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Cook With Stainless Steel

Aluminum may be a risk factor for breast cancer. To be cautious, avoid aluminum pots and pans, and aluminum-based deodorants.



Like cadmium, aluminum is a metal that mimics estrogen. In addition, laboratory studies have shown that aluminum can cause direct damage to DNA in several biological systems. Although studies have not shown a direct causal link between aluminum and breast cancer risk (little work has been reported in this area), breast tissue has been shown to concentrate aluminum and it is found in highest levels in the quadrant of the breast near the underarm region, the same area where the highest proportion of breast cancers are originally diagnosed.

Use alternatives to cooking utensils made out of aluminum, especially those that are older. Instead use pots or pans made out of stainless steel or cast iron. Newer anodized aluminum pots and pans are considerably safer than older, non-anodized forms as the process of anodizing prevents the aluminum from leaching into food as it is being cooked.

One other possible source of aluminum in breast tissue may be use of underarm antiperspirants. Try to avoid using underarm cosmetics that contain aluminum. Check for

safer alternatives at the Environmental Working Group's [Safe Cosmetics database](#) or use home-made solutions like diluted baking soda.

Find a [natural deodorant that really works](#).

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