

Why women are not the “default male” and why we need change

Helen Lynn Alliance for Cancer Prevention

From Pink to Prevention

Lincolnshire Cancer Project

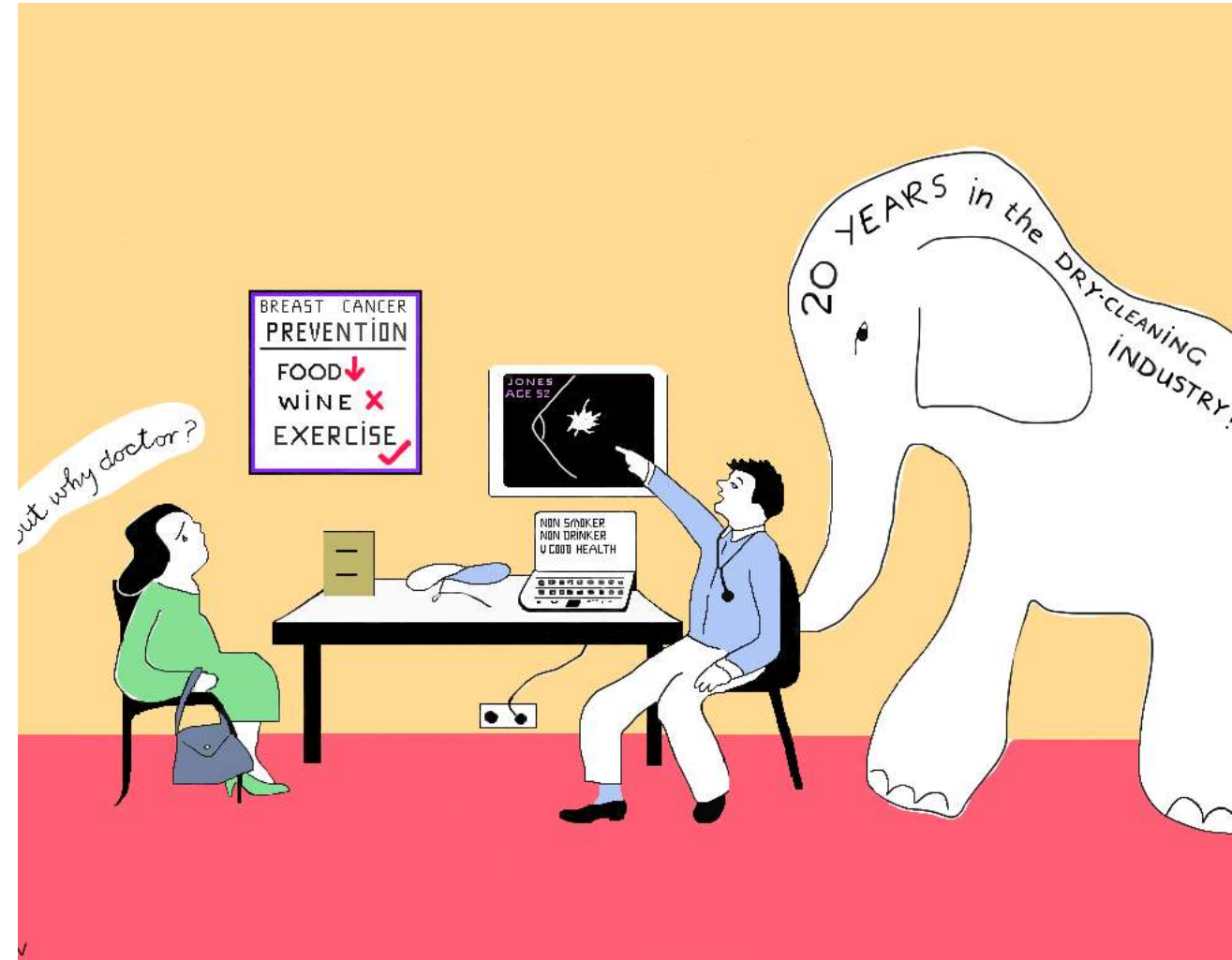


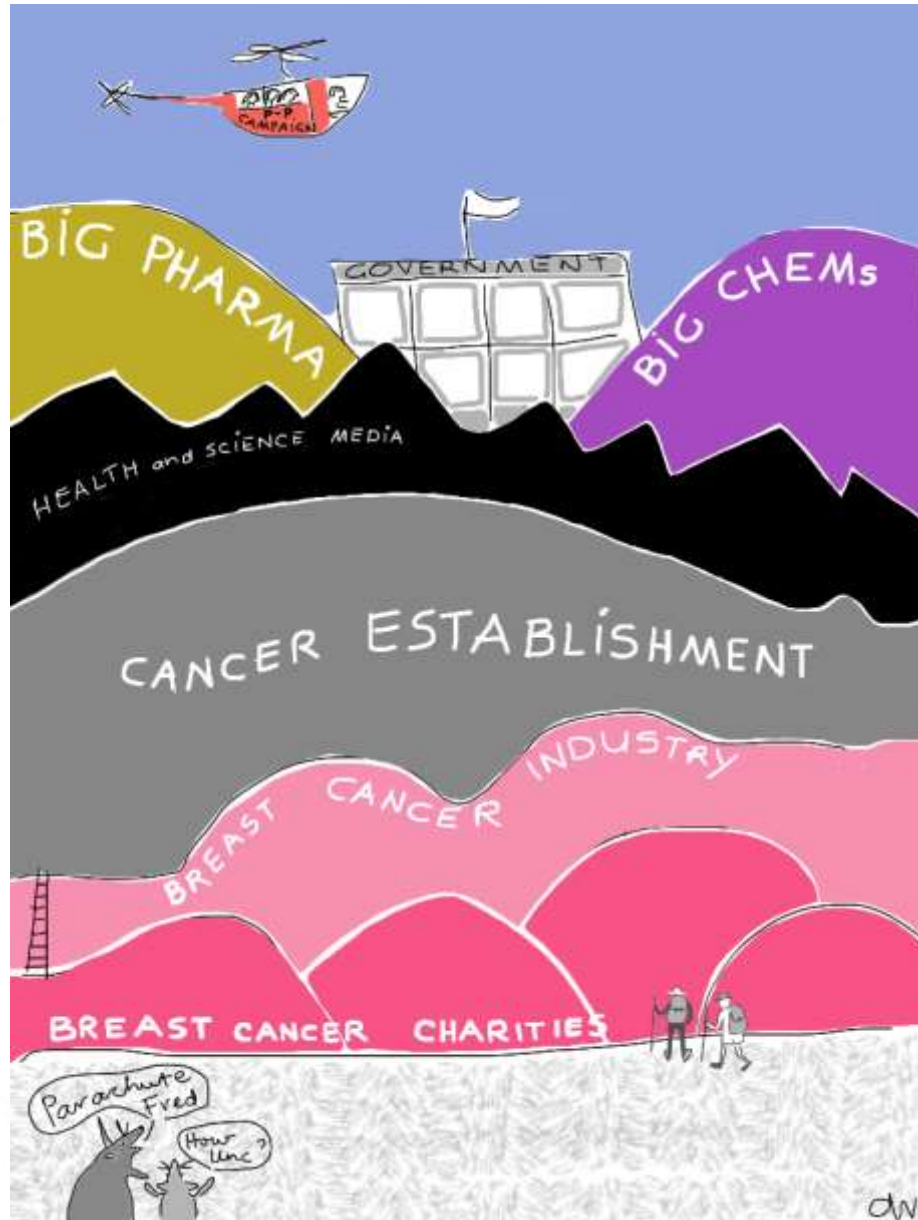
Alliance for
Cancer Prevention



Why women are not the default male

- Different immune systems
- Lifetime of hormonal changes ie pregnancy, menstruation and menopause
- Thinner skin
- Detox more slowly
- More fat tissue
- Affected differently by chemicals and pollution
- Smaller than men





How regulations fail women

- Underestimating cases and deaths from cancer
- Wrangling over night shift work as a risk factor
- Failure to consider pre-birth exposures
- Lack of gender data
- Failure to address environmental and occupation risk factors in cancer plans
- Lack of compliance with existing regulations
- Lack of political will
- Vested interests

TOXIC CHEMICALS & PREGNANCY

10 WAYS TO AVOID TOXICS DURING AND AFTER PREGNANCY



PLASTICIZERS



BISPHENOLS

(BPA, BPB, BPF, BPS)



PFAS

(PFOA, Gen-X, PFBS)



MERCURY



PESTICIDES



PHTHALATES



PERC and TCE



LEAD



FLAME RETARDANTS

(PBDEs, OPFRs)



- 1 Avoid eating, drinking or storing food in plastic
- 2 Don't microwave in plastic
- 3 Cook with cast iron or stainless steel rather than non-stick pans
- 4 Avoid eating fish high in mercury or PCBs like shark and swordfish
- 5 Eat fresh, organic foods whenever possible
- 6 Limit cosmetics use
- 7 Avoid dry cleaning or stain treating clothes
- 8 Use a wet mop when cleaning
- 9 Avoid consumer products with flame retardants
- 10 Remove shoes before entering your home

