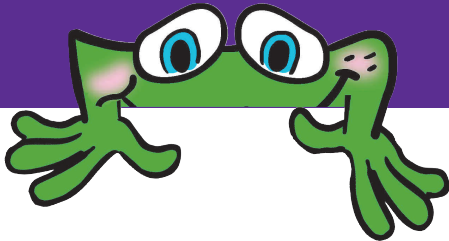


ENDOCRINE DISRUPTORS

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WHAT ARE THEY? Endocrine disruptors are chemicals that may interfere with the body's hormones, which are the "messengers" that help the cells in our organs function properly. These chemicals can "mimic" or replace the body's normal hormone functions and may have adverse health effects.

WHY SHOULD I CARE?

Scientific evidence is mounting that endocrine (hormone) disruptors in our environment, have adverse health effects on wildlife and may produce similar health effects in humans:

- **Reproductive and developmental disorders**
- **Learning problems and immune system dysfunction**
- **Neurobehavioral dysfunctions** at birth and in childhood
- **Increasing incidence of testicular cancer**, malformation of the male reproductive tract and declining sperm counts
- **Increasing incidence of breast cancer**

The more exposure, the greater your risk. Early life exposures are of particular concern.

WHERE ARE THEY?

Endocrine (hormone) disruptors are found in many common products we use every day. **Bisphenol A (BPA)—a suspected endocrine disruptor—is commonly found in baby bottles and water cooler containers made of #7 plastic.**

One recent study by the CDC showed **95% of Americans have detectable levels of Bisphenol A in their bodies.** Phthalates (plasticizers) found in plastic cups, toys and PVC plastic are also suspected endocrine disruptors.

Many common cosmetics, shampoos, lotions, and perfumes also contain phthalates and parabens, which are weak endocrine disruptors. Certain lawn and garden pesticides may act as endocrine disruptors as well.

WHAT YOU CAN DO: MINIMIZE EXPOSURE. REDUCE RISK.

- **AVOID buying or using products that contain plastic #3 (PVC), #6 (styrofoam) or #7 (polycarbonate),** especially when purchasing children's toys and other products. Remember the rhyme: "Choose #5, 4, 1 or 2, all the rest are bad for you". Avoid reusing #1 plastic.
- **Choose a reusable, BPA-free or stainless steel "traveler's mug" or sports bottle.**
- **Don't microwave foods with plastic wrap or in plastic containers.** Use and store foods in glass, porcelain or stainless steel containers (but do not microwave stainless steel).
- **Use glass baby bottles** and silicone nipples. Choose pacifiers, "sippy cups" and straws that are labeled "BPA Free".
- **Read ingredients to choose healthier baby, body, and beauty products.** Ingredients to AVOID are: methylparaben (shampoos, lotions), dibutyl phthalate (DBP) (nail polish), nonylphenol (shampoos, lotions), DEHP (di-(2-ethylhexyl) phthalate or Bis (2-ethylhexyl) phthalate used in PVC plastics.
- **Choose products that don't contain "fragrances"**- fragrances often contain phthalates.

