



IRIS CANTOR-UCLA
WOMEN'S HEALTH
CENTER

EDUCATION
AND
RESEARCH CENTER

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Reproductive Health and the Environment

Consumer Education Resources

September 2017

General Environmental Impacts on Reproductive Health

General Effects of Environment on Reproductive Health

| Organization | Type | Title | Link | About | Date | Reading Level |
|---|----------|--------------|---|--|------------|---------------|
| The Collaborative on Health and the Environment | Brochure | What We Know | http://www.slideshare.net/v2zq/yzd590 | <ul style="list-style-type: none"> -Health concerns with environmental contaminants -Lifecycle of reproductive health -Reproductive problems in animals from which we can learn | April 2007 | 9 |

General Effects of Toxic Chemicals on Reproductive Health

| Organization | Type | Title | Link | About | Date | Reading Level |
|--|-----------|--|---|---|-----------|---------------|
| University of California San Francisco | Brochure | Toxic Matters | www.prhe.ucsf.edu/prhe/toxicmatters.html | <ul style="list-style-type: none"> -Prevent exposure to substances at work and home that harm reproductive health -Policy to prevent pollution -Becoming a better consumer | 2010 | 9* |
| Women's Voices for the Earth | Tip Sheet | Toxic Chemicals | http://www.womensvoices.org/avoid-toxic-chemicals/ten-ways-to-avoid-toxic-chemicals/ | <ul style="list-style-type: none"> -Steps to reduce exposure of toxins -Easy to read and well organized | 2010 | 11 |
| Liberty Hill | Report | Hidden Hazards | http://www.libertyhill.org/sites/libertyhillfoundation/files/hidden-hazards-low-res-version.pdf | <ul style="list-style-type: none"> -Mostly air toxins and analysis on freeway and effect on health -Pollution and health links | Dec. 2010 | 5 |
| Liberty Hill | Report | Drilling Down: The Community Consequences of Expanded Oil Development in Los Angeles | https://www.libertyhill.org/sites/libertyhillfoundation/files/Drilling%20Down%20Report_1.pdf | Health and community impact of oil drilling | Fall 2015 | |

Endocrine Disruptors

Endocrine Disruptors: Definition & Mechanisms of Action

| Organization | Type | Title | Link | About | Date | Reading Level |
|--|-----------|---|---|---|--------------|---------------|
| The Collaborative on Health and the Environment | Brochure | Girl, Disrupted | http://healthandenvironment.org/articles/doc/5492 | -Explains hormones and how women are exposed to disruptors -Tolerable levels of exposure -Chemicals that have been banned but continue to persist in everyday life -Reproductive health concerns | Jan. 2009 | 11 |
| The Collaborative on Health and the Environment | Brochure | Hormone Disruptors and Women's Health | http://healthandenvironment.org/articles/doc/5492 | -Link between industrial chemicals and infertility and breast cancer -How endocrine disruptors cause hormonal imbalance and affect health and development of reproductive system -How we are exposed to disruptors (list of chemicals/substances) -Reproductive health concerns -Timing of exposure | Jan. 2008 | 11 |
| National Institute of Environmental Health Science | Factsheet | Endocrine Disruptors | http://www.niehs.nih.gov/health/materials/endocrine_disruptors_508.pdf#search=endocrine%20disruptors | -Sources of exposure -Effects on fertility and health | May. 2010 | 4 |
| American Fertility Association | Factsheet | The Dirty Dozen | http://5e62f3a6d1638bf1b14d-5d806c6cef9f5da883ae68ded2a2e610.r20.cf2.rackcdn.com/uploaded/t/0e560241_the-dirty-dozen.pdf | -The 12 most common chemicals that affect fertility -Everyday sources of exposure | 2013 | 11* |
| Environmental Working Group | Booklet | Dirty Dozen List of Endocrine Disruptors: 12 Hormone Altering Chemicals and How to Avoid Them | http://www.ewg.org/research/dirty-dozen-list-endocrine-disruptors | -Descriptions of how 12 chemicals can affect health, including fertility and pregnancy -Tips on how to avoid these chemicals | October 2013 | 11 |

