Recent news about processed meat causing cancer has become a major focal point in media outlets as recent, that eating your favourite hotdog is going to give you cancer. Unfortunately, the news doesn't stop there and your job may also be giving you cancer. Polycyclic aromatic hydrocarbons (PAH) are a group of chemicals that are ubiquitous in our environment and occupational exposure yields the highest intensity levels. A population-based case-control study was undertaken in British Columbia and Ontario to examine the role occupational PAH exposure has on breast cancer risk. Lifestyle data and work histories were collected on over 2,000 cases and controls and lifetime occupational histories were assessed for PAH exposure using three different metrics. The results found that being exposed to high levels of PAH in the workplace was a risk factor that increased with duration, particularly among premenopausal women, who were almost two times more likely to develop breast cancer with prolonged exposure to PAHs.