

REPRODUCTIVE HEALTH AND THE ENVIRONMENT

DO
YOU
KNOW...

★ 12% of the reproductive age population in the U.S. (7.3 million couples) report trouble conceiving and/or carrying a pregnancy to full term.

★ Reproductive health has been known to be affected by many factors, but recent scientific evidence indicates that certain pollutants in the environment, drinking water, food supply and common household goods may also play an important role in human fertility and reproduction.

★ There are some 80,000 chemicals that are currently registered for use in the United States today. Nevertheless, more than 85% of these have never been assessed for their effects on human health. Many of these chemicals attach to body fat and remain in the body for years, resulting in the fact that every woman, man, and child now bears a body burden of heavy metals and synthetic chemicals



ADDITIONAL RESOURCES

BOOKS

1. **Our Stolen Future: Are we threatening our fertility, intelligence, and survival? A scientific discovery story.** Theo Colborn, Diane Dumanoski, and John Peterson Myers. Foreword by Vice President Al Gore. Plume Publishing. 1996 ISBN: 0452274141
2. **Generations at Risk: Reproductive Health and the Environment.** Ted Schettler, Gina Solomon, Maria Valenti, and Annette Huddle. MIT Press, 1999. ISBN: 0262692473.

SAFE BEAUTY CARE

1. The Campaign for Safe Cosmetics: <http://www.safecosmetics.org/>
2. Environmental Working Group, Skin Deep: <http://www.ewg.org/reports/skindeep2/index.php>

NON-GOVERNMENTAL ORGANIZATIONS

1. Collaborative on Health and the Environment (CHE): www.healthandenvironment.org/
2. Environmental Working Group: www.ewg.org
3. Pesticide Action Network, North America (PANNA): www.panna.org/
4. The American Fertility Association: www.theafa.org
5. Alaska Community Action on Toxics: www.akaction.org



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PLACE
POSTAGE
STAMP
HERE

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PREVENT YOUR EXPOSURE

to environmental contaminants linked to reproductive health concerns with these

SIX SIMPLE STEPS

Know Your Food

A number of pesticides used on produce have been linked to reduced fertility and menstrual irregularities in women and hormonal changes and reduced fertility in men. If you have a choice, grow or harvest your own food without the use of synthetic chemicals. Otherwise, purchase organic food at your grocery store if it is available. Awareness raises your ability to have control.

Know What's in Your Beauty Products

Phthalates, a group of industrial chemicals, are among several chemicals often added to self-care and beauty products. Phthalates in particular have been recognized as a possible reproductive toxin, specifically in males *in utero*. Find out what is in your favorite products and use safer alternatives.

Be Informed About Plastics

Bisphenol A is a chemical compound that is used in plastics in food containers, water bottles and baby bottles. It has been shown to interfere with cellular signaling pathways important to fertility and reproduction. Phthalates are also found in some plastics and can leach into the substances they touch. Never microwave plastic or plastic wrap, as this can release chemicals into your food.

Select Non-toxic Household Cleaners

Find and purchase alternatives to toxic chemicals. Many cleaning products contain solvents which have been linked to reduced fertility in both men and women. Purchase household cleaners that are non-toxic or use baking soda, borax soap, and vinegar.

Avoid Cigarette Smoke

Cigarette smoke contains thousands of chemicals, of which several are believed to be linked to reproductive health, both for adult and *in utero* exposure for direct and second-hand smoke. These include reduced fertility and miscarriage in women and decreased semen quality and hormonal changes in men. Avoid places where you would be exposed to second-hand smoke.

Find Out More!

The medical and scientific communities have growing concern about how environmental contaminants affect reproductive health. Synthetic chemicals exist in virtually everything, including human beings. To learn more and become informed on how the chemical revolution that started in the last half of the twentieth century is changing the human race and the environment check out the additional resources listed here.

For more information regarding these six steps or scientific sources, please contact Alaska Community Action on Toxics.

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Thank you for supporting ACAT's work!

Your contributions to ACAT are tax-deductible to the extent allowable by the law.

Please make checks payable to:
Alaska Community Action on Toxics
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ACAT's work is done by a small, intensely dedicated cadre of people. ACAT is the only Alaska-based environmental health and justice group fighting at every level: from the village to the state to the national and international arenas. Please consider becoming a member, supporting our work through a financial contribution, or volunteering.