Effects of Mercury

| Organization | Type | Title | Link | About | Date | Reading Level |
|--|-----------|--|---|---|-----------|---------------|
| Association of Reproductive Health Professionals | Factsheet | Health Matters Healthy Fish, Health Families | http://www.arhp.org/uploadDocs/HealthyFishhealthmatters.pdf | -How fish can be a health risk -PCB and other chemicals in fish that can affect humans -Cooking fish safely | Nov. 2008 | 2 |
| Los Angeles | Flyer | Mercury in Fish | http://publichealth.lacounty.gov/mch/Fly | -Mercury defined, and how it can harm | May | 2 |

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|---|-----------|--------------------------------|---|---|-----------|----|
| County Department of Public Health | | | ers/fishmerc.pdf | pregnant women and babies -Recommendation and tips for healthy eating of fish | 2003 | |
| Dartmouth Toxic Metals Superfund research Project | Factsheet | Mercury: What You Need to Know | http://www.dartmouth.edu/~toxmetal/assets/pdf/mercuryfactsheet.pdf | -Mercury in the environment -How humans are exposed and its effect on women's reproductive health | 2010 | 10 |
| Organization of Teratology Information Specialists (OTIS) | Factsheet | Methylmercury and Pregnancy | http://mothertobaby.org/factsheets/methylmercury-pregnancy/ | -Sources of mercury and testing for it -FDA suggestions for consumption of fish during pregnancy -How mercury affects developing baby | July 2014 | 11 |

Effects of Triclosan

| Organization | Type | Title | Link | About | Date | Reading Level |
|------------------------------|-----------|--------------------------|---|---|------|---------------|
| Environmental Working Group | Factsheet | EWG's Guide to Triclosan | http://www.ewg.org/sites/default/files/EWG_triclosanguide.pdf | -Sources and risks of triclosan exposure -Tips for avoiding exposure | 2012 | 12 |
| Women's Voices for the Earth | Factsheet | Triclosan | http://www.womensvoices.org/wp-content/uploads/2011/07/Triclosan-factsheet.pdf | -What triclosan is and its association with health concerns -Where triclosan is found and ways to avoid it | ---- | 10 |

Effects of Plastics/ BPAs

| Organization | Type | Title | Link | About | Date | Reading Level |
|--|-----------|---|---|--|------------|---------------|
| MedicineNet.com | Article | Plastic | http://www.medicinenet.com/plastic/article.htm | -Chemicals in plastic that affect women's health -Links between chemicals, cancer, and other health problems | 2013 | 7 |
| Environmental Working Group | Guide | Guide to BPA | http://www.ewg.org/bpa/ | Public oriented guide to reduce risk of BPA in home Effects of BPA | 2013 | 8 |
| Breast Cancer Fund | Factsheet | 10 Canned Foods to Avoid BPA Exposure | http://www.breastcancerfund.org/assets/pdfs/tips-factsheets/tip-card-ten-canned-foods-to.pdf | -List of canned foods that contain BPA in lining -Links between BPA and reproductive problems and breast cancer | ---- | 1 |
| Institute for Agriculture and Trade Policy | Factsheet | Smart Plastics Guide: Healthier Food Uses of Plastics | http://www.iatp.org/files/421_2_102202.pdf | -Risks of using plastics during pregnancy, risks toward fetus -How to interpret plastic labeling -Tips for safer, sustainable food use of plastics | Sept. 2008 | 11 |

Effects of PBDEs (Flame Retardants)

| Organization | Type | Title | Link | About | Date | Reading Level |
|---|-------------|--|---|--|-------------|----------------------|
| Environmental Working Group | Guide | EWG's Guide to PBDEs | http://static.ewg.org/reports/2008/pbdefr ee/EWG-PBDEguide.pdf | -Sources of PBDEs -Tips for limiting PBDE exposure | 2008 | 8 |
| Women's Voices for the Earth | Factsheet | PBDEs | http://www.womensvoices.org/wp-content/uploads/2012/01/PBDE-fact-sheet.pdf | -What PBDEs are and its association with health concerns -Where PBDEs are found and ways to avoid them | ---- | 10 |
| Center for Environmental Research & Children's Health | Factsheet | Flame Retardants: Polybrominated Diphenyl Ethers (PBDEs) | http://cerch.org/wp-content/uploads/Factsheet-on-Flame-Retardants-11.08.12-REVISED.pdf | -What PBDEs are and how exposure occurs -Health effects of PBDEs -Why PBDE exposure is higher in CA -Preventing exposure to PBDEs | Sept. 2012 | 11 |

