



Exceptional Care for Women's Health and Pregnancy

*While research is still scarce on most chemicals, here are a few things to consider that could potentially be beneficial for your reproductive health based on what is currently published:*

- ❖ Avoiding smoking, increasing exercise and maintaining a healthy well- balanced diet is good for many aspects of your health, including fertility
- ❖ Women and men may benefit from a multivitamin
- ❖ Always strive for a healthy weight as obesity impacts fertility, pregnancy and potentially how we process and store EDC's
- ❖ For men, medications such as pain meds, and especially testosterone, will negatively impact sperm quality and quantity
- ❖ Don't assume the more supplements the better; remember these aren't as well regulated and not all ingredients are listed. Interactions with other medications occur so inform your physician about all over the counter supplements and products
- ❖ Consideration of organic products may minimize exposures to harmful chemicals
- ❖ Always wash all produce (even those with peels) to remove pesticides and chemicals
- ❖ Do not microwave on plastics and phthalates may leach into foods and liquids
- ❖ Use glass or stainless steel containers, especially for drinking water
- ❖ If using plastic bottles for food or personal care containers check the bottom of the bottle for the number that tells you about the type of plastic. Many publications and manufacturers suggest avoiding the numbers 3 and 7. Some would suggest also avoiding #6 which is polystyrene, otherwise known as Styrofoam and can leach styrene into food
- ❖ Consider drinking filtered tap water if your tap water is safe
- ❖ Use more "green" household cleaning and lawn products as they may be less toxic
- ❖ BPA or phthalate-free labels are an improvement but not a safety guarantee
- ❖ Consider fragrance free products as this is often a source of EDC's
- ❖ Ask your salons about their hair, skin and nail products
- ❖ Fish is good for you (and baby when pregnant) just educate yourself regarding the fish and try to minimize mercury, PCB's and dioxins
- ❖ Consider unbleached or non-chlorine bleached paper, tampons and filters for coffee
- ❖ Supporting large scale policy improvements and environmental research is important

There is so much to learn. Awareness and education are key, along with continued research. Many of the suggestion are likely beneficial for your overall health and your patient's health, not just fertility.