

PCOS and Endocrine Disruptors

Endocrine disrupting chemicals (EDCs) can disrupt hormone balance in the body – something that may affect PCOS symptoms. It’s recommended to decrease these when possible. Studies show that people with PCOS have higher levels of BPA, which is found in plastic products, in their systems compared to people without PCOS. BPA is associated with increased androgens and inflammation. See the chart below for tips on decreasing these.

Tip: the following list may include many things that you use each day. Don’t get overwhelmed! Try to pick one or two things that may be the most impactful and swap those out.

Endocrine Disrupting Chemical	Try swapping it out with this!
<p>Plastic (BPA & phthalates)</p> <ul style="list-style-type: none"> • Especially contaminated when touching food/drinks that are wet or hot. • Most commonly found in water bottles, Tupperware, drinking cups and canned products 	<p>Stainless steel or glass water bottles and drinking glasses</p> <p>Glass storage containers</p> <p>Purchase BPA-free cans</p>
<p>Teflon Most commonly used in non-stick pans</p>	<p>Cast iron, ceramic or stainless steel pots and pans</p>
<p>Scented home items Air fresheners, candles, laundry detergent, fabric softener</p>	<p>All-natural candles, essential oils, unscented home products</p>
<p>Beauty Products Parabens 4-MBC and benzophenone (sunscreens) Phalates (look for DEP / diethyl phthalate)</p>	<p>Look for more natural, paraben-free products (Environmental