll find a solution. But until we do,  
we'll have to face this problem called p \_ \_ \_ \_ \_ .*

# AROUND TOWN OCTOBER 2010



## WALK 97.5 FM Radio Continues to Make a Difference

*Partnering with Panera Bread  
Pink Ribbon Bagels to benefit 2010  
Walk for Women Breast Cancer Fund*

This October Pink Ribbon Bagels will again appear at 19 **Panera Bread** bakery-cafes on Long Island. Kicking off on Friday, October 1 with **THINK PINK DAY**; Panera bakers will twist brown-sugar sweetened, wholesome cranberry-cherry chip bagels into “pink ribbons,” a symbol of hope to help support local breast cancer organizations. Every Pink Ribbon Bagel or baker’s dozen of 13 Pink Ribbon Bagels sold on October 1 or preordered for pickup that day will provide a 100% donation to WALK 97.5’s 2010 WALK for Women Breast Cancer Fund (25 cents donated from each sale).

Funding will support breast cancer education, screening, research, prevention and Lend A Helping programs. Among organizations benefiting is Prevention is the Cure, a collaborative environmental awareness program spearheaded by Huntington Breast Cancer Action Coalition.



**HELP TO THINK PINK,  
VISIT YOUR LOCAL PANERA BREAD**

SIMON<sup>®</sup>  
*fashion*  
**NOW**

STYLE WARS.

**FRIDAY, OCTOBER 15  
1:00 P.M.**

Join us for Style Wars at Roosevelt Field on Friday, October 15 at 1:00 p.m. Cheer on Nassau Community College design students in this fierce fashion competition featuring models who survived breast cancer, ovarian cancer or cervical cancer. All designs will be revealed for the first time, and modeled by the incredible women who inspired the designs, on the runway. It’s all a part of Simon Fashion Now, featuring spectacular runway fashion shows, the latest cosmetic and accessory trends and extraordinary special offers, at Roosevelt Field October 15 & 16. Visit [simon.com](http://simon.com) or find us on Facebook for details.

**ROOSEVELT FIELD**  
Located at the intersection of Old Country Road and Meadowbrook Parkway in Garden City, New York  
Shopping Line® 516.742.8000



# Think Pink 2010

October is breast cancer awareness month, and we ask you to join the Bohlsen Restaurant Group as we help raise funds for this worthy cause.

For each dish and for each drink ordered from the **Think Pink Menu**, which features ingredients that aid in preventing cancer, a portion of the proceeds will be donated to the Huntington Breast Cancer Action Coalition.

Please visit our website for further information.



AN AMERICAN KITCHEN & BAR  
117 New York Avenue Huntington, NY  
631.385.1515 • [www.RestaurantPrime.com](http://www.RestaurantPrime.com)

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## WORDS TO KNOW:

**Autism** represents a spectrum of complex brain disorders resulting in social, behavioral, and language problems. Other conditions that are part of this spectrum include Asperger syndrome and pervasive developmental disorder. In the US, autism spectrum disorders affect about 1 in 100 children aged 3 -17 years old.

**Benzene** is an organic compound used as a solvent, a gasoline additive, and as a raw material in the manufacture of styrene, phenol and other chemicals. It has been known to cause toxicity to human bone marrow, at high levels destroying the bone marrow machinery responsible for the production of mature red blood cells, white blood cells, and platelets.

**Clinical Trial** is a type of research study that uses volunteers to test new methods of screening, prevention, diagnosis or treatment of a disease. The trial may be carried out in a clinic or other medical facility; it is also called a clinical study.

**Formaldehyde** is a chemical compound widely used in industrial manufacturing and a number of other industries. Many people are familiar with formaldehyde in the form of formalin which is used as an embalming preservative. This chemical is toxic, known to cause cancer and a variety of other health problems.

**Omega 3 fatty acids** - a type of polyunsaturated fatty acids that are derived from food. Found in cold water fish (tuna, salmon, mackerel) and in dark green leafy vegetables, flaxseed oil and some vegetable oils. Capable of reducing serum cholesterol levels.

**PCBs (Polychlorinated Biphenyls)** - a group of over 200 industrial chemicals that were widely used. In 1974 all PCB production was banned in the US, but PCBs continue to be released in the environment and are found in human tissue and breast milk.

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## People Lighting Their Tap Water on Fire?

Believe it or not, some people have the misfortune of being able to light their tap water on fire. This is occurring all around the U.S. right now, due to the fact that, under the prior administration, natural gas companies had been exempted from complying with the federal Safe Drinking Water Act while exploring for gas. They therefore have approached many landowners across the states and offered thousands of dollars per acre in exchange for establishing a well on landowner property. Unbeknownst to the landowner, the process of drilling the gas well requires large amounts of water plus 596 different chemicals, many of them known carcinogens. As documented by the recent HBO documentary by Josh Fox, "Gasland," as a result of drilling, people's wells become contaminated with natural gas and other chemicals associated with drilling. Thus the ability to literally set tap water on fire.

