



## 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](mailto:jlaakso@endocrine.org).

## HELPING YOUR PATIENTS LIMIT ENDOCRINE DISRUPTING CHEMICAL EXPOSURES

A VIDEO DISCUSSION WITH LEONARDO TRASANDE, MD, MPP

Among the many sources of chemical exposures, what can patients do to reduce their risk? In this video, at [endocrine.org/topics/edc/talking-edcs](https://endocrine.org/topics/edc/talking-edcs), you will learn about straightforward and cost-effective steps that everyone can take to limit their exposure to harmful EDCs.

Given the widespread nature of EDCs and strong evidence of harm, patients may understandably be concerned and have questions about what they can do to control their environment and limit exposures to EDCs. The following "seven safe and simple steps" are increasingly cost effective, do not require detailed scientific expertise, and will have real benefits to patients:

1. Encourage the use of organic foods with a lower pesticide burden
2. Avoid canned and processed foods
3. Avoid handling thermal paper receipts
4. Know what's in your personal care products
5. Limit phthalates and parabens by being careful with your plastic containers
6. Prevent flame retardant exposure by replacing damaged furniture, buying natural products that are less flammable, and recirculating indoor air.
7. Avoid nonstick cooking pans to prevent PFAS exposure.