

# HAIR PRODUCT USE AND THE AGE AT MENARCHE

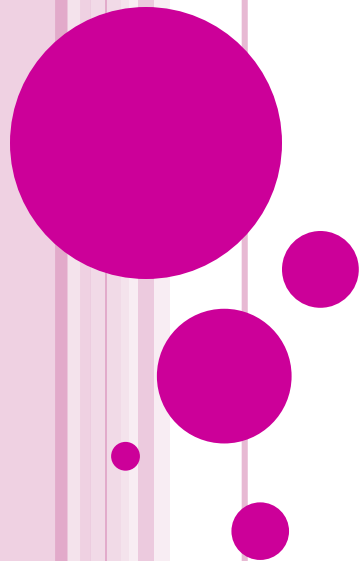
COMMUNITY BRIEFING:  
COSMETICS, PERSONAL CARE PRODUCTS &  
WOMEN AND CHILDREN'S HEALTH

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# DOES HAIR PRODUCT USE IN EARLY LIFE INTERFERE WITH WOMEN'S HEALTH?



# HAIR CARE PRODUCTS AND HARMFUL CHEMICALS

- Hair Oils
- Hair Lotions
- Root Stimulators
- Leave-in Conditioners
- Perms/Relaxers
- Hair Dyes

○ Endocrine Disrupting Chemicals (EDCs)



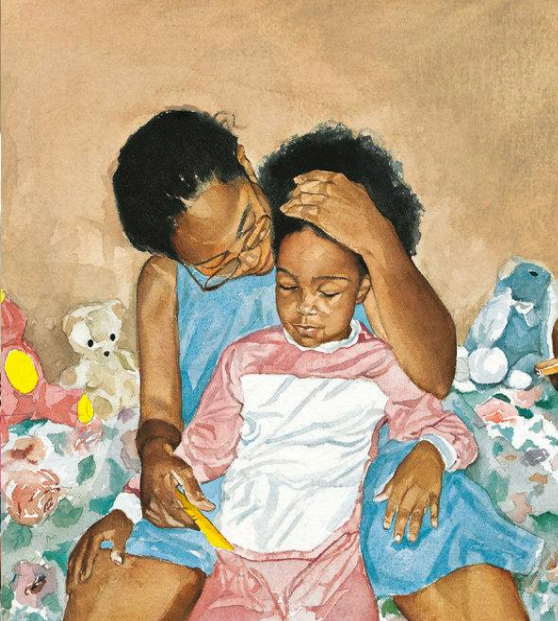
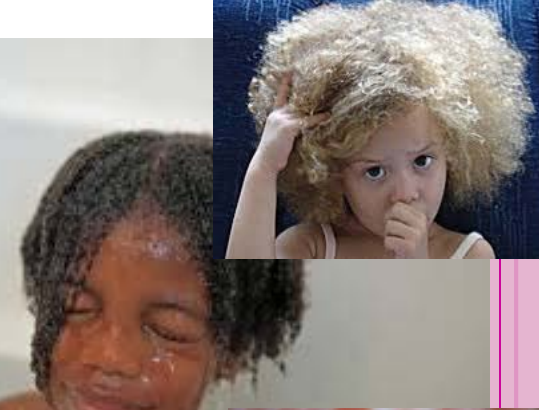
○ Interference with hormone production



○ Hormone related issues



**NATURAL HAIR  
DETANGLING  
FOR KIDS**



# CHILDHOOD HAIR PRODUCT USE AND STARTING YOUR PERIOD BEFORE AGE 11

McDonald *et al. Environmental Health* (2018) 17:1  
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Environmental Health