The process is called hydraulic fracturing, or simply "fracking," and it is now an issue right here in NY State. Parts of upstate NY and down through Pennsylvania, there is an area of high carbon shale several thousand feet underground called the Marcellus shale formation, which contains natural gas. Not only have individual landowners upstate been facing this issue for the past few years, but this could affect the water supply for all of New York City if it is allowed to proceed. Rightfully, some New York City Council members, statewide legislators and constituents statewide are expressing concern and outrage.

People directly affected reported headaches, dizziness, and nausea; as a result many cases had to completely replace their water supply with cisterns. They also reported illness in their pets and farm animals. Some reported losing their sense of smell and taste after exposure to hydrogen sulfides off-gassing from the wells.

### MORATORIUM ON CONDUCTING HYDRAULIC FRACTURING

Thankfully, some state legislators are paying attention. Recently a bill (Sweeney/S8129B — Thompson/A11443B) was passed by the New York State Senate to establish a moratorium on conducting hydraulic fracturing for the extraction of natural gas or oil in New York State until May 2011. This moratorium on fracking will allow the Federal Environmental Protection Agency to study the effects of hydraulic fracturing on water quality and public health. As of August 3, 2010, the NY State Senate voted in favor of the moratorium bill, but a vote is still needed by the NY State Assembly and the Governor has to sign the bill.

There is also federal legislation, dubbed the Frac Act that was introduced in June 2009. It would amend the Safe Drinking Water Act to include oil and gas exploration, and has both a House and Senate version. The Senate version was proposed by Sen. Bob Casey, PA and our own Sen. Chuck Schumer of NY.

### MORE ON HEALTH IMPACTS FROM FRACKING

Independent research has revealed that hydro-fracking has impacted drinking water quality in states across the nation. Through a recent study, Theo Colburn, Ph.D. of The Endocrine Disruptor Exchange (TEDX) has determined that several of the "fracking fluids" used are carcinogenic, in particular 2-butoxy ethanol (2-BE). In addition, an astounding 37% of the chemicals used nationally for fracking are endocrine disruptors. The chemicals involved may also be linked with adverse health effects such as neurological disease and respiratory ailments.

The fracking process also threatens air quality since many of the toxins used as "fracking fluids" are volatile chemicals, such as benzene, xylene and toluene, and pools of this fluid are routinely evaporated into the air using large blowers. Studies have shown that some of these volatile chemicals have been linked with breast cancer. Nationally, breast can-

*(Continued from page 25)*



# HBCAC benefits from Edge Golf Evening, June 2010

## Edge Electronics Exceeds Its Charity Fundraising Goal

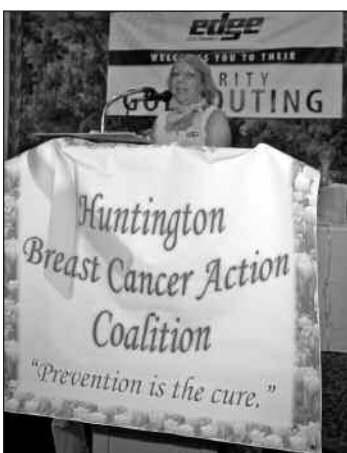
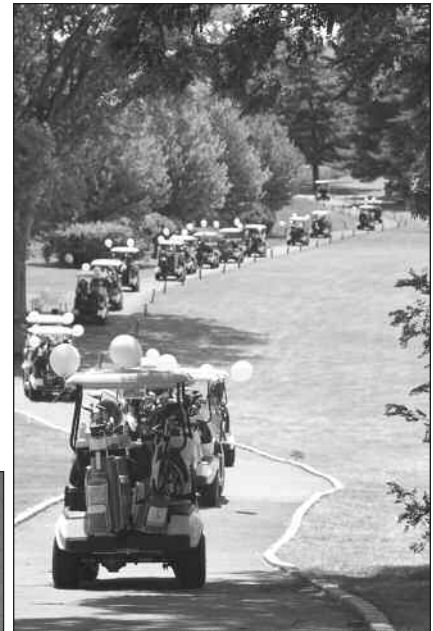
Edge Electronics, Inc., recently held its annual charity golf outing and raised \$35,000 for the Huntington Breast Cancer Action Coalition, Inc.

For the past six years, Edge with the help of The Eventide Group have been holding an annual cancer charity golf outing fundraiser. This year the outing was held at the Stonebridge Country Club in Hauppauge on June 17th, in support of HBCAC.

"This year was our biggest and best outing yet," says Adrienne Giannone, owner of Edge Electronics. "We typically raise approximately \$15,000 to \$20,000, but this year we were lucky enough to raise \$35,000.

Beth Gillman, a friend, neighbor, and co-committee person with Adrienne Giannone, as well as two time breast cancer survivor was the official honoree at the event. She has served on the board of directors of the HBCAC for the past six years and is highly involved with the group's Breast Awareness Training program aimed at helping teenage girls to maintain breast health.

HBCAC will use the funds raised to help with public education, research, and to offer a helping hand to individuals who are diagnosed with breast cancer and need assistance while undergoing treatment.



