

Tips to reduce exposures to Endocrine Disrupting Chemicals

- Minimize contact with dust (e.g. use a wet cloth to dust, HEPA filter vacuum)
- Wash hands before eating
- No plastics in the microwave or dishwasher
- Eat fresh or frozen foods, avoid packaged or processed foods (e.g. microwave popcorn, fast food)
- Avoid canned foods and beverages when possible (BPA)
- Eat organic when possible
- Choose low mercury fish (www.healthyenvironmentforkids.ca/content/dish-safer-fish)
- Open windows to air out rooms and cars, especially on hot days
- Choose personal care and cleaning products wisely. Vinegar and baking soda work well for cleaning. www.ewg.org/skindeep/ www.thinkdirtyapp.com/
- Avoid antimicrobial soaps and toothpastes (triclosan)
- When possible, switch to foam furniture manufactured after Jan 1 2015 (flame retardants) greensciencepolicy.org/topics/consumer-resources/
- Choose building products with care (e.g. carpets, flooring, paints, insulation) greensciencepolicy.org/topics/healthy-buildings/
- Avoid stain repellent treatments on carpets & furniture

Resources about environmental chemicals

“Little Things Matter” video by Dr Bruce Lanphear (Simon Fraser University)

- Short video explaining concerns about low dose chemical exposures www.youtube.com/watch?v=E6KoMAb1Bw

Environmental Working Group (US): www.ewg.org

- Guides about sunscreens, cosmetics, cleaning products, pesticides on produce etc.

Databases for personal care products

- Skin Deep (US): www.ewg.org/skindeep/
- Think Dirty app (Canadian, iPhone only): www.thinkdirtyapp.com/

Green Science Policy Institute (US): greensciencepolicy.org

- Resources on mattresses, furniture, building materials, toxics in water, flame retardants, fluorinated chemicals (stain repellents, food packaging), etc

Canadian Partnership for Children’s Health and Environment: www.healthyenvironmentforkids.ca/

- See Video: 5 steps to exposure reduction video (suitable for clinician waiting rooms)

The Collaborative on Health and the Environment (US) www.healthandenvironment.org/

- **Toxicant and Disease database:** Search by disease or chemical to see latest evidence www.healthandenvironment.org/what-we-do/toxicant-and-disease-database/

Environmental Health News: www.environmentalhealthnews.org

- Database of environmental health news stories from around the world. Updated daily. Search the archive for specific topics

TedX the endocrine disruption exchange: endocrinedisruption.org/

- Excellent overall resource. Sections on pesticides, chemicals in oil and gas development, etc

Project Tendr: projecttendr.com/

- Collaboration of professionals concerned about environmental chemicals and ADHD, Autism, Learning Disorders etc