RESEARCH

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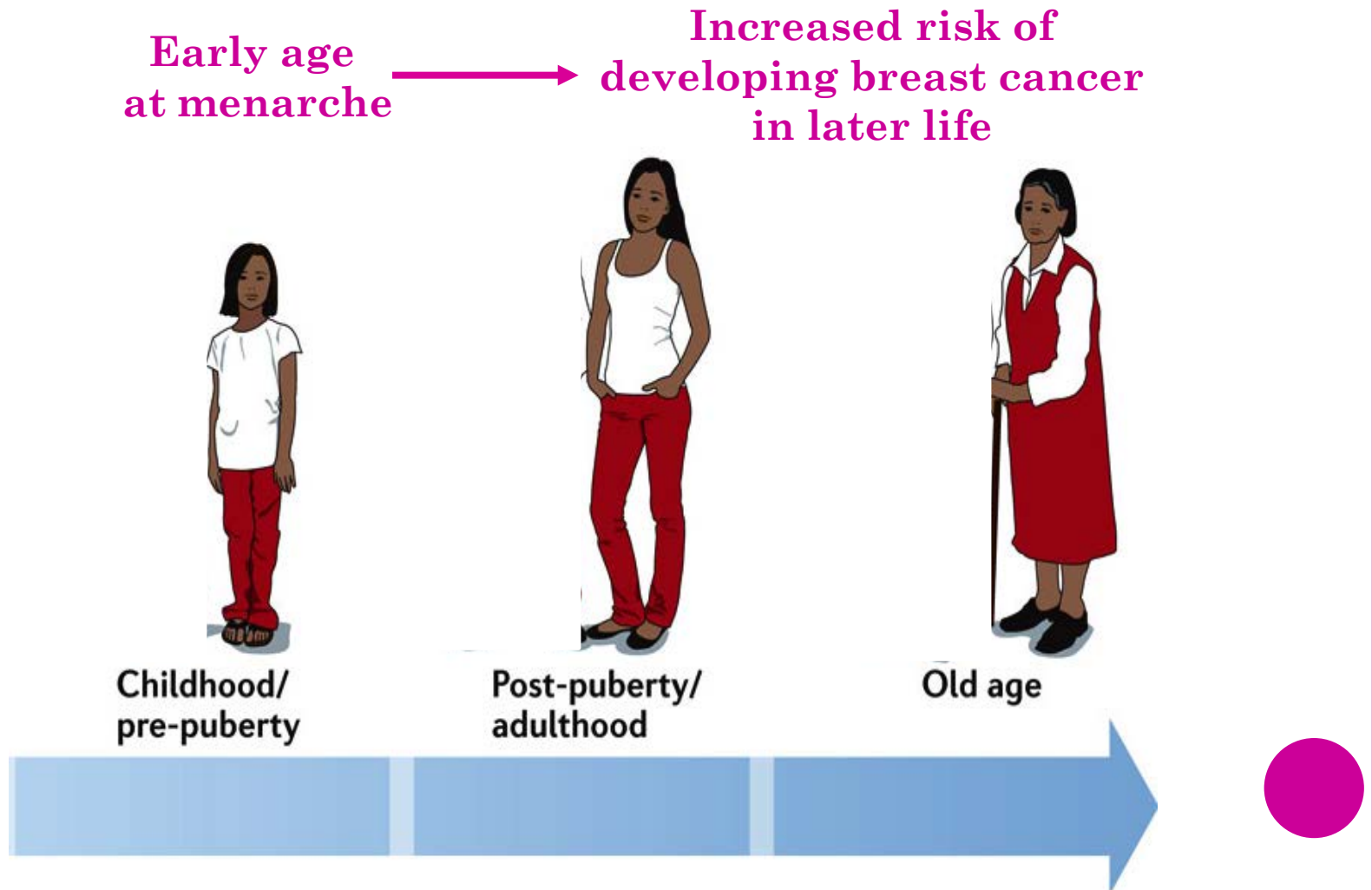
Hair product use, age at menarche and mammographic breast density in multiethnic urban women



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An earlier age at starting your period was associated with using hair products in childhood; especially hair oils.

# DOES HAIR PRODUCT USE IN EARLY LIFE EFFECT A WOMAN'S BREAST CANCER RISK?



# I Am Not My Hair ~India Arie



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Little girl with the press and curl

Age eight, I got a Jheri curl

Thirteen, and I got a relaxer

I was a source of so much laughter

At fifteen when it all broke off

Eighteen and went all natural

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