Effects of Pesticides

| Organization | Type | Title | Link | About | Date | Reading Level |
|--|-------------|---------------------------------------|---|---|---------------|----------------------|
| Moms Rising | Blog | New Finding on Pesticides & Pregnancy | http://www.momsrising.org/blog/pesticides-and-pregnancy/ | -Sources of misinformation regarding contamination and prenatal health -Sources of pesticide exposure -Health risks such as early puberty -Livestock contamination and risks for your baby | Apr. 2012 | 8 |
| University of California San Francisco | Brochure | Pesticides Matter | http://www.prhe.ucsf.edu/prhe/pesticides-matter.html | -Prevent exposures at home and the workplace that harm reproductive health -Awareness of cross contamination between the workplace and home -Rights awareness | May 2012 | 10* |
| MotherToBaby | Factsheet | Pesticides & Pregnancy | http://mothertobaby.org/factsheets/pesticides-pregnancy/ | -Definition and examples of pesticides -How pesticides can enter the body -Studies examining relationship between pesticide exposure and birth defects in animals and humans | February 2015 | 12 |

Protecting Oneself Against Toxic Chemicals

Tips for Preserving Fertility

| Organization | Type | Title | Link | About | Date | Reading Level |
|------------------------------|-----------|---|---|---|-----------|---------------|
| Women's Voices for the Earth | Article | Protecting Women's Health Through Safer Chemicals | http://www.womensvoices.org/wp-content/uploads/2011/08/WVE-TSCA.pdf | -How women are impacted by toxic chemicals -Safe Chemicals Act & protecting health through advocacy | 2010 | 16* |
| Women's Voices for the Earth | Slides | Disinfectant Overkill | http://www.womensvoices.org/wp-content/uploads/2010/05/Disinfectant-Overkill.pdf | -Reproductive toxicity -Triclosan harm to reproductive health | Nov. 2009 | 2 |
| Resolve | Brochure | Preserving Your Fertility | http://familybuilding.resolve.org/site/DocServer/PresFert.pdf;jsessionid=056A66B3D7F9D9E0256668230BD97532.app262b?docID=561 | -Anatomy and physiology of female reproductive system -Causes of infertility in males and females | 2004 | 3 |
| Healthy Child | Factsheet | Reproductive Health and Fertility Problems | http://saferchemicals.org/health-report/chemicals-and-our-health/reproduction/ | -Facts on infertility issues and environment -Men's reproductive problems (i.e. cancer, low testosterone levels) -Causes of early puberty -Endocrine-disrupting chemicals -Regulation of endocrine-disrupting chemicals | July 2012 | 6 |

Environmental Causes of Infertility

| Organization | Type | Title | Link | About | Date | Reading Level |
|---------------|----------|-------------------------------------|---|--|-----------|---------------|
| HRC Fertility | Article | Environmental Causes of Infertility | http://www.havingbabies.com/infertility-education/infertility-causes-and-risks/environmental-causes-of-infertility/ | -Causes of infertility | 2013 | 12 |
| Vogue | Magazine | Infertile Ground | http://www.healthandenvironment.org/?module=uploads&func=download&fileId=390 | -Women are having more difficulty having babies -Chemicals can cross placenta and permanently harm baby | Aug. 2007 | 8 |

Tips for Reducing Exposures and Having a Healthy Pregnancy

| Organization | Type | Title | Link | About | Date | Reading Level |
|---|------------|--------------------------|---|---------------------------------------|------|---------------|
| Center for Science in the Public Interest | Brochure | Protect your Unborn Baby | http://www.cspinet.org/foodsafety/brochure_pregnancy.html | Eating safely for moms and kids | - | 9 |
| Health Finder | Info sheet | Have a Healthy Pregnancy | http://healthfinder.gov/HealthTopics/Population/women/pregnancy/have-a-healthy-pregnancy | Tips and do's and don'ts on pregnancy | 2012 | 2 |

