



UCI

Dr Jackson Orem

Some people avoid antiperspirants completely, fearing that the chemicals absorbed through the armpits may trigger breast cancer. Others panic after reading alarming online posts claiming that deodorants “trap toxins” in the body. But how much of this is true, and how much is fear-driven by misinformation?

Medical experts say there is currently no strong scientific evidence proving that deodorants or antiperspirants cause breast cancer. Major health organisations, including the American Cancer Society and the National Cancer Institute, have repeatedly stated that research has not established a clear link between the use of deodorants and the development of breast cancer.

The confusion partly comes from the ingredients found in some antiperspirants. Unlike ordinary deodorants, which mainly control odour, antiperspirants reduce sweating using aluminium-based compounds. Over time, rumours emerged suggesting that aluminium could be absorbed into the body through the skin and interfere with breast cells or hormones.

Another concern involves para-

Does deodorant cause breast cancer?



bens, preservatives once commonly used in cosmetics and personal care products. Because parabens can mimic certain hormone activities in the body, some people feared they could contribute to hormone-sensitive cancers such as breast cancer. However, scientists say the amounts found in personal care products are generally very small, and studies have not confirmed a direct cause-and-effect relationship.

One reason the myth became so widespread is that the breast and armpit areas are close together anatomically. Some people also noticed that many breast cancers occur in the upper outer section of the breast, near the armpit, leading to suspicion about deodorant use. But doctors explain that this area naturally contains more breast tissue, which is why cancers are more commonly detected there.

What science says

Researchers have conducted several studies examining whether women who use deodorants or an-

tiperspirants are more likely to develop breast cancer. So far, the findings have not shown convincing evidence of increased risk. In fact, many cancer specialists warn that focusing too heavily on unproven fears can distract people from the real risk factors that deserve attention.

Among the better-established breast cancer risks are family history, age, obesity, smoking, excessive alcohol consumption, physical inactivity, hormonal factors, and delayed medical check-ups. In Uganda and many other countries, late diagnosis remains one of the biggest challenges because many women ignore early warning signs or fear screening.

Doctors encourage women to pay more attention to symptoms such as unexplained breast lumps, changes in breast shape, nipple discharge, persistent pain, or skin changes around the breast. Early detection greatly improves treatment outcomes.

That does not mean consumers should ignore what is inside the products they apply to their bod-

ies. Many people today prefer fragrance-free, alcohol-free, or aluminium-free products for personal comfort or skin sensitivity. Others choose natural alternatives simply because they feel more comfortable using them. There is nothing wrong with making such choices, provided they are based on preference rather than fear.

It is also important to understand that “natural” does not always mean safer, and “chemical” does not automatically mean dangerous. The key issue is whether scientific evidence shows harm at normal levels of use.

Fighting misinformation with facts

Social media has made health misinformation spread faster than ever. A dramatic headline or emotional video can quickly create panic, even when the information is unsupported by science. Unfortunately, cancer fears are especially powerful because the disease touches so many families emotionally.

Experts advise readers to rely on trusted medical sources instead of viral claims. When in doubt, consult qualified healthcare professionals rather than forwarding frightening messages on WhatsApp groups or Facebook pages.

At present, the scientific consensus remains clear: there is no confirmed evidence that deodorants or antiperspirants cause breast cancer. Rather than living in fear of everyday hygiene products, people are better served by focusing on proven ways to protect their health, including regular screening, healthy lifestyles, and seeking medical attention early.

The writer is the executive director, Uganda Cancer Institute

Why discomfort

Some level of pain normal because it around the tooth. canals may cause tenderness when a deep infection surrounding tissue the infected nerve continues.

Discomfort may temporary filler than nearby teeth. In some cases, jaw or head, with part of the head.

Recovery time

The first 24 to when discomfort experience no pain should rest. But typically in and swelling.

Most people three weeks different usually with surrounding this stage is.

Good after Patients should carefully as directed hard or soft final rest flossing to reinfect saltwater.

When

While require if pain improve Fever, loose If there a der help heal

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