# Bisphenol A's Use and Effects on Human Health

By Diane Bullock

Since the 1960s, leading health organizations around the world have debated over the potential negative side effects caused by the use of the industrial chemical known as Bisphenol A, commonly called BPA, in plastic bottles and metal-based food and beverage cans. Human exposure to products made with BPA has been linked to numerous neurological disorders, diabetes, liver disease, breast cancer, prostate cancer, and heart disease. In addition, studies have shown that BPA can adversely affect growth hormones, reproduction and fetal development.<sup>1</sup>

BPA, is a hard, clear plastic known as polycarbonate. Over the years, its components have been used to create common products such as baby and water bottles, sports equipment, medical and dental devices, dental fillings and sealants, eyeglass lenses, CDs and DVDs and household electronics.

Utilizing the United States National Academy of Sciences four-step procedure to assess the safety of BPA, it was concluded that the potential human exposure to BPA from polycarbonate plastic and epoxy resin food contact applications is minimal and poses no known risk to human health.

Currently, BPA food contact uses have been approved under food additive regulations issued over 40 years ago. This factor limits the FDA's regulatory oversight and flexibility because once a food additive has been approved a manufacturer of food or food packaging would be allowed to use the food additive in accordance with the regulation. Hence, as long as this regulation has been met, a manufacturer would not be required to notify the FDA of that use. In addition, as currently regulated, manufacturers are not required to disclose to the FDA the nature of their formulations. Furthermore, if the FDA were to decide to revoke one or more approved uses, they would need to undertake what could be a lengthy process of rulemaking to accomplish this goal.

Due to growing public concern over the effects of BPA compounded with test results obtained through evaluation and studies on BPAs safety, in 2000 the FDA developed the Food Notification Program to better regulate new food contact substances. Under this program<sup>2</sup> the following guidelines apply to newly developed food contact substances:

*FDA receives notification from each manufacturer of the basis for the safe use of a food contact substance, detailing the conditions of the substance's use, allowing the agency and public to know how much is being used, and for what applications;*

*FDA can work with individual manufacturers to minimize exposure if a potential or actual safety concern is identified after approval;*

*FDA can require the submission of additional safety and exposure data from individual manufacturers to address a significant safety concern;*

*FDA can require additional studies by individual manufacturers to address a significant safety concern; and*

*If FDA were to reach a conclusion that revocation of one or more approved uses is justified, FDA could quickly protect the public by revoking the use through a notice published in the Federal Register.*

Under this program, the FDA encourages manufacturers to voluntarily submit a food contact notification for their currently mar-

keted uses of BPA-containing materials. Also, the FDA promises to continually explore additional options to regulate BPA under a more modern framework.

Numerous studies have been conducted to determine the effects of BPA on human health.<sup>3</sup> These studies are not identical in design but are all aimed to measure the potential migration of BPA into foods and beverages under temperature and time conditions considered to be typical of how polycarbonate products are actually used. Considered together, these studies cover a complete range of polycarbonate food contact products and end-use conditions, which provides reassurance that the collective results fully represent the potential migration of BPA into foods and beverages.

These studies generally show that, under typical use conditions, the potential migration of BPA into food is extremely low. Migration testing under conditions that are typical of how polycarbonate products are actually used indicates that migration of BPA, when it is detected, is generally less than 5 parts per billion.

There are many studies that refute these findings, indicating that exposure to BPA has bypassed the current safety threshold set by the BPA.

The public and health officials alike continue to express doubt over the accuracy of the FDA's assessment and there remains a long-standing opinion there is a distinct threat posed by the use of BPA. With over 7 billion pounds of BPA produced worldwide,<sup>4</sup> no one has escaped exposure to BPA in one way or another. It is startling to know that "no baby has been born over the last three decades without some exposure to BPA in the womb,"<sup>5</sup> thus guaranteeing that BPA will impact human health and welfare for years to come. It is no wonder that the mere volume of these chemicals has been cause for alarm. Hence, it is understandable why there is such widespread concern over the effects of BPA. It is clear that only time and continued research will reveal the true nature of BPAs effects. We cannot overlook the fact that there are distinct risks imposed by the current use of BPA in everyday products. It is without question we must focus our attention on regulating how the continued use of BPA will impact our future.

Replogle, Jill (2009-07-17). "Lawmakers to press for BPA regulation". California Progress Report. [http://www.californiaprogessreport.com/2009/07/committee\\_succe.html](http://www.californiaprogessreport.com/2009/07/committee_succe.html). Retrieved 2009-08-02.

U.S. Food and Drug Administration, *Draft Assessment of Bisphenol A for Use in Food Contact Applications*, 14 August 2008.

## <sup>1</sup> Association of Urinary Bisphenol A Concentration With Medical Disorders and Laboratory Abnormalities in Adults

Iain A. Lang; Tamara S. Galloway; Alan Scarlett; William E. Henley; Michael Depledge; Robert B. Wallace; David Melzer  
*JAMA* (2008). **300**(11):1303-1310.

<sup>2</sup> Susiarjo, M, TJ Hassold, E Freeman and PA Hunt. 2007. **Bisphenol A Exposure In Utero Disrupts Early Oogenesis in the Mouse.** *PLoS Genetics*, **3**(1): e5. doi:10.1371/journal.pgen.0030005.

