

Environmental Impact on Reproductive Health

There are environmental exposures in which studies have shown to negatively impact reproductive health. [Harvard's SEED research](#) has additional information and is where the below suggestions and information have originated from.

Background

The particular chemicals to avoid are endocrine disrupting chemical (EDCs) which include Phenols, Phthalates, and PFAS (polyfluoroalkyl substances). Two well known phenols are Bisphenol A or BPA and triclosan.

These chemicals can decrease fertility, alter hormonal function and activity, alter sperm and egg growth, and elevate risk for endometriosis. They can increase the risk for negative birth outcomes such as early delivery. The chemicals not only impact reproductive health but also impair metabolic function, immune function, neurodevelopment, and increase cancer risks.

Harvard's SEED research and other groups are working to release this information to the general population and what people can do to minimize their exposure and risk. However, there are exposures that are difficult or not possible to avoid completely.

Plan of Action

Review product labels and look for:

- **Phenol or parabenfree (without BPA, BPF, BPS, BPB, BP-3, TCS, TCC, and 4-NP)**
- **Phthalate-free items (without DBP, DEHP, DINP, DEP, DMP, BBP, DNOP, and DIDP)**
- **PTEE, fluor" or "perfluor" free products**
- **The labels to the right**



Follow the checklist on the next page

If you have further questions, please seek consultation with your provider. This handout does not serve as medical advice. Please refer to [Modern Reproduction's Disclaimer](#) and [Terms and Service](#).

Food:

- Wash produce thoroughly and buy organic when possible
 - Avoid food and drinks in plastic, coated cardboard, and canned storage even if BPA free *includes takeout and utensils
 - Replace nonstick cookware with stainless steel or cast iron
 - Do not microwave food and beverages in plastic containers; use glass storage containers
 - Avoid processed foods, fast food, and limit dairy products
 - Avoid unfiltered and processed drinks
 - Filter water (charcoal filtering systems work well) with glass or metal storage containers
 - Avoid food contact paper with grease-resistant coating
 - Minimize ordering takeout, using takeout containers (e.g., coffee cups), and eating out
 - Replace plastic with wood or stainless steel cutlery and cookware
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Avoid:

- Perfume, cologne, and other fragrances (i.e air freshener and candles!)
 - Nail polish, nail polish remover, and acrylics
 - Scented lotion, facial moisturizers, and sunscreen
 - Waterproof coatings, stain repellents, SPF, and wrinkle-resistant clothing
 - Antibacterial and antimicrobial soaps; cleaning supplies
 - Shaving creams and razors
 - Hairspray and hair products (e.g., gels, shampoo, dye)
 - Cigarette smoke and vaping mouth pieces
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Replace with:

- Toothpaste, floss, and other dental products without triclosan or antibacterial properties
 - Cosmetics and makeup remover with phthalate/phenol/chemical free
 - Organic tampons and menstrual products
 - Fragrance free lubricants/vaginal wipes, silicone sexual care items, 100% latex condoms
 - Natural fragrance free moisturizing agents
 - Mineral based sunscreen
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DO:

- Electronic devices - laptops/cell phones *wash hands after handling and before eating
 - Check materials prior to purchasing household furnishings
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