

Chemicals of Concern Word Search

Did you know that the chemicals in everyday products we're exposed to between puberty and pregnancy can contribute to breast cancer later in life? Because of this, we believe prevention is the best cure!

Beauty products marketed to Black women often contain the most toxic ingredients used by the cosmetics industry, including chemicals linked to breast and ovarian cancer, uterine fibroids, reproductive harm, and more.

If you can find them in this word search, you can find them on a label!

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Q J P S A P B D E S L F T I F
R E F R R M A T I O N O X M T
D D K S E T A L A H T H P Q F
I I J E V V I O D A E L L I A
V T H W N K E L E U A M O P R
I W G V S I E N E Z N E B D C
C A D M I U M D T M N R E U P
A L Z G M B S C O I A L J F A
T L N Q H W K D T N O F E V R
I X W Z A L Z O O N N N T H A
O H Y S I K L R E D E U T C B
N L B L N U M H S Z A G A P E
K L L H E A P O A F I R E S N
E A C N L N A E F B G B D T S
J E E F I W E E P L W G H T D

PREVENTION

BISPHENOL

BENZENE

XYLENE

TOLUENE

PFAS

CADMIUM

LEAD

PARABENS

PBDES

PHTHALATES

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 C A D M I U M D T M N R E U P
 A L Z G M B S C O I A L J F A
 T L N Q H W K D T N O F E V R
 I X W Z A L Z O O N N N T H A
 O H Y S I K L R E D E U T C B
 N L B L N U M H S Z A G A P E
 K L L H E A P O A F I R E S N
 E A C N L N A E F B G B D T S
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PHTHALATES

What Makes them Chemicals of Concern?

BISPHENOL

- Bisphenol A (BPA) is a building block of polycarbonate plastic
- It is an endocrine disruptor
- It is found in plastic food containers, microwave ovenware, eating utensils, epoxy lining of metal food cans, thermal receipts, food packaging; often in products labeled with recycling code #7

Tips: Avoid canned foods, Choose glass, ceramic, or stainless steel food containers rather than plastic, Opt for electronic receipts

BENZENE & TOLUENE & XYLENE

- These are all hydrocarbons that have toxic effects on developing fetuses

PFAS

- Per- and polyfluoroalkyl substances (PFAS) are a group of man-made chemicals characterized by their heat, oil, stain, grease, or water resistant properties
- They are endocrine disruptors and possible carcinogens
- Found in food packaging, stain resistant furniture, drinking water, nonstick cookware, and other household items
- Have been associated with early puberty in black women

Tips: Cook with a stainless steel or cast iron pan, Eat at home- avoid 'to-go' food packaging, especially when it is being heated, Avoid stain or water resistant textiles

CADMIUM & LEAD

- Found in many cosmetic products used by Black women,
- Found in lipsticks, eyeliners, eyeshadow, foundation, and more
- These metals have been linked to higher instances of uterine fibroids

PARABENS

- Parabens are a group of chemicals that are commonly used as preservatives
- They are endocrine disruptors and carcinogens
- They are found in many cosmetics and personal care products

Tips: Look for labels that say "Paraben-Free"

PBDES

- Found in hair care and personal care products
- Have been associated with earlier puberty among girls

PHTHALATES

- Phthalates are a group of chemicals used to make plastics more durable or to help dissolve other materials
- They are endocrine disruptors
- They are found in a variety of personal care and scented products such as lotion, body wash, color cosmetics, hair care products, and nail polish

Tips: Look for labels that say "Phthalate-Free", Avoid scented personal care products