<sup>3</sup> BATTF (Bisphenol A Toxicology Task Force), 1995, "Bisphenol A: Summary of the Key Toxicology Studies, Estrogenicity Data and an Evaluation of the No-Observed-Effect-Level (NOEL)," The Society of the Plastics Industry, Inc., Washington, D.C., February 9, 1995.



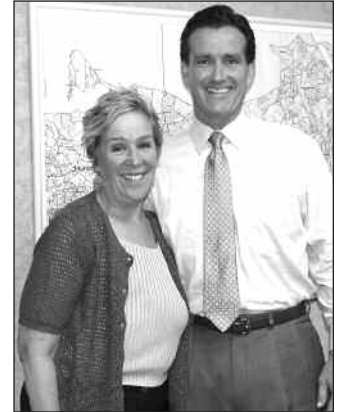
# Photo Ops



Suffolk becomes first in NYS to offer 24/7 drug drop-off repositories. Operation Medicine Cabinet program will safeguard families and environment from unused, unwanted meds. Shown L to R, SC Leg. Steve Stern, Police Comm. Richard Dormer, Env. & Energy Comm. Carrie Meek-Gallagher and Exec. Steve Levy.



NYS Senator Carl Marcellino, long time sponsor of HBCAC community programs, takes a moment to honor our accomplishments.



NYS Senator John Flanagan speaks with president Karen Miller about the values of Students and Scientists Environmental Research Internship program.



Representatives from NYS Breast Cancer Network met to speak about the merits of BPA-Free Children and Babies Act with NYS Assembly member Steve Englebright, co-sponsor the bill.



Thank you to our champion legislators, SC Jon Cooper, Steve Stern and Lou D'Amaro (shown here with Karen) for their unwavering support.



NYS Assembly members Andrew Raia and James Conte provide the needed help for educational outreach programs... Thank You!!



Congratulations Karen Miller, Laura Weinberg, and Beth Fiteni recipients of 2010 U.S. EPA Environmental Quality Award. Present is Judith Enck, Regional Administrator, EPA Region 2 (far right)



Huntington town leaders have been progressive and proactive in supporting HBCAC over the years. We appreciate their continued commitment. Shown here - Council. Mark Cuthbertson, Supervisor Frank Petrone, Council. Susan Berland. Not shown - Council members Glenda Jackson and Mark Mayoka.



Joining the celebration (far left) Amos Weinberg and (far right) Michael Miller, husbands of Laura and Karen.

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## Newly Published Research shows Early Onset of Puberty

(Continued from page 10)

sible that environmental chemicals were also playing a role, and added that he and his colleagues were now studying the girls' hormone levels and lab tests measuring their exposures to various chemicals.

"It's certainly throwing up a warning flag," Dr. Biro said. "I think we need to think about the stuff we're exposing our bodies to and the bodies of our kids. This is a wake-up call, and I think we need to pay attention to it."

Dr. Catherine Gordon, a pediatric endocrinologist and specialist in adolescent medicine at Children's Hospital Boston, said that so far, most evidence showed that neither breast development nor menstrual age had changed for white girls of normal weight.

The new study included 1,239 girls ages 6 to 8 who were recruited from schools and examined at one of three sites: the Mount Sinai School of Medicine in Manhattan, Cincinnati Children's Hospital or Kaiser Permanente Northern California/University of California, San Francisco. The group was roughly 30 percent each white, black and Hispanic, and about 5 percent Asian.

At 7 years, 10.4 percent of white, 23.4 percent of black and 14.9 percent of Hispanic girls had enough breast development to be considered at the onset of puberty. At age 8, the figures were 18.3 percent in whites, 42.9 percent in blacks and 30.9 percent in Hispanics. The percentages for blacks and whites were even higher than those found by a 1997 study that was one of the first to suggest that puberty was occurring earlier in girls.

The new study was released in August in the journal *Pediatrics*. It was paid for by government grants and conducted at hospitals that are part of the Breast Cancer and the Environment Research Centers, a group formed in 2003 after breast cancer advocates petitioned Congress to set aside money to study possible links between environmental exposures and breast cancer.

If there is an ideal age when girls should reach puberty, no one knows what it is, said Dr. Marcia E. Herman-Giddens, a researcher at the University of North Carolina, Chapel Hill. A girl needs a certain amount of body fat to start menstruating, and girls who are malnourished or ill may have delayed puberty.

In developed countries, the age of puberty dropped from the 19th to 20th centuries, as nutrition improved and infectious diseases were brought under better control, and it was seen as a sign of progress. But if the drop continues, at what point does it become pathological?

The debate over this issue started with a study pub-

lished in 1997 by a research team led by Dr. Herman-Giddens. In the study, pediatricians around the country rated sexual maturation in 17,077 girls ages 3 to 12. The study found that breasts or pubic hair, or both, were far more common in 7- and 8-year-olds than medical textbooks had been reporting.

The researchers were also surprised to find that black girls developed significantly earlier than whites. But they cautioned that there had been few rigorous studies of puberty, so it was not clear whether their research was detecting a new trend or just discovering that the medical books were wrong.

