

DEFEND

OUR

HEALTH

Solutions for a  
Toxic-Free Tomorrow

## Your **FREE** Gift to Help You Avoid Toxic, Hormone-Disrupting Chemicals

**Bad news first:** Toxic chemicals are so ubiquitous that it's impossible to avoid exposure entirely. And studies consistently show that lower-income families and communities of color suffer higher exposures.

**Good news?** Defend Our Health fights every day for chemical safety. We work for healthy policies from companies that produce food and products, and from all levels of government. Please support the work! You can make your gift at:

[defendourhealth.org/donate/](https://defendourhealth.org/donate/)

### 1 Avoid canned food and drinks

The inside of some cans are coated with toxic chemical BPA, and even those labeled "BPA-free" may contain a similarly toxic substitute.

### 2 Pop your own popcorn

That shiny coating inside microwave popcorn bags likely contains toxic PFAS.

### 3 Avoid heavily processed foods

Phthalates migrate into food from packaging and during processing—so fresher, less processed food means lower exposure to toxic phthalates.

### 4 Read the list of ingredients

In cosmetics and personal care products, avoid those that list "fragrance" and "parfum" as ingredients. Cosmetic makers may list phthalates that way because the U.S. Food and Drug Administration does not require them to list the individual ingredients of fragrances.

### 5 Skip the store receipt

BPA is used in the thermal inks used on many store receipts. Studies show that BPA is quickly absorbed through the skin upon contact, where this harmful chemical directly enters the bloodstream.

## Top Chemical Threats

Scientists and doctors have called the health damage that toxic chemicals create nationwide "a silent epidemic." Its impacts are frightening, and tied to disabilities, weakened immune systems, and chronic disease. **Three of the top toxic hormone-disruptors are:**

### PHTHALATES

(*THAL*-eights)

Found in some cosmetics, plastics, rubber, inks, and adhesives, exposure to phthalates is linked to ADHD and infertility.

### PFAS

Used in food packaging, stain-resistant carpets and other "non-stick" products, exposure to some per- and polyfluoroalkyl substances (PFAS) has been linked to kidney cancer, thyroid disease, and reduced resistance to infections.

### BPA

Added to receipt paper and the can linings of food and drinks, exposure to bisphenol-A (BPA) harms brain development and is linked to diabetes.

***Thank you for supporting our work to keep you and your family safe.***