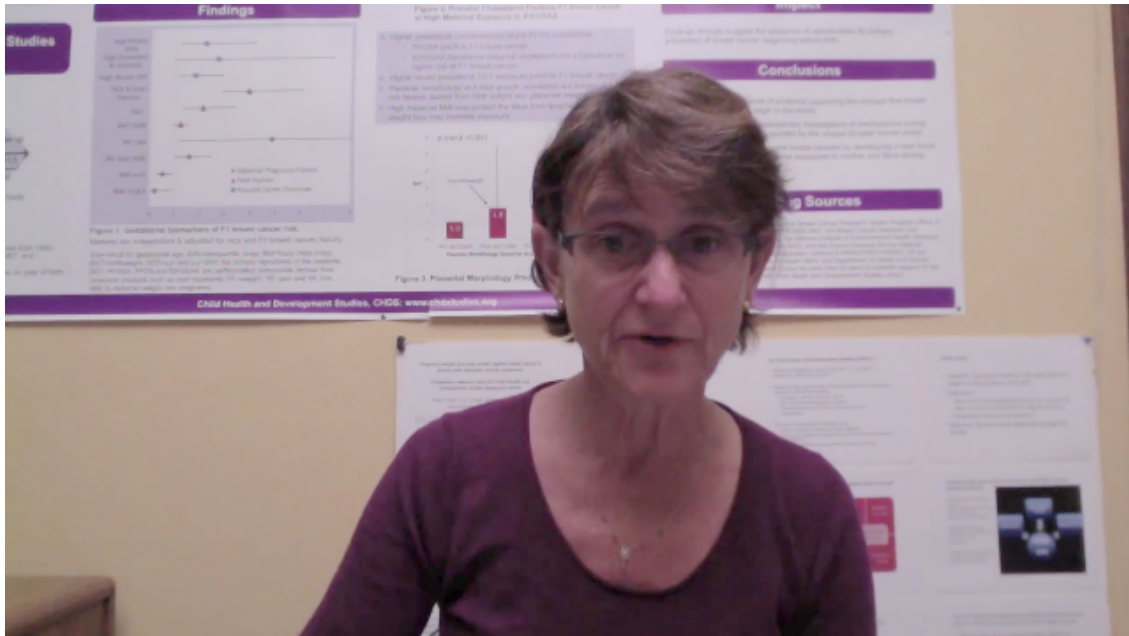




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Newsletter Welcome from the Director, Barbara Cohn – click on video below



A CHDS Daughter Shares Her Story, by Ida Washington, 2nd Generation Cohort Member

My mother, Willie Mae Washington, now 95 years old, was born and raised in Louisiana. However; she re-located to Oakland, CA in 1949. Prior to moving, I'm certain she was exposed while living in the South to DDT and other chemicals in her environment.

I'm not certain of the types of furniture used back then, nor the pots/pans used for cooking. I know the foods available to my mother then were freshly cooked and the meat came from mostly farm-raised animals, prepared by my grandmother.



I was born in 1960, Oakland, CA at Kaiser Hospital. Growing up we lived on a street where there were factories, and my father worked at the Oakland Army base. All of these contributed to my family's exposure to harmful environmental contaminants.

In the early 1970's my mother was diagnosed with breast cancer. To this day my family and I wonder what caused her breast cancer. Was it the level of DDT she was exposed to in the South growing up as a child or was it the environment and foods she ate after she moved to Oakland?

Years ago, people would say "Well, you get cancer from smoking". As a young child, I believed that smoking was the only way to get cancer. What was "cancer?" – I didn't even really know then. Well, now I know for sure, there are other reasons people get cancer. My mother was never a smoker and yet she was diagnosed with breast cancer.

All of these life events drive me to help in continuing with the research to identify what harmful chemicals my mother and I have been environmentally exposed to, all our lives.

Together with the Child Health and Development Studies, myself and the other cohort members continue to research these important questions.

To read more about Ida and her mom's story please go to:

<http://www.environmentalhealthnews.org/ehs/news/2013/breast-cancer-part-2>

CHDS Facts, by Marie Loverde, 2nd Generation Cohort Member

You are a member of a very important group of people! The Child Health and Development Studies (CHDS) began in 1959 as a collaborative effort between the University of California, Berkeley, and Kaiser.

Members of the study, like you, are uniquely poised to provide almost 60 years of continuous data on health outcomes and environmental exposures. There are no research cohorts like it in the country. In fact, it may be the only one of its kind in the entire world. The Child Health and Development Studies is helping researchers understand the complex combinations of experiences and exposures starting early in life that may lead to cancer and other diseases many decades later.



- More than 15,000 families in the San Francisco Bay Area were enrolled in the CHDS between **1959** and **1967**
- Tens of thousands of blood samples are stored to date
- Hundreds of scientific studies have been published about the CHDS since the 1960s
- **20,000+** pregnancies were observed, resulting in about **19,000** live births. The response was incredible – **98%** of pregnant women agreed to participate!
- The moms who originally enrolled in the study ranged in age from **14** to **48** years at the time of interview
- Of the recorded live births, **9,582** boys were born and **9,451** girls
- The sons and daughters currently range in age from **49** to **57** years
- About **25%** of the sons and daughters have no children and about **75%** have one or more child, helping carry on the important work of the CHDS
- The CHDS receives funding from the National Institutes of Health and California Breast Cancer Research Program



Does your daughter wear makeup? by Laurie Havas, 2nd Generation Cohort Member

Do you recall when you started wearing makeup and perfume? It was and is a rite of passage for some. It's a moment when you begin to feel like a grown-up. It did for me and I felt a kindred joy watching my daughter experience the same. Now I know more and wish I'd cautioned her about the dangers of cosmetics, perfumes, deodorants, shampoos and the like.

Many beauty products contain chemicals known as endocrine disruptors that when exposure occurs during “windows of susceptibility” may be linked to an increased risk of cancers including breast cancer, obesity, and brain disorders. Some scary words to read, but let me explain and then direct you to some current local research and news reports where you can learn more.



Endocrine disruptors are chemicals that interfere with our own endocrine (hormonal) system and are related to earlier onset of puberty, obesity and the like. When these chemicals in cosmetics, purchased by us and applied by our own hands, are absorbed at specific times in life (e.g. adolescence), they can have potentially serious effects - such as increasing the risk of breast cancer. The specific times in a woman’s life when her breast tissue is more vulnerable to exposures are called “windows of susceptibility”. The Child Health and Development Studies is working to identify these windows of susceptibility and understand more about them. That’s right, you are part of this cohort of participants who are helping to identify these areas of concern. Puberty is included as one of these windows of susceptibility and unfortunately, it’s a time when many young girls start using cosmetics.

While direct links to some diseases including cancer, obesity and brain disorders are still being studied, enough evidence exists to apply the precautionary principle. This means that perhaps avoiding exposure now may significantly reduce future disease. I for one would like to help my daughter or granddaughter avoid using chemicals that are linked to breast cancer. I would help them look for better alternatives so they can still enjoy the sense of growing up without growing sick. Certainly, I’d like to educate myself so I can make informed decisions. If you’re interested here are the links I promised so you can do some thinking of your own.

- The HERMOSA Study: <http://cerch.org/research-programs/hermosastudy/>
- CBS SF Bay Area recent article: <http://sanfrancisco.cbslocal.com/2016/03/07/study-measures-teen-exposure-to-chemicals-in-makeup-linked-to-obesity-cancer-brain-disorders/>
- Skin Deep information about some products you may be using: <http://www.ewg.org/research/exposing-cosmetics-cover-up>



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