The study led to a bit of a furor. Some endocrinologists doubted the findings and warned that if doctors and parents started blithely assuming that puberty at 7 or 8 was the new normal, they would overlook serious problems like endocrine diseases or tumors. But others warned that if the new findings were rejected, families would be frightened needlessly and fortunes wasted on batteries of tests for perfectly normal 7- and 8-year-old girls with budding breasts.

Dozens of studies have been published in the years since. Arguments continue, but many doctors accept the idea that heavier girls often develop earlier. And subsequent studies have also found that black and Hispanic girls mature earlier than whites, even when weight is taken into account. No one knows why. Though breasts may be sprouting earlier, the average age of first menstruation, between 12 and 13, has not really changed.

Dr. Vaneeta Bamba, director of the Diagnostic and Research Growth Center at the Children's Hospital of Philadelphia, said that the 1997 study had "somewhat reshaped" endocrinologists' thinking about the onset of puberty, but that most would still urge a thorough medical evaluation for any girl under 8 who was showing significant breast development or other signs of puberty. She said she doubted that the new study would change medical practice.

One objection to the 1997 study was that the pediatricians may have mistaken fat deposits for breast tissue in some girls, or differed in other ways in assessing the stage of breast development. In the new study, the researchers went to great lengths to train examiners and make sure all were on the same page when it came to checking girls' breasts and rating their stage of development.

Dr. Gordon said it would be important to continue the studies, and to try to find out whether environmental chemicals were having an effect.

**Reprinted: August 9, 2010 PEDIATRICS, (official journal of the American Academics of Pediatrics)**



## LEAP Into Action...



The Schmall family enjoy learning about the environment and our health with Look Before You LEAP game board activity. For more information about how you can receive a free kit, visit [www.ribbet.org](http://www.ribbet.org)



Community support from a ladies night out movie premiere. On June 3 over 100 women joined together to help raise funds for HBCAC, while viewing the summer premiere of Sex in the City 2. The gathering at Elwood movie theatre was organized by residents Liz Donroe, Liz Everitt, and Dana O'Connor was a huge success, and raised over \$750 for the coalition. There was food, prizes and most importantly lots of laughs. HBCAC extends a huge thanks to all the attendees ... what's next years movie?

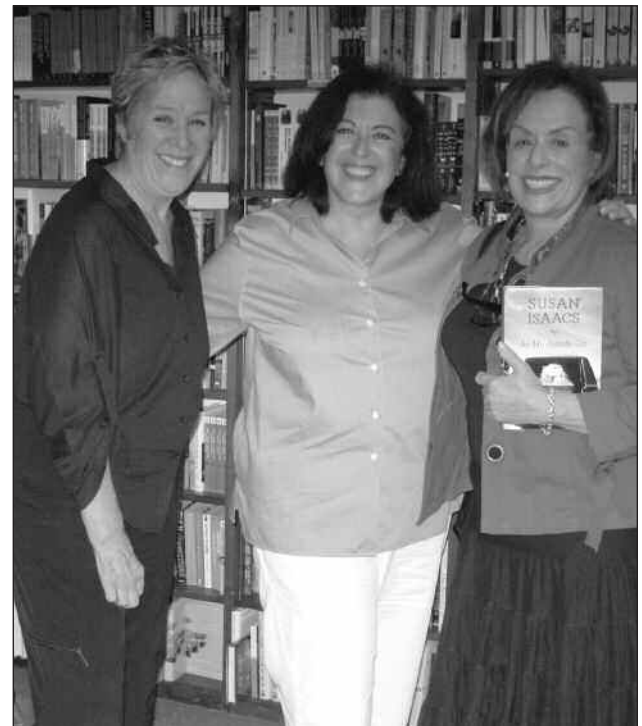


We look forward to Walk radio annual lunch ... thank you Linda Healy for needed funds.

## Embraceable You ...



Laura Sposato!! Thank you for all you do for HBCAC and our community.



Karen Miller with fellow Forest Hills HS classmate, Susan Isaacs (center) noted author recently visited Book Revue to share insights in her novel As Husbands Go. Liz Holbreich (right) HBCAC member and supporter shares a photo op.

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## Risk Factors for Breast Cancer

Many risk factors for breast cancer are related to prolonged exposure to estrogen and other hormones that play a role in a woman's menstrual cycle. These risk factors include early menarche, late menopause, having children late in life, never bearing children, and never breastfeeding.

Many studies have shown an increased risk associated with recent use of certain pharmaceutical hormones, including oral contraceptives and hormone replacement therapy. Other drugs have complex estrogen-related effects. Tamoxifen, for example, is used as a breast cancer therapy because it blocks estrogen in the breast. At the same time, however, it increases the risk of uterine cancer.

Other factors that appear to increase estrogen levels—including alcohol use, a lack of physical exercise, a higher body mass after menopause, and obesity—are also associated with a higher breast cancer risk.

Ionizing radiation—including exposure from x-rays and CAT scans—is an established environmental risk factor for breast cancer. Exposure in girls has a greater effect on risk than exposure later in life.

