



**Why is there concern?** Ingredients in a wide variety of cosmetics and personal care products can mimic the effects of the hormone estrogen. Scientists are concerned that even at low levels, these environmental estrogens may work together with the body's own estrogen to increase the risk of breast cancer.

### What you can do now:

#### Learn the names of environmental estrogens

- Parabens
- Placental Extracts
- UV Screens (see below)

#### Read labels

- Ingredients are listed in decreasing order by weight on all personal care products

#### Make Choices

- Choose products that do not have environmental estrogens
- Use the **Environmental Working Group's *Cosmetic Safety Database***  
<http://www.cosmeticdatabase.com> to look up ingredients in products you use

### Additional Information:

#### Parabens

- Used extensively as a preservative in low amounts (0.1-0.3% by weight per ingredient)
- Thousands of products have one or more of the following parabens:  
- butylparaben, ethylparaben, isobutylparaben, methylparaben, propylparaben

#### Placenta-containing products

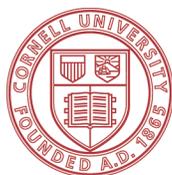
- Very few products (about a dozen) have placental ingredients
- May contain the hormones estrogen, estrone, and progesterone as contaminants
- Used in hair shampoos and conditioners, facial moisturizers and astringents, and body and skin creams

#### UV Screens (UV protection and photo-stabilizers)

- Used in fairly high amounts (2-15% by weight per ingredient)
- Many commonly used UV-screens can be absorbed through the skin and get into the blood
- Used in sunscreens, but also in so many other types of products including fragrance and perfume, hair spray, shampoo, conditioner, styling gel, face cream, foundation, moisturizer, lipstick, liquid hand soap, body wash, insect repellent, nail polish and polish remover, and aftershave and shaving cream
- The names of UV screens found on ingredient labels include:  
- benzophenone-1, benzophenone-2, homosalate, octinoxate, oxybenzone (when hit by sunlight, oxybenzone breaks down to an estrogen mimic), sulisobenzene, and 4-MBC\* (\*NOTE: 4-MBC is not used in U.S., but is used in Europe)

**View Videos and Learn More at:** <http://envirocancer.cornell.edu/research/endocrine/videos/>

- Our videos are also on **You Tube** (use search word "enviroestrogen") on <http://www.youtube.com/>



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