

Call To Action

Join us in supporting these four concrete actions to be taken immediately.

1. For ourselves: Educate ourselves and others about toxins in our air, water, food and their effects on health, including what we can do to prevent breast cancer and its recurrence.

2. To the Ontario government: Implement the recommendations of the Ontario Task Force on the Primary Prevention of Cancer.

3. To the Canadian and Ontario governments: Implement the recommendations of the International Joint Commission on Great Lakes Water Quality - specifically with respect to chlorine compounds and radioactive pollutants.

4. To industry and agriculture: Implement clean, sustainable production methods which are good for the environment and for business. If you wish to join us in action to prevent breast cancer, send the following to:

Breast Cancer Prevention Coalition

c/o Colleen Cooney 1102 Kitchen

Sideroad RR#1 Coldwater, Ontario L0K 1E0

Tel/Fax: (705) 686-7457

Recommendations for the Primary Prevention of Cancer by the Ontario Task Force on the Primary Prevention of Cancer, 1995, can be obtained by phoning 1 800 268-1153.

The Reports of the International Joint Commission on Great Lakes Water Quality can be obtained from the IJC Office at 1 519 257-6700.

Yes. I/We support the 4-point action plan of the Breast Cancer Prevention Coalition, and wish to add my/our names to all the others who want action to prevent breast cancer now.

Name or Organization: _____

Address: _____

Phone: _____

Fax: _____

E-mail: _____

Do you wish to work with us?

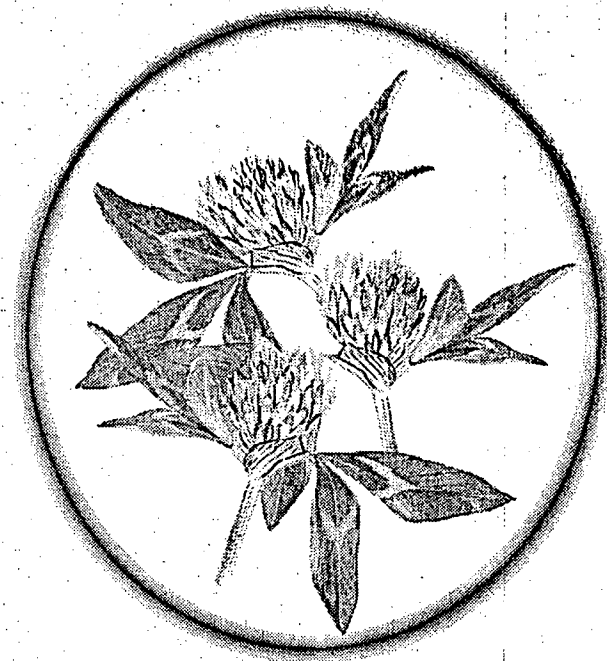
Yes _____ No _____

Yes. I/We wish to be more involved and join with you in the work to prevent breast cancer. Please contact me/us.

Signature

Comments: _____

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Breast Cancer Prevention Coalition

Statement of Principles

In 1962, Rachel Carson, in her world-awakening book, Silent Spring, stated, "Among the most eminent in cancer research are many...who share the belief that malignant diseases can be reduced significantly by determined efforts to identify environmental causes and to eliminate their impact. For those in whom cancer is already a hidden or visible presence, efforts to find cures must of course continue. But for those not yet touched by the disease and certainly for the generations not yet born, prevention is the imperative need."

Who We Are

We are a network of breast cancer survivors, friends and supporters, who are concerned that human health is being harmed by environmental poisons.

In 1960, the lifetime risk for a Canadian woman to contract breast cancer was one in twenty. Today, this risk is one in eight. Tragically, breast cancer is the leading cause of death among women 35 to 55 years of age.

What We Believe

We believe that part of this catastrophic increase in the incidence of breast cancer can be attributed to our exposure to thousands of synthetic chemicals and radioactive pollutants that are released into our environment.

Radiation has long been recognized as increasing the risk of cancer, but we are also alarmed by recent scientific research showing that many substances (including certain pesticides, plastics and industrial materials) mimic hormones, particularly estrogens. These substances are already having a grave effect on wildlife. We believe they are also a hazard to humans, including unborn children and future generations.

Prevention Now

The time has come for breast cancer prevention to rank equally with efforts to treat and cure this terrible disease. Prevention must achieve a prominent place in public policy, research, funding - and action.

What Does Prevention Mean?

Prevention means reducing the incidence of breast cancer by all means possible. (This is not to be confused with the early detection of cancer which, while crucial and frequently life-saving, does not stop onset of the disease.)

In addition to lifestyle changes, prevention includes:

- Eliminating toxins in air, soil, water, and the food we eat.
- Achieving zero discharge of persistent toxic substances, as described by the International Joint Commission on Great Lakes Water Quality.
- Establishing priorities so that women most at risk because of their occupation or geographic location, such as First Nations land poisoned by toxicity, will be helped first.
- Maintaining a regulatory environment which mandates strict enforcement of standards and severe penalties for polluters.

Basic Principles

We believe that prevention will be advanced if two principles are followed: First, do no harm. The onus rests with industry, agriculture and public sector agencies (such as nuclear generating stations) to prove that their processes and products do not harm our health. If there is evidence that any substance or group of substances in the environment harms our health, it should be removed now. We cannot risk waiting until there is absolute proof; it may never come.

Second, choose the cleaner, greener alternative. For every toxic product and process, there is a better way. We urge all industries, especially those which seek to help us, to take steps to ensure they are not contributing to the cancer epidemic we all wish to end.

Rachel Carson, scientist and author of Silent Spring, died of breast cancer in 1964. Rachel, through her book, reminds us that individual initiative and courage can bring about profound change.

Red Clover

Red Clover, *Trifolium pratense*, illustrated on the front, belongs to a family of plants renowned for anti-cancer properties. It is a widely-used folk remedy against cancer and is thought to help prevent breast cancer recurrence.

Source: **Breast Cancer? Breast Health! The Wise Woman Way**, by Susun S. Weed, Ash Tree Publishing, 1996.