Genetic susceptibility and family history of the disease also have been associated with breast cancer risk. The high-risk inherited breast cancer genes identified thus far—BRCA1 and BRCA2—account for an estimated 5 to 10 percent of cases.

In assessing risk factors for breast cancer, it is important to keep in mind the interplay among multiple factors across a lifetime. Our genetic susceptibilities interact with varying doses of a range of environmental toxics that we're exposed

to for days, weeks, months, or years at a time. Many environmental chemicals have become pervasive, and we receive multiple exposures at a time.

Many of the risk factors for breast cancer are ones women cannot change. But that doesn't mean we're helpless. If future research is to offer genuine hope for defeating the breast cancer epidemic, science must ask new questions in a search for additional causes.

Given the role that hormones play in the development of breast cancer, scientists at Silent Spring Institute believe that other hormonally active compounds—including synthetic estrogens in consumer products and pesticides, natural phytoestrogens in food, and other compounds that affect hormone signaling—deserve careful study.

More than a hundred synthetic compounds in industrial and commercial products have already been identified as estrogenic, including many that have been specifically shown to make estrogen-dependent human breast cancer cells grow in the laboratory. While many of these chemicals are relatively weak estrogen mimics, exposure to complex mixtures of them is ubiquitous. As a result, Silent Spring Institute has made estrogens in the environment a priority in its breast cancer research.

For Further Information: Silent Spring Institute, [www.silent.spring.org/faqs/risk-factors-breast-cancer](http://www.silent.spring.org/faqs/risk-factors-breast-cancer)

*The Environment and Breast Cancer: Science Reviews* is a comprehensive report on what we know now about the links between environmental pollutants and breast cancer risk.



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## CALENDAR:

### OCTOBER BREAST CANCER AWARENESS MONTH

**Sat., Oct. 2, 10 am – 4 pm, Huntington Unity Day, Huntington Station.** Town of Huntington in conjunction with Huntington Awareness Community Partnership sponsors "Unity in the Community." HBCAC will have a booth displayed with materials. For information, call (631) 673-0614 or 425-2640.

**Sat., Oct. 10 - Sun., Oct. 11, 11 am–5 pm: Annual L.I. Fall Festival, Hecksher Park, Huntington village.** Stop by the HBCAC outreach table to pick up free resourceful materials on Look Before You LEAP. Log onto [www.ribbet.org](http://www.ribbet.org)

**Tues., Oct. 12, 7 pm: Nassau Child Care Council, Garden City**

Learn simple solutions to protecting your children from environmental hazards used in everyday products. Space is limited; call HBCAC (631) 547-1518.

**Fri., Oct. 15 – Sat., Oct. 16: Simon Fashion Now Presents Style War Event, Roosevelt Field mall.** Join in a weekend of fun, fall trends and fashion apparel. See HBCAC volunteers shine on the runway modeling a uniquely designed outfit by Nassau Community College student fashion designers. Visit [www.hbcac.org](http://www.hbcac.org)

**Wed., Oct. 26, 7 pm: Environmental Exposures & Health Affects, South Huntington Library.** Find out what the connections are between our environment and diseases such as breast cancer; how we can reduce our families risk to toxic exposures and what resources are available.

**Sat., Oct. 30 – Sun., Oct. 31, Walk 97.5 FM Radio hosts Pumpkin Park at Adventureland, Farmingdale.** Enjoy treats and a fun-filled Halloween weekend for the family at a local amusement park. For more information, visit [www.walkradio.com](http://www.walkradio.com), events listing.

**Thurs., Nov. 18, 9 am-1 pm, Breast Cancer & the Environment Research Program, NYC**

Public session open to the community. Space is limited. RSVP and call HBCAC (631) 547-1518 for further information.

*Office Closed – Monday, October 11<sup>th</sup> (Columbus Day); November 25-26 (Thanksgiving); December 24 & 27 (Christmas); January 3 (Observe New Year); January 17 (MLK Day); February 21 (Presidents Day); April 22 (Good Friday); May 30 (Memorial Day); July 4 (Independence Day); September 5 (Labor Day)*

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## Honoring Our Caregivers

By Laura Sposato-Record

As we kick into our third year with HBCAC, Embraceable You is evolving and improving its mission to spread the knowledge and passion for the wonderful work by Karen and dozens of others behind the scenes. We are accustomed to honoring survivors of this dreaded disease and this season, we have designed and created a bracelet in memory and honor of Jorelyn Dunn, a Long Island resident for many years. Jorelyn was a teacher in the “salad bowl” area of Salinas, California. She was beloved by her students and co-workers. Her mother Joyce lives in Huntington and her brothers are on Long Island.

Jorelyn did not have cancer, but was the ultimate champion and caregiver for everyone that came into her life. I met Jorelyn in 1970 at College Misericordia. As freshmen, our first night was a meet and greet, playing games, and becoming familiar with the small all girls’ campus nestled in the coal mining hills of Pennsylvania. I was homesick and scared, my parents had pulled away only hours before. My LI accent was obviously foreign in a land where water, dog, and coffee, were pronounced differently. From a distance I could hear a robust laugh and a warm welcome. “Hey, come ova he-ah!” Instantly, there was a powerful connection with Jorelyn as I watched her embrace the new environment and family we were creating. It was magical. She cultivated friends everywhere she went. Jorelyn was like the Pied Piper.

