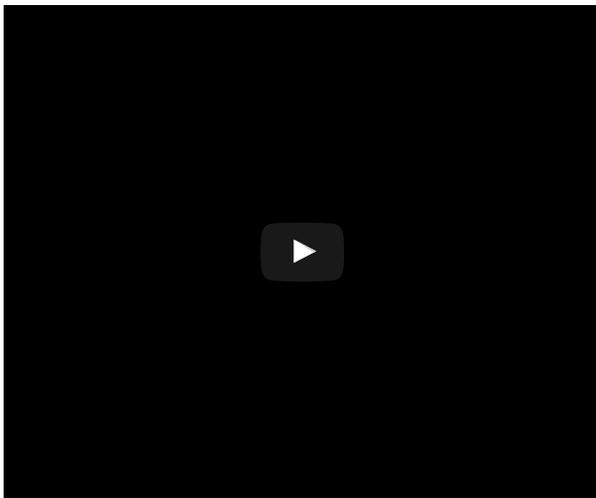


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## Welcome from the Director, Barbara Cohn



## CHDS Participant Advisory Council (PAC)

The CHDS Participant Advisory Council (PAC) is a dynamic group of 12 CHDS cohort members comprised of three 1st generation moms and nine 2nd generation sons and daughters. The group is founded on the principles of community based participatory research (CBPR), a growing trend in research. The premise of CBPR is for researchers to work side by side with community members to guide the research activities. [Click here to read more.](#)

### PAC MEMBERS AT A GLANCE

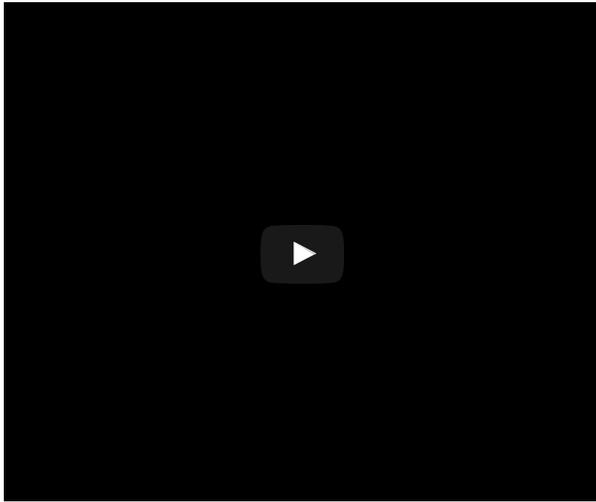
Moms 

Daughters 

Sons 

## PAC Voices

What inspires our PAC members to continue to stay active in the CHDS? Click on this video to hear PAC members talk about being on the PAC in their own words and to see a short video from PAC member Rory Cox about his participation in the CHDS and the PAC. Rory talks about how important the CHDS is to public health and improving the world around us and how the work the PAC is doing is related to his own work in Public Policy.



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## Who's Your Advocate for Cosmetic Safety? -By Laurie Havas and Piera Cirillo

The simple answer to this question is “you are”. Unlike pharmaceuticals that undergo rigorous testing before consumer use, the FDA does not regulate the beauty product industry. There is effectively no regulation of the products you buy and apply directly to your largest organ (skin).



Two bills are being presented to Congress regarding safety and regulation of the cosmetic industry: one is jointly sponsored by Dianne Feinstein, Democrat of California and Susan Collins, Republican of Maine and the other is sponsored by Representative Pete Sessions, Republican of Texas.

Currently, the only certain way to involve the federal government is for you, the consumer, to contact the FDA (U.S. Food and Drug Administration) directly regarding any serious health effects that you experience from using your beauty products. The FDA cannot monitor if product concerns are being reported to cosmetic companies. If you report problems to the product company which is not required to report to the federal government, your concerns may never reach a federal agency. If you report directly to the government your concerns can then be relayed to other consumer groups. To learn more about the two pending bills read this [New York Times article](#) and this [New York Times editorial](#).

To report concerns about a beauty product please contact the [FDA](#).