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|---------------------------------|------------|--|--|---|-----------|----|
| Toronto Public Health | Brochure | Hidden Exposures: Reproduction & Pregnancy | http://www.srhc.ca/sites/default/files/multicultural/hidden_exposures_english.pdf | -Exposure to toxins -Health effects of toxins -Chemicals and how to reduce exposure | 2003 | 7 |
| Women For a Healthy Environment | Info sheet | Pregnancy | http://www.womenforahealthyenvironment.org/what-we-do/healthy-beginnings/expectant-moms.html | -umbilical cord passes everything to baby including toxins -How to have a safer “greener” pregnancy | 2013 | 12 |
| Making our Milk Safe | Factsheet | Preconception Pregnancy | http://www.safemilk.org/wp-content/uploads/2012/09/Preconception_080612_vf_b.pdf?c99428 http://www.safemilk.org/wp-content/uploads/2012/09/Pregnancy_080712_vf.pdf?c99428 | -Chemicals that interfere with fertility, including pesticides, parabens, organic solvents, dioxins, phthalates, THMs, and BPA -Long- and short-term effects of prenatal chemical exposure | Sep. 2012 | 10 |
| Environmental Working Group | Fact sheet | Guide to a Healthy Pregnancy | http://static.ewg.org/pdf/pregnancy_awareness.pdf | -Foods to eat and avoid -Dangers of water -Everyday chemicals, and their effects on mothers and babies | 2013 | 11 |
| March of Dimes | Info sheet | Is it safe? | http://www.marchofdimes.org/pregnancy/is-it-safe.aspx | -How certain substances harm women and children -How to avoid these risks -How substances enter home and body -Substance effects on baby (i.e. miscarriage, defect, low birth weight): | Oct. 2011 | 7 |

Other Effects on Reproductive Health

Workplace Hazards/ Exposures and Reproductive Health

| Organization | Type | Title | Link | About | Date | Reading Level |
|---|----------|---|---|--|----------|---------------|
| Asian Communities for Reproductive Justice | Brochure | A Health and Safety Handbook for Nail Salon Workers | http://forwardtogether.org/assets/docs/ACRJ-Nail-Salon-Health-and-Safety-Handbook-English.pdf | -A toxic trio that affects reproductive health -Tips to improve working conditions and use safer products in nail salons | 2011 | 6 |
| California Healthy Nail Salon Collaboration | Brochure | Toxic Beauty No More | http://www.cahealthynailsalons.org/wp-content/uploads/2011/08/Nail-Salon-Report-2011.short_english.pdf | -Description of chemicals in nail salons and effects on workers -Lack of regulation in nail salons -Pregnancy complications due to chemical exposure in nail salons -Effects of chemicals on reproductive | May 2011 | 11 |

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|---|----------|--|---|---|----------|-----|
| | | | | health and allergies | | |
| California Healthy Nail Salon Collaboration | Brochure | Will you try these ways to protect your customers and your health? | http://www.hazwastehelp.org/health/documents/Final_ENGweb.pdf | -study conducted to ensure safe workplace for workers in nail salons -ways to protect (ventilation, containers, mask, glasses, gloves, sealed bottles) | Aug.2009 | 10 |
| University of California San Francisco | Brochure | Work Matters | http://prhe.ucsf.edu/prhe/workmatters.html | -Chemical you may be exposed to -Effects of chemicals -How you are exposed -Preventing -Legal rights in workplace Where to get help | 2012 | 13* |

