Exposure X 2: Use and Safety of Personal Care Products During Pregnancy

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Personal Care Product Chemicals
Endocrine Disruptors

- **PARABENS**
  - Methyl-
  - Ethyl-
  - Butyl-
  - Propyl-

- **PHENOLS**
  - BP3
  - Triclosan
  - DCPs

- **PHTHALATES**
Widespread Exposure: National Findings

Phthalates

Parabens

Triclosan

BP3

DCPs
Does Product Use = Exposure?


Parabens and Lotion Use

Concentration in Urine

% of Body Lotioned


Number of Products Used

Concentration in Urine

GEL
Exposure X 2: Product Use During Pregnancy

- Phthalates, Parabens and Phenols pass from mother to fetus through the placenta
- Fetus is particularly vulnerable and exposures may have long lasting effects
- Fetal exposure has been associated with:
  - Behavioral Problems
  - Altered Neurological Development
  - Endocrine Disruption
  - Asthma
  - Allergies
  - Altered Reproductive Development
  - Preterm Birth
  - Obesity/Cardiovascular Outcomes
Overall Cohort
- Enrolled 727 maternal-child pairs living in Northern Manhattan or the South Bronx
- African American and Dominican

Phthalate / Paraben Study
- Questionnaire during pregnancy: 7 product categories (deodorant, perfume, hair spray, hair gel, nail polish/polish remover, liquid soap/body wash, lotion/mist)
- Chemicals measured in mother’s urine during pregnancy (between May 2003 and July 2006)
  - Phthalates (n=435)
  - Parabens/Phenols (n=375)
Results: CCCEH vs. National
Results: CCCEH vs. National
Previous Findings: Phthalates

New Findings: Parabens and Phenols
New Findings: Parabens and Phenols

Methyl-Parabens
How Can We Protect Ourselves?
How Can We Protect Ourselves?
HERMOSA Intervention Study

- 100 Mexican American girls aged 14-18 from Northern California
- Intervention – Replacement Products
  - Ingredient lists did not include triclosan, BP-3/oxybenzone, or any parabens
  - Avoided products containing parfum or fragrance unless they were specifically labeled as “phthalate-free”
  - Products used for 3 days

![Change in Chemicals Over Intervention Period](image-url)
Make the Right Choice!

EWG’s Skin Deep® Cosmetics Database
Make the Right Choice!

Colgate Total Advanced Toothpaste Gel, Fresh & White

EWG’s Skin Deep Cosmetics Database

Colgate Cavity Protection Toothpaste

Drug Facts
Make the Right Choice!

VS.

Methyl- and Propyl- Parabens

“Fragrance” = Phthalates

No Parabens

No Fragrance
Detox Me

The most reliable clean lifestyle guide that empowers you to eliminate toxic chemicals from your daily life.

This free smartphone app walks you through simple, research-based tips on how to reduce your exposure to potentially harmful chemicals where you live and work—and it keeps track of your progress.

We believe knowledge is not just power, but a prescription for prevention.

Easy to Find Tips

Looking for a better dish soap or a new sofa? Detox Me is a great shopping companion and can help you find key tips for choosing safer products. When shopping, pull out your phone and use the barcode scanner or text search option to find relevant tips.

Smart Guides

Use the Label and DIY Guides in each category to quickly decode consumer product labels and find simple non-toxic alternatives. You can also check out the top 10 tips for each category.

Change Maker

Healthy Home

Healthy Industry

Drainiac

DIY Master

Right Path
Thank You!

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