

EDCs & Reproductive Health

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:
SEED@hsph.harvard.edu
(Twitter and Instagram)
[@drmesserlian](https://twitter.com/drmesserlian)



HARVARD T.H. CHAN
SCHOOL OF PUBLIC HEALTH

How can I minimize my EDC exposure?



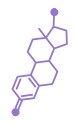
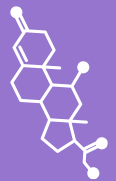
- Wash your hands frequently, especially before meals
- Rinse produce thoroughly and buy organic when possible
- Avoid foods and beverages stored in plastic or canned containers
- Filter your water and use glass or metal storage containers
- Replace personal care and household products that have fragrance with safer products
- Look for 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.

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.



These chemicals damage your health

Current research suggests that EDCs lead to adverse health effects. These chemicals can:

- ✗ Alter reproductive health
- ✗ Reduce immune function
- ✗ Increase cancer risk
- ✗ Change metabolic function
- ✗ Decrease brain function



How do EDCs enter the body?



Ingestion



Inhalation



Absorption

Where can EDCs be found?



Personal care products, nail polish, and cosmetics



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



Unfiltered water sources and processed drinks



Furniture, electronics, cleaning products, candles, fresheners, and household dust



Cigarette smoke, e-cigarettes, and other smoking devices