



Hui Mālama Ola Nā 'Ōiwi

Cancer Kine Tings Home Kit

Cancer Kine Tings
Home Kits
supported by:



APPEAL



Hui Mālama
Ola Nā 'Ōiwi

Hawai'i Island Health Care System

(808) 969-9220

www.HMONO.org



About Hui Mālama Ola Nā ‘Ōiwi

- Mission - To improve the health & well-being of Hawai‘i Island so that all residents can Live Longer & Feel Better, Together
- 501(c)(3) nonprofit organization, Incorporated in 1991, federally funded as the Native Hawaiian Health Care System for Hawai‘i Island
- Provides medical, behavioral health, and community education services with the sole objective of improving access to quality healthcare, education, and services for the people of Hawai‘i County

About Cancer Kine Tings

- Inspired by Fran Drescher's Cancer Schmancer Program and the high rates of cancer within Hawai'i county
 - With an added local flare
- The Cancer Kine Tings program engages the whole family with an activity and includes a home detox kit

Project Objective

Focus on promoting early detection and prevention of cancer through community health education about cancer causing items in our every day homes.



Cancer Kine Tings Kit

- Informational pamphlets
 - *Makua* (adults) and *keiki* (children)
- Step-by-step instructions of chemicals to look for inside the home
 - Room by room checklists - products & chemicals to identify
 - Age-specific checklist to engage the whole family
 - Pictures of items
 - Warning stickers included - label identified toxic products

Cancer Kine Tings Kit

- Toxin-free cleaning product recipes
- Samples of these cleaners provided in the kit
- A reusable bag

3 Key Tools of Awareness

- Screening
- Know your Risk Factors
- Prevention

Screening

- Mammography (breast cancer)
- Pap Smear (cervical cancer)
- Colonoscopy (colorectal cancer)
- Digital Rectal Exam (prostate cancer)
- Low-dose CT scan (lung cancer)
- Visual Inspection (oral & skin cancer)

Know your Risk Factors

- Smoking
- Alcohol
- Diet
- Infectious Agents
- Chronic Inflammation

Prevention

- Vaccines
- Smoking Cessation
- Dietary Modification
- Limit Alcohol Intake
- Avoid Carcinogens

Household Products & Health Risk

- Common household items contain dangerous chemicals that increase the risk of cancer
- These can be found in every room
- If not stored or used properly, may cause minor to life-threatening health problems



Ingredients to Avoid

Toxic Ingredients

HOW TO USE THIS LIST:

Use this list alongside your **Hale Checklist** to determine which products need to be replaced or stored. Label potentially toxic items with provided stickers.

- ☐ Nicotine
- ☐ Dyes
- ☐ Bisphenol A (BPA)
- ☐ Bisphenol S (BPS)
- ☐ Ethanolamine Compounds (DEA, MEA, TEA)
- ☐ Fragrances
- ☐ Lead
- ☐ Methylisothiazolinone (MIT)
- ☐ Parabens
- ☐ Phthalate
- ☐ Sodium Lauryl Sulfate
- ☐ Sodium Laureth Sulfate
- ☐ Triclosan
- ☐ Volatile Organic Compounds (VOC)
- ☐ Quaternary Ammonium Compounds (QUATs)

Are These in your Home?



Garage

Hale Checklist

HOW TO USE THIS LIST:

Use this list alongside your **Toxic Ingredients** list to determine which products need to be replaced or stored. Label potentially toxic items with provided stickers.

BATHROOM

- ☐ Toilet bowl cleaner
- ☐ Mold and mildew remover
- ☐ Drain cleaner

BEDROOM

- ☐ Box-spring mattress
- ☐ Electronic devices
- ☐ Fabric refreshers
- ☐ Mothballs
- ☐ Scented Candles

GARAGE

- ☐ Antifreeze
- ☐ Batteries
- ☐ Motor oil
- ☐ Oil-based paint
- ☐ Latex paint
- ☐ Windshield washer fluid



Laundry/Utility & Bathroom



Hale Checklist

HOW TO USE THIS LIST:

Use this list alongside your **Toxic Ingredients** list to determine which products need to be replaced or stored. Label potentially toxic items with provided stickers.

BATHROOM

- ☐ Toilet bowl cleaner
- ☐ Mold and mildew remover
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BEDROOM

- ☐ Box-spring mattress
- ☐ Electronic devices
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- ☐ Scented Candles

GARAGE

- ☐ Antifreeze
- ☐ Batteries
- ☐ Motor oil
- ☐ Oil-based paint
- ☐ Latex paint
- ☐ Windshield washer fluid

Kitchen & Living Room

- Dishwashing detergent
- Oven cleaner
- Antibacterial Cleaner
- Window and Glass cleaner
- Carpet and upholstery cleaner
- Furniture polish
- Air-freshener
- Insecticide / Fog



Bedroom

Hale Checklist

HOW TO USE THIS LIST:

Use this list alongside your **Toxic Ingredients** list to determine which products need to be replaced or stored. Label potentially toxic items with provided stickers.