When I told her 11 years ago that I had been diagnosed

with advanced ovarian cancer, Jorelyn didn’t miss a beat. From California, she stayed connected, prayed with me and for my recovery. She was convinced I would have a positive outcome and I believed her. Jorelyn had this effect on everyone she came in contact with. Jorelyn lost a battle with sepsis pneumonia on Memorial Day of this year. Her family and friends were shocked and stunned. She had just been visiting Long Island and had attended her 40 year high school reunion from Seton Hall HS in Patchogue. All the prayers in the world couldn’t save Jorelyn. We are devastated and still grieving her loss. I am so grateful that we had a wonderful time together in California last summer. We celebrated her 57<sup>th</sup> birthday. She had been begging me to come out and visit for years. It was the last time I would ever see Jorelyn again.

In Jorelyn’s memory, Embraceable You would like to recognize the gift of hope, support, and love the caregivers in our lives provide. I firmly believe that these are the unsung heroes who contribute to the statistics of survival. So often, they are last on their own list. I don’t need a research study to prove this; I know it in my heart and soul. Please support the HBCAC and the caregivers in your life by purchasing a bracelet and showing them how grateful you are for all they do. Jorelyn, I know you are up there watching. Your work will continue to go on and it is the mission of Embraceable You to support and recognize those who hold us up when we cannot. Please log on to [www.embraceableyou.org](http://www.embraceableyou.org) and watch for our new Facebook Page. We will be offering specials, discounts, and coupons.



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### People Lighting Their Tap Water on Fire?

(Continued from page 18)

cer advocates are concerned about exposure to endocrine disrupting chemicals since many of them imitate estrogen. Not only does estrogen play a key role in the etiology of breast cancer, but 2/3 of women diagnosed with breast cancer are “estrogen sensitive”. Estrogen mimicking chemicals have also been linked with early puberty which is an additional breast cancer risk. Most researchers agree that low-dose exposure to endocrine disrupting chemicals during vulnerable periods of human growth—especially during prenatal development, early childhood, puberty, and pregnancy—could predispose children to breast cancer and other diseases later in life.

Bio-monitoring studies have shown that we residents of New York State have high levels of chemicals in our blood and urine. New York residents should not be exposed to hundreds of more toxic chemicals in our water and air which hydraulic fracturing threatens to do. While many would justifiably say we need natural gas as an energy source for our power plants, we must extract it safely. We need to learn from historical errors, such as the recent Gulf Oil spill, that the safety of public health and our environment is paramount.

### TAKE ACTION

We urge you to contact your New York State Assembly representative and Governor Paterson to adopt the moratorium on conducting hydraulic fracturing until the Environmental Protection Agency has presented its study in 2011. This invaluable study will investigate the potential adverse impacts that hydraulic fracturing may have on our water quality and public health. It would be unconscionable to move forward with hydraulic fracturing in New York State without fully knowing the potential dangers.

*To learn more about Fracking: See the HBO documentary Gasland gaslandthemovie.com) or see frackaction.com.*

*Article written by Beth Fiteni, Sustainability Institute at Molloy College, and Laura Weinberg, Great Neck Breast Cancer Coalition. \* \**

*(Huntington Breast Cancer Action Coalition and the Great Neck Breast Cancer Coalition are in full support of the moratorium on hydraulic fracturing in New York State until the Environmental Protection Agency has fully reviewed the health effects.)*

# PAGE OF CHAMPIONS

**HBCAC gratefully acknowledges the following individuals, organizations and agencies who have supported our mission. We applaud their contributions:**

*NYS Legislature-Senator Carl Marcellino, Senator John Flanagan, Assemblyman James Conte, Assemblyman Andrew Raia; Suffolk County Legislature-County Executive Steve Levy, Legislator Jon Cooper, Legislator Steve Stern, Legislator Lou D'Amaro and Town of Huntington-Supervisor Frank Petrone and Town Council Board, Pollution Prevention Institute, Long Island Ducks' Quacker Jack Foundation, WALK FM Radio; Be Jeweled and Laura Sposato & JoAnn Abatelli, Arkwin Industries, Whole Foods, Hopeful Stars, Townwide Fund of Huntington, Gundermann & Gundermann Insurance, Care to Knit, Inc., Bette's Knitting Circle, Mayfair Jewelers and The Kulchinsky family, Liz Donroe and friends, Island Slowpitch, LLC, Sole Ryeders and friends, Hurlbutt Designs, Stuart Stein-North Shore Financial Group, A. Andrew Levison, Debbie O'Rourke & John Brust of Eventisde Group, Janet & Michael Widawsky, Sisterhood Temple Beth El, Huntington's Patch.com, Panera Breads, Edge Electronics and Adrienne Giannone.*