WHAT HEALTH PROFESSIONALS AND POLICYMAKERS CAN DO



Advocate for policies to prevent exposure to toxic environmental chemicals



Work to ensure a healthy food system for all



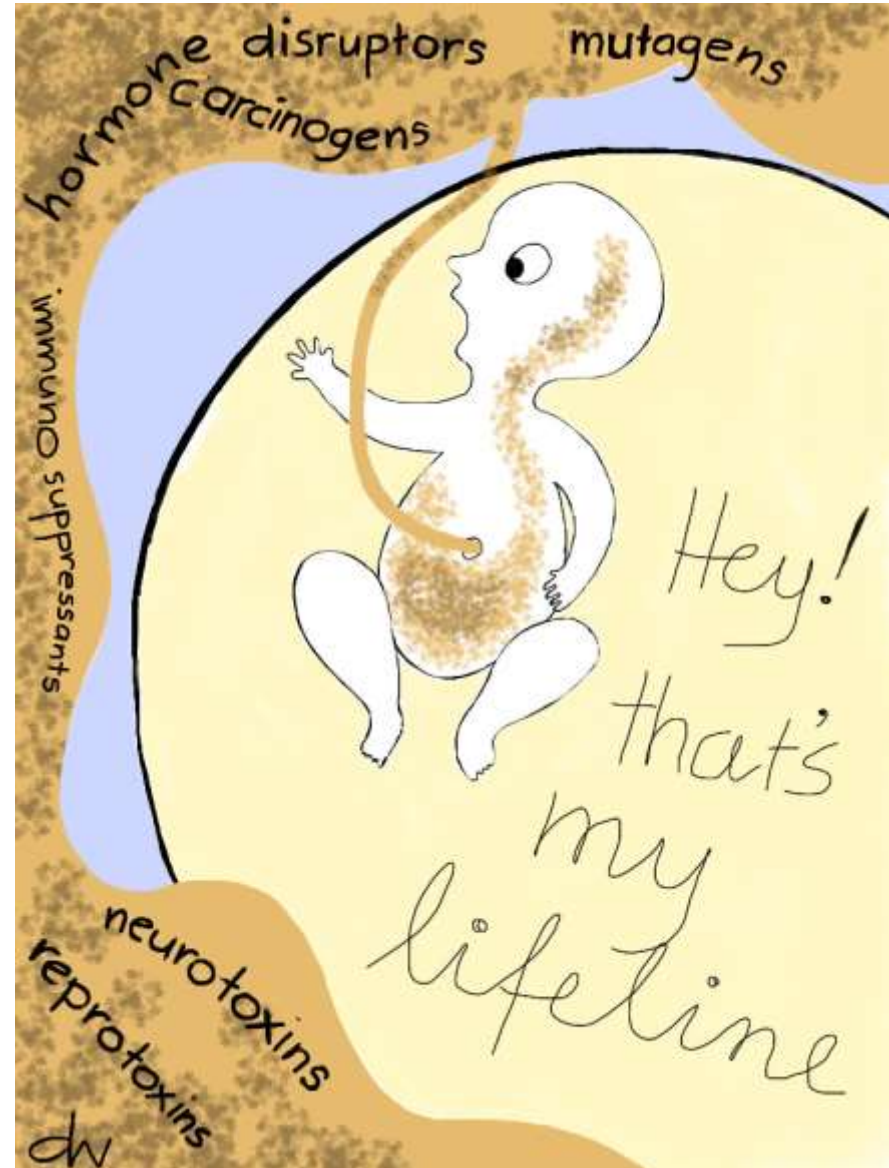
Make environmental health part of health care



Champion environmental justice



For more information
FIGO.ORG



What's needed

- Aim of zero occupational and environmental cancer
- A complete revision and refocusing of all cancer plans and strategies to incorporate 21st century environmental and occupational risk factors for cancer with definitive targets for action and appropriate funds allowed.
- Elimination of all toxic and man-made chemicals which are found in breast milk and cord blood.
- Increase the spending on research into the primary prevention of cancer from under 5% to at least 35%.
- All doctors should receive lengthy training in how to recognise occupational and environmental illness and disease including pesticide poisoning especially in areas where exposure is most likely
- Occupational history needs to form an integral part of questioning and recorded as a crucial part of the patient's background
- All research data to be collected and broken down by sex.



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