BATHROOM

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BEDROOM

- ☐ Box-spring mattress
- ☐ Electronic devices
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- ☐ Antifreeze
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Personal Hygiene

- Shampoo
- Bodywash
- Deodorant
- Sunscreen
- Perfume
- Hair Dye
- Makeup
- Nail Polish
- Facewash



Backyard

- Pool: Chloride tablets and Algicide
- Inset Repellants
- Weed Killer
- Rodent Bait

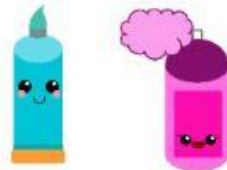


Keiki (children)

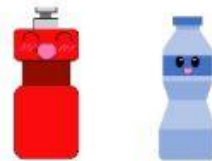
What's In Your Hale?



Soaps and Lotions



Dental Care and Sprays

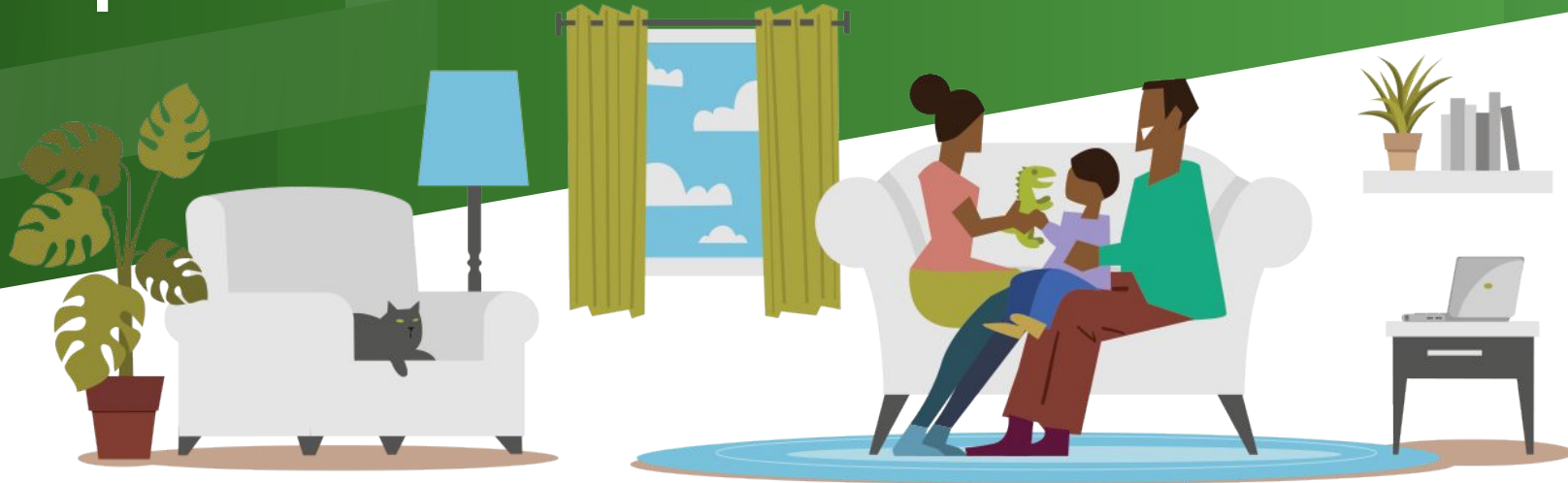


Plastics containing
BPA or BPS



E-cigs & Vaping Devices

Keep Your Home a Cancer-Free Zone



- Make your own cleaning products
- Clean the air
- Avoid products with toxic ingredients
- Avoid using non-stick pans, plastic containers, and canned goods
- Do not eat toxins
- Filter your water
- Sleep clean
- Ditch the synthetics
- Leave shoes at the door

Safe Alternatives

- Baking Soda for scrubbing
- Vinegar and water for cleaning glass
- Products containing low VOC's



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Recipe: Disinfecting Wipes

Ingredients:

1 cup distilled water
¼ cup white distilled vinegar
¼ cup rubbing alcohol
12 drops lavender essential oil
8 drops lemon essential oil
8 drops tea tree oil
5 drops peppermint essential oil
20 (8 X 10 inches) cloths
Large air-tight container

Directions:

add water, vinegar, alcohol, and essential oils to container, mix
add cloths to container and allow to soak up solution
use as needed

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Recipe: Glass Cleaner

Ingredients:

¼ cup rubbing alcohol
¼ cup white vinegar
2 TBSP cornstarch
2 cups warm water

Directions:

place ingredients in a squirt bottle
shake to mix well
spray surface and wipe with cloth

Cancer Kine Tings Home Detox Kit



Best Strategy

- Make small changes - one product at a time
- Change by attrition – when throwing out old products, make sure the replacement is a safer version
- Learn to read labels - get to know the products
- Choose fragrance free products
- Use online resources and apps – list provided



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Mahalo nui

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