## PATRONIZE OUR SUPPORTERS

A Personal Touch Boutique  
80 Larkfield Rd., E. Northport

Graf Insurance Agency  
1573 New York Ave., Huntington

Moses & Schreiber, CPA  
300 Martin Ave., Lake Success

A Rise Above Bakery  
333 Main Street, Huntington

The Hamlet Golf & Country Club  
1 Clubhouse Drive, Commack

New Media Printing  
329 Broadway, Bethpage

Arkwin Industries  
686 Main St., Westbury

Hopeful Stars  
34 E. Main St., #304, Smithtown

New Vitality  
260 Smith St., Farmingdale

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Astoria Federal Savings  
Huntington, Levittown branches

Huntington Business Products  
339 Main Street, Huntington

Prime Restaurant  
117 New York Ave., Huntington

Be Jeweled by Laura & JoAnn  
Greenlawn, NY

Huntington Hospital Wellness Ctr.  
270 Park Ave., Huntington

Promotional Insights, Inc.  
P. O. Box 463, Syosset

Cactus Salon  
Main Street, Rte. 25, Huntington village

IslandGuide.com  
P.O. Box 432, Greenlawn

Raymond James & Associates, Inc.  
1300 Walt Whitman Rd., Melville

Chocolate with a Twist  
528 Larkfield Rd., E. Northport

Islandwide Taxi  
651 New York Ave., Huntington

Reckson Realty Corp.  
225 Broadhollow Rd., Melville

Breast Surgery Assoc., PLLS  
152 E. Main St., Huntington

Insight Companies, Inc.  
125 E. Bethpage Rd., Plainview

State Farm-Mandel Smith Agency  
31 Vanderbilt Pkwy., Commack, NY

Damian Barker Graphic Designs  
746 New York Ave., Huntington

Kim E. Courtney Interior Design  
Huntington, NY

Southfield Capital Advisors  
Greenwich, Connecticut

Edge Electronics  
75 Orville Dr., Bohemia

Madison National Bank  
888 Veterans Hwy., Hauppauge

Townwide Fund of Huntington  
52 Elm St., Huntington

Embraceable You  
[www.embraceableyou.org](http://www.embraceableyou.org)

Marshs  
270 Main St., Huntington

WALK FM Radio  
66 Colonial Dr., Patchogue

Eventide Group  
258 Hawkins Ave., Ronkonkoma

Mayfair DFJ  
7947 Jericho Tpke., Woodbury

Whole Foods  
429 N. Broadway, Jericho

Friedman & Friedman Insurance  
900 Merchants Concourse, Westbury

Medical Action Industries  
500 Expressway Dr., S, Brentwood

YMCA of Huntington  
60 Main St., Huntington

Hopeful Stars

is Fashion For A Cause

THE EVENTIDE group



# Present Charity Runway

Please join us and support HBCAC for Dinner & a Fashion Show

November 3, 2010 7:00pm-10:00pm

Villa Lombardi's, Holbrook, NY (877 Main Street, Holbrook, NY 11741)

\$45.00 Per person \$400 table of 10

Hopeful Stars Is Fashion For A Cause, offering fashionable and trendy apparel, shapewear, men's sports apparel and accessories.

Charity Runway will be featuring Yummie Tummie by Heather Thomson  
Hair & Makeup provided by, T-Carltons Hair & Spalon

All apparel, shapewear and accessories are available for purchase.

30 % of the net proceeds from each sale will benefit a Charity of your choice...

Choose H.B.C.A.C. to receive 30% of the net proceeds from your purchase, it's that simple!

### Sponsorships Available

★ **\$250 Runway sponsor** (signage at event, mention in brochure and goodie bag)

★ **\$125 Vendor** (a limited number of tables available 6' table)

★ **\$50 Goodie bag** (we will stuff your promotional items in our goodie "Hand Bags of Hope")

First 250 guests to purchase a ticket will receive a Goodie "Hand Bag of Hope"

Tickets may also be purchased at [www.hopefulstars.com/charityrunway](http://www.hopefulstars.com/charityrunway)

Please detach and send with payment

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Additional names or sponsorship: \_\_\_\_\_

Please make check payable to: **The Eventide Group** at 258 Hawkins Ave. Suite C. Ronkonkoma, NY 11779 631.617.5150  
For Credit Card purchase call The Eventide Group at 631.617.5150



# The Huntington Breast Cancer Action Coalition



We are a not-for-profit grassroots organization dedicated to the ultimate eradication of breast cancer through education and awareness. Our mission is to focus on prevention methods while actively helping those who are faced with a positive diagnosis.

*“Change happens when people get involved.”*

**HBCAC Office Location**  
746 New York Avenue  
2nd floor  
Huntington, NY 11743

**Epicenter Location**  
900 Walt Whitman Road  
Lower Level 2  
Melville, NY 11747

**Phone:** 631.547.1518  
**Fax:** 631.547.1520

**Email:** [friends@hbcac.org](mailto:friends@hbcac.org)  
**Website:** [www.hbcac.org](http://www.hbcac.org)

**PLEASE NOTE OUR NEW MAILING ADDRESS:  
Huntington Breast Cancer Action Coalition • P.O. Box 1446 • Huntington, NY 11743**

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[www.hbcac.org](http://www.hbcac.org)  
631.547.1518

