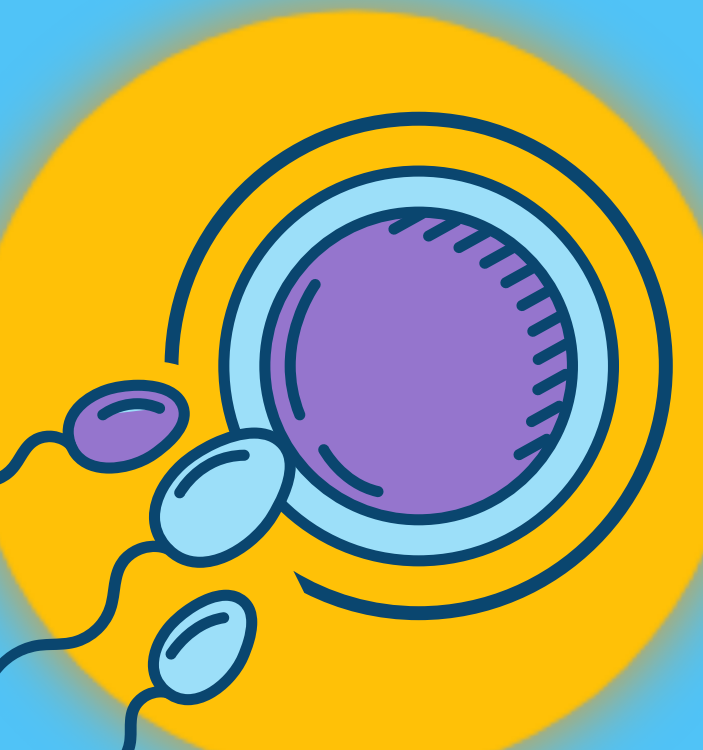




PFAS & Reproductive Health

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 exposure to PFAS?

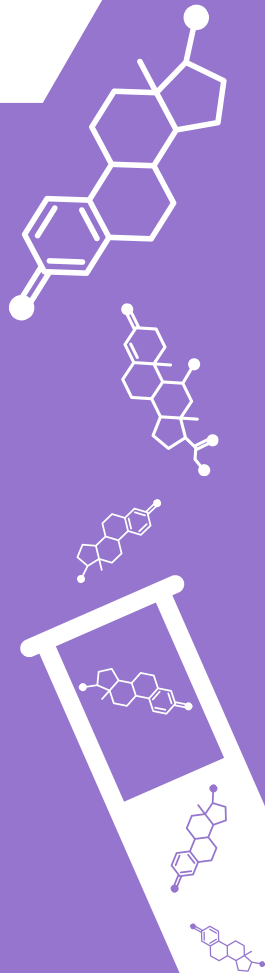


- Avoid cosmetics, personal care products, and cleaning supplies that contain PTEE
- Replace nonstick cookware with stainless steel or cast iron
- Limit use of coated-cardboard takeout and plastic storage containers
- Avoid food contact paper with grease-resistant coating
- Drink filtered water (charcoal filtering systems work well)
- Promote clean water acts and decrease waste sent to landfill
- Avoid waterproof coatings, stain repellents, SPF, and wrinkle-resistant clothing
- Read product labels for "PTEE", "fluor" or "perfluor"

PFAS

Coined "**forever chemicals**", per- and polyfluoroalkyl substances (PFAS) are dangerous man-made endocrine-disrupting chemicals (EDCs) that cannot breakdown in our bodies.

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 are damaging

Current research suggests that PFAS are associated with cancer, liver disease, and developmental irregularities.

PFAS lead to a variety of adverse reproductive health effects.

These chemicals can:

- ✗ Decrease fertility
- ✗ Increase risk for negative birth outcomes
- ✗ Alter hormonal function and activity
- ✗ Elevate risk for endometriosis



The regulation of PFAS in consumer products is extremely limited and exists only on a state-by-state basis. The United States entirely lacks federal regulation of these harmful chemicals. While some states have banned PFAS from food packaging, these rulings are sparse and tend to only address one source of exposure.

PFAS are everywhere

-  Personal care products, cosmetics, nail polish, and cleaning supplies
-  Water sources (often contaminated with firefighting foam and household products)
-  Non-stick and plastic cookware
-  Takeout containers, plastic food packaging, and plastic kitchen and storage containers
-  Waterproof and wrinkle-resistant clothing; stain repellents and flame retardants