



NAVIGATING ENDOCRINE-DISRUPTING CHEMICALS: WHAT YOU AND YOUR PATIENTS NEED TO KNOW

We know that clinicians and their patients have questions about endocrine-disrupting chemicals (EDCs). Compelling scientific evidence in recent decades has established strong links between chemical exposures and endocrine diseases, and patients may want to know about the evidence relating EDCs to specific diseases, or how they can control their exposures and reduce risks for themselves and their families.

In 2019, the Society's EDC Advisory Group gathered a Task Force to develop resources that would help endocrinologists answer questions about EDCs and facilitate evidence-based discussions with their patients. The Task Force led the creation of a series of short videos, which build on the science presented in the Endocrine Society's scientific statements on EDCs. We hope that you find these videos useful and encourage you to check back as more videos will be released in the coming months. If you have any questions or subjects that you would like to see in future installments in this series, please contact Joe Laakso, PhD, Director of Science Policy at jlaakso@endocrine.org.

ENDOCRINE-DISRUPTING CHEMICALS AND WOMEN'S REPRODUCTIVE HEALTH

A VIDEO DISCUSSION WITH TRACEY WOODRUFF, PHD, MPH

How do endocrine-disrupting chemicals impact women's reproductive health? In this video, you will learn about how chemical exposures can adversely impact women's reproductive health and contribute to chronic disease. Additional evidence-based resources will be shared and cited to help you work with patients on prevention strategies.

Increased difficulty in conceiving and maintaining pregnancy is illustrative of recent troubling trends in women's reproductive health outcomes. Many women are routinely exposed to classes of chemicals, such as pesticides, parabens, phthalates, and per- and polyfluoroalkyl substances (PFAS) that have been linked to reproductive health problems. In this video, Tracey Woodruff, PhD, MPH, provides an overview of the links between EDCs and women's reproductive health outcomes and provides evidence-based strategies that you can share with your patients.

Q: What are some potential impacts of EDC exposures on women's reproductive health?

A: Exposure to EDCs has been linked to reproductive health disorders such as PCOS, endometriosis, and uterine fibroids. Declining pubertal age, increases in aggressive breast cancer in young women, and infertility can also be influenced by chemical exposures.

Q: How strong is the evidence linking chemical exposures to reproductive health disorders?

A: Numerous specialty and professional societies, including the Endocrine Society, the American College of Obstetricians and Gynecologists, and the American Society for Reproductive Medicine have issued statements saying there is robust evidence linking exposure to adverse reproductive health outcomes.

Q: How can I help protect my patients?

A: Health professionals can work with patients on prevention strategies such as eating a diet lower on the food chain with plenty of fresh fruits and vegetables, regular hand washing and not microwaving plastic containers. But this also requires systemic changes, so be engaged and register and vote.