

March 24, 2021

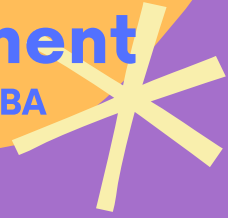
Springtime Science

This series is hosted by University of Illinois Extension and the Interdisciplinary Health Sciences Institute.

Our Chemical Environment

Part 1

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Quick Tips:

- **The dose makes the poison. Almost anything can be toxic, but it is entirely dependent on how much!**
- **Some compounds can interfere with our hormones but there are simple steps we can follow to reduce our exposure.**
- **The mode of transport (inhalation, ingestion, or skin contact) for a chemical is important to consider.**



Endocrine Disrupting Chemicals



Where they are found and how to reduce your risk

BPA

- Plastics
- Resins
- Thermal paper

Dioxins

- Incineration byproducts

Flame Retardants

- Furniture
- Electronics
- Construction materials

PFAS

Products resistant to...

- Water
- Heat
- Stain
- Oil and grease

Phthalates

- PVC Plastics
- Personal care products

Triclosan

- Antibacterial products
- Odor resistant products

Cut out

- Replace products containing EDCs with safe alternatives

Clean

- Wash your hands regularly
- Clean your produce

Check your labels



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Next Week:

Our Chemical Environment
Part 2: Phthalates, BPA, and
the Developing Brain
Elli Sellinger, BS



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