

Couples Trying to Conceive

Understanding everyday toxicants and how you can minimize your exposure



Additional Resources

Learn more about the chemicals in your everyday products and environment:

The Environmental Working Group: www.ewg.org

Explore our website: www.seed-program.org

Contact & Follow us:
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SCHOOL OF PUBLIC HEALTH

How can I minimize my exposure?



- Replace personal care and household products that have fragrance with safer products
- Do not use perfume, cologne, or other fragrances or air fresheners (e.g., candles)
- Use fragrance-free cleaning products and minimize dust
- Wash your hands frequently, especially before meals and after using electronics
- Avoid foods and beverages in plastic or canned storage containers even if BPA-free
- Look for unscented phthalate-, paraben-, and chemical-free products
- Look for these labels:



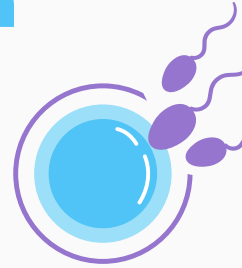
EDCs

Endocrine-disrupting chemicals (EDCs) interrupt normal hormonal activity by mimicking, blocking, or altering hormones and changing the way that they function in the body.



These chemicals harm reproductive health

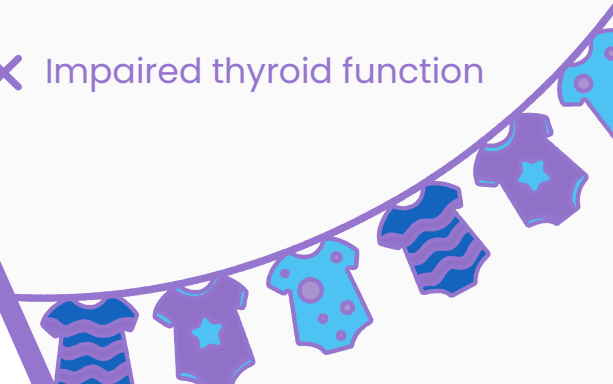
Preconception effects



- ✗ Damages DNA that offspring may inherit
- ✗ Decreases development and quality of sperm and eggs
- ✗ Reduces fertility

Perinatal effects

- ✗ Increases risk of pregnancy loss
- ✗ Impairs neurodevelopment of offspring
- ✗ Decreases birth weight
- ✗ Impaired thyroid function



Exposure to EDCs among females *and* males can lead to adverse reproductive health effects that impact both individuals and their future offspring. Minimizing exposure to EDCs during your reproductive years is very important!

EDCs are everywhere



Personal care products, dental products, nail polish, nail polish remover, and cosmetics



Fragrance, including perfume and cologne, air fresheners, incense, and candles



Cleaning supplies, furniture, paints, construction materials, and household dust



Electronic devices (e.g., laptops, cell phones)



Takeout containers, plastic packaging, canned foods and beverages, and plastic kitchen and storage items



Unfiltered water sources and processed drinks



Cigarette smoke and vaping mouth pieces

EDCs include phthalates, phenols, per- and polyfluoroalkyl substances (PFAS), and other toxicants. Some EDCs are rapidly removed from the body, while others can remain in the body for a long time. Most people are exposed to multiple EDCs daily, allowing these chemicals to remain at harmful concentrations.