Household Cleaning Products & Reproductive Health

| Organization | Type | Title | Link | About | Date | Reading Level |
|-----------------------------------|-------------|--|---|--|-------------|----------------------|
| Environmental Working Group | Tip sheet | Safer cleaning supplies for your home | http://static.ewg.org/reports/2010/Home-Tip-Sheet.pdf | Guide to using safer cleaning supplies Offers precautions and tips to stay safe | 2010 | 1 |
| Web MD | Interactive | How Healthy is Your Home? | http://www.webmd.com/health-ehome-9/default.htm#nav | Interactive Looks at different rooms in a home and examines what is safe and what chemicals need to change | Feb. 2009 | 12 |
| National Resources Defense Center | Factsheet | Protect Your Family From Hidden Hazards in Air Fresheners | http://www.nrdc.org/health/home/airfresheners/fairfresheners.pdf | -Toxics found in air fresheners -Regulations needed to promote safety of air fresheners | Sep. 2007 | 5 |
| Women's Voices for the Earth | Article | Chemicals in Household Cleaning Products: What Every Woman Should Know | http://www.womensvoices.org/issues/fact-sheets/basic/ | -Toxics found in cleaning products and air fresheners that may cause reproductive harm -Explains lack of governmental regulation -Suggestions of how to protect family from exposure | 2010 | 14* |

Food Products & Reproductive Health

| Organization | Type | Title | Link | About | Date | Reading Level |
|---|-------------|--|---|---|-------------|----------------------|
| Center for Science in the Public Interest | Fact sheet | Sweet Nothings: Not all sweeteners are equal | http://www.cspinet.org/nah/05_04/sweet_nothings.pdf | -Substitute sugar has properties that disrupt reproductive system - can activate cancer cells -discusses different types of sweeteners and if they are safe | May 2004 | 4 |

| Environmental Working Group | Fact sheet | EWG guide to safe drinking | http://www.ewg.org/research/ewgs-guide-safe-drinking-water | -contaminants in tap water -tips on the dangers of polluted water and why use filtered water | 2013 | 6 |
|--|------------------------|--|---|---|-------------|----------------------|
| University of California San Francisco | Brochure | Food Matters | http://www.prhe.ucsf.edu/prhe/foodmattersresources.html | -Suggestions for better eating habits and choices | Dec. 2011 | 15* |
| <i>Beauty Products/ Cosmetics & Reproductive Health</i> | | | | | | |
| Organization | Type | Title | Link | About | Date | Reading Level |
| Black Women for Wellness Production | Publication / brochure | BWW Goes Green | http://www.bwwla.org/publications/BlackWomenforWellness-GoingGreenTipBook.pdf | Expose the harm of everyday beauty products DMDM causes early puberty in girls Nail polish- birth malfunctions, reproductive toxicity *main points highlighted | 2011 | 14* |
| Women's voices for the Earth | Info graphic | Secret Scent | http://www.womensvoices.org/avoid-toxic-chemicals/fragrance/ | -fragrances can cause allergies and are linked to low fertility and other reproductive problems. | Feb. 2013 | 6 |
| The Campaign for Safe Cosmetics | Fact sheet | Not So Pretty: Toxic Products Marketed to Black Women | http://www.womensvoices.org/wp-content/uploads/2010/06/Products_Marketed_to_Black_Women.pdf | Straightening and makeup to make skin lighter has the most effect on women health | --- | 10 |
| FDA | Fact sheet | Cosmetics | http://www.fda.gov/downloads/ForConsumers/ByAudience/ForWomen/UCM393860.pdf | Safety tips Laws and regulations | 2008 | 6 |
| The Campaign for safe cosmetics | Fact sheet | Unmasked: Nine Truths Behind the Myths of Cosmetic Safety | http://www.womensvoices.org/wp-content/uploads/2011/08/Unmasked_2010.pdf | Lead in cosmetics Early effects on rep. system Mostly marketed to women of color | Aug. 2011 | 8 |
| The Campaign for Safe Cosmetics | Article | Cumulative Exposure and Feminine Care Products | http://www.safecosmetics.org/get-the-facts/healthandscience/cumulative-exposure-and-feminine-care-products/ | Feminine products can be affecting women's system Fragrance and pesticides | Feb. 2011 | 13 |
| Safe Cosmetics | Report | Not So Sexy: The Health Risks of Secret Chemicals in Fragrance | http://www.safecosmetics.org/wp-content/uploads/2015/02/Not-So-Sexy-report.pdf | Report on the effects of fragrance on reproductive health Includes charts and graphs on safe and unsafe fragrances | May. 2011 | 12+ |

*Indicates reading level was analyzing using the Gunning FOG test through the website www.read-able.com