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## Making An Informed Choice When It Comes To Personal Care Products -By Mark Garibaldi

Have you ever wondered which ingredient in your shampoo or conditioner is responsible for leaving your hair exactly how you want it – you know, “Hair so healthy it shines” or “Radiant shine with a silky-soft feel for healthy, beautiful in shampoos and you’ll find compounds like Sodium Laureth Sulfate, Tetrasodium EDTA and Methylisothiazolinone.



Just what is this stuff? And more importantly, are these and all the other chemicals commonly found in personal care products safe? It's difficult to know since the FDA has prohibited or restricted only 11 substances from personal care products.

There is a way to get help choosing personal care products that are safer for you and your family. The **Think Dirty** app is an easy way to learn about potentially harmful ingredients in your personal care products. Just scan the product's barcode and Think Dirty will give you easy-to-understand information on the product, its ingredients, and options on shopping cleaner.

The app provides an overall rating on its Dirty Meter (0 – 10, with 0 -2 being Neutral, 3 – 6 being Half n Half, and 7 -10 being Dirty) and evaluates the product for its cancer risk, developmental, reproductive and immune system toxicity, and allergies. It scores each ingredient using the same scale and includes Think Dirty Advice on whether Think Dirty has completed a detailed review of the company's complete fragrance policy, use of preservatives and the product's essential oil components. Finally, the Think Dirty app provides a list of alternative products that could replace the product you are researching. For more information go to the [Think Dirty web site](#).

[Click here to access the free Think Dirty app on iTunes](#)

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## ***Ask Barbara:***

In every newsletter we plan to answer questions from readers like you! So please let us know what health concerns or questions you have about the CHDS cohort and we will choose one to answer in future e-newsletters. Below is Dr. Cohn's answer to a recent question from one of our PAC members, Ida Washington.

Dear Barbara: What are your thoughts on the possible ovarian cancer scare associated with using baby powder? Ida Washington

Dear Ida: Thank you for this very timely question. The question about baby powder and ovarian cancer is about whether talc, the ingredient in baby powder (and also the ingredient in talcum powder) poses a risk for ovarian cancer. Click here for The American Cancer Society's summary of the scientific evidence.

*Here is the bottom-line: I agree with the American Cancer Society statement that “Until more information is available, people concerned about using talcum powder may want to avoid or limit their use of consumer products that contain it.” This is an example of the [precautionary principle](#) – the idea that “an action should not be taken if the consequences are uncertain and potentially dangerous”. I wish I could give you a simple answer of yes or no, but science has its limitations and this is one of them.*

*More details: My answer to you is based on the summary by the American Cancer Society I referred to above. Ovarian cancer studies in both animals and people have found mixed results about talcum powder. Some studies suggest a problem and others do not. Lab studies in animals exposed to large amounts of talc are divided in their findings. Some studies in people that rely on a study participant’s memory of talcum use before they were diagnosed with cancer have found a small increased risk for women who used talcum powder. These types of studies are called retrospective case-control studies where women with and without ovarian cancer report on past use of talcum powder. These types of studies may be less reliable because they ask people to remember what they did long ago and because women diagnosed with cancer may remember or report more completely than women who are cancer-free. Two studies where people report on their use of talc before being diagnosed with cancer (called prospective studies) have not found an increased risk of ovarian cancer with talc use. Prospective studies are considered to be more accurate. Considering all of the evidence so far, we are not yet certain about whether talc exposure is related to ovarian cancer.*

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## **Help Spread The Word!**

[Donate](#)

Dr. Cohn has teamed up with the leading experts in celiac disease research to study the impact of celiac disease (auto immune gluten intolerance) on CHDS mothers and their children. The project has received funding from the Moca Foundation with an added challenge that they will match additional funds that we raise up to \$10,000. Please spread the word to help make this fundraising effort a success so we can better understand this disease which affects more than 3 million Americans. Please note that all donations to the CHDS (a non-profit, 501(c)(3) organization) are tax deductible.

[Click here for more information on celiac disease](#)



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