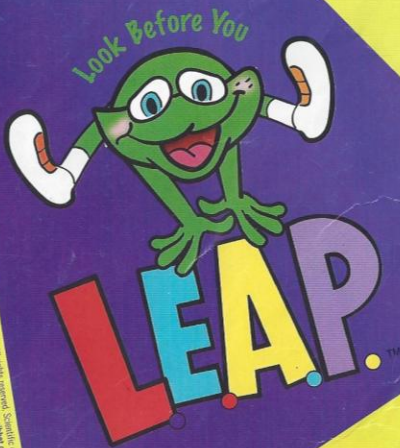


Protecting Your Children Against Environmental Health Threats



- ❖ Lead Poisoning
- ❖ Endocrine Disruptors
- ❖ Air Pollution
- ❖ Pesticides

Patterns of illness in American children have changed dramatically over the last century. Asthma, learning disabilities, autism, obesity and leukemia are the most common and some of the most feared childhood diseases in American children today. Mounting scientific evidence has demonstrated that Lead Poisoning, Endocrine Disruptors, Air Pollution and Pesticides are four types of toxins that may have contributed to the increase. **Why?** Look inside for more information and useful tips on how to protect your family...

Everyday household products may contain chemicals that can harm your family's health...

Johnny can't read, sit still, or stop hitting the neighbor's kid...

Childhood asthma rates have more than doubled over the last few decades...

Certain pesticides could become the ultimate male contraceptive...

Did You Know?

Endocrine (hormone) disruptors are chemicals found in everyday products, that may have the ability to disrupt our normal body functions.

They are found in plastic bottles, cups, canned food liners, PVC toys, pesticides, and health and beauty products.

Endocrine disruptors have been shown to disrupt the development of wildlife and may produce similar disorders in people.

These disorders include: ♦ Reproductive and developmental disorders ♦ Learning problems ♦ Immune system and neurobehavioral dysfunctions ♦ Abnormalities of the male reproductive tract ♦ Decreasing sperm counts ♦ Increasing incidence of testicular and breast cancer.

ENDOCRINE DISRUPTORS

How Can You Reduce Exposure to Endocrine Disruptors?

Use glass, porcelain or stainless steel cooking equipment and food storage containers instead of plastic.

Don't microwave food in plastic or with plastic wrap on it. Avoid plastics labeled #3, 6 or 7 and don't re-use #1 plastic. Remember the rhyme "Choose #5, 4, 1 or 2 - all the rest are bad for you!" Use glass baby bottles and choose silicone nipples and pacifiers.

Read labels and AVOID products that contain these chemical ingredients:

- ♦ Bisphenol A (BPA) - plastic baby & water bottles, canned food liners
- ♦ Polyvinyl Chloride (PVC) - plastic toys, vinyl products
- ♦ Phthalates - cosmetics, nail polishes
- ♦ Methylparaben - shampoos, lotions
- ♦ Nonylphenol - shampoos
- ♦ Fragrance - may contain phthalates (see above)

Did You Know?

Air pollution has been linked to: respiratory disease, sudden infant death syndrome (SIDS) and heart disease in the elderly.

Childhood asthma rates have doubled in the last 20 years.

Outdoors, the burning of tobacco smoke, mold and mildew, and woodburning stoves and fireplaces. Fumes from new furniture and carpeting, volatile paints and varnishes, chemical "fresheners" and toxic cleaning products also add to the problem.

AIR POLLUTION

What Can YOU Do to Reduce Air Pollution?

Drive less. Walk or bike more. Use public transportation or carpools to work and play activities.

Keep indoor air clean. Open windows to air out the house. Don't smoke. Declare your house and car "smoke-free" zones. Use solid wood flooring or natural, washable rugs instead of wall-to-wall and/or synthetic carpeting.

Avoid heavy dust-collecting draperies and overstuffed furniture.

Wash stuffed toys regularly and dry them thoroughly.

Damp mop floors often and vacuum with a HEPA filtration system.

Use allergy-protective mattress pads and pillow covers.

Did You Know?

Pesticides are dangerous and many have been linked to serious health problems including cancer, birth defects, nerve toxicity and reproductive disorders.

Pesticides are chemicals used to kill unwanted plants, insects and animals.

Synthetic weed killers, lawn and garden pest control products, insect and rodent killers, flea/tick collars and dips are all common pesticides, and there are thousands of pesticide poisonings reported each year.

PESTICIDES

What Can YOU Do to Avoid Pesticide Exposure?

Common pesticides (organophosphates) are acutely toxic and have been associated with smaller head size in infants, an indication of possible pre-natal brain damage. Some are also endocrine disruptors.

Eat organic fruits and vegetables whenever possible. To find organic produce, look for five-digit PLU label codes beginning with #9. Wash all produce before cooking or eating.

Don't use pesticides on your lawn and garden. Don't allow your children or pets on pesticide-treated lawns. Remove shoes before coming indoors.

Use natural or the least-toxic methods for pest control.

Safely store and properly dispose of household chemicals.

Wash hands thoroughly and often.

Support pesticide-free legislation for your schools and communities.

Did You Know?

Lead poisoning is still a serious health problem for infants, young children and pregnant women.

The most common source of lead is paint used in homes that were built before 1978.

Toddlers who swallow lead paint chips or dust can become lead poisoned, resulting in seizures, brain injury and even death.

LEAD POISONING

How Can YOU Prevent Lead Poisoning?

Even low levels of lead poisoning can cause reduced IQ and learning disabilities.

Lead in the mother's body can pass to her unborn child.

If your house was built before 1978, have it professionally tested for lead content.

Have all lead paint removed by a certified lead paint abatement contractor.

Relocate pregnant women and children during renovations involving lead paint.

Run unfiltered tap water for 30 seconds before drinking or cooking.

Read labels to ensure toys and jewelry are lead-free - if in doubt, choose products made in the USA.

Wash hands thoroughly and often.