

Am I at Risk?

BUT for harm to occur – in other words, for there to be a risk – there must be BOTH the hazard AND the exposure to that hazard. Without both simultaneously, there is no risk.  
*Source: European Chemical Industry Council*

Just because a compound can cause Cancer in the laboratory does not necessarily mean that limited exposure to that compound comprises a risk. In order for there to be risk, there must not only be both a hazard and a risk but there must be sufficient exposure to constitute a risk.

A 2003 Harvard Cancer Study identified the following factors: lifestyle, family history, and environmental factors and their role in causing cancer.

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|---|------------|
| <b>Tobacco</b>                                  | <b>30%</b> |
| <b>Adult diet-obesity</b>                       | <b>30%</b> |
| <b>Sedentary lifestyle</b>                      | <b>5%</b>  |
| <b>Occupational factors</b>                     | <b>5%</b>  |
| <b>Family history of cancer</b>                 | <b>5%</b>  |
| <b>Viruses/other biologic agents</b>            | <b>5%</b>  |
| <b>Perinatal factors/growth</b>                 | <b>5%</b>  |
| <b>Reproductive factors</b>                     | <b>3%</b>  |
| <b>Alcohol</b>                                  | <b>3%</b>  |
| <b>Socioeconomic status</b>                     | <b>3%</b>  |
| <b>Environmental Pollution</b>                  | <b>2%</b>  |
| <b>Ionizing / ultraviolet radiation</b>         | <b>2%</b>  |
| <b>Prescription drugs / medical procedures</b>  | <b>1%</b>  |
| <b>Salt / other food additives/contaminants</b> | <b>1%</b>  |

**“Canadian Cancer Statistics – 2006”;** Canadian Cancer Society, National Cancer Institute of Canada, Stats Canada, Public Health Agency of Canada, 2006

Being poor in Canada comprises at least three times the risk of contracting cancer than theoretical exposure to additives or contaminants. That being said, smoking, improper diet and lack of exercise puts you at an exponentially greater theoretical risk of contracting cancer.

*“the contribution of consumer products to the risk of cancer is exceedingly small compared to many other factors that we encounter in our daily lives such as lifestyle and choice factors of alcohol and smoking. Many of these factors are hugely more important than the potential risk from the small levels of chemicals in consumer products, even taken as a total group. In many instances, not only are these risks small, but also theoretical...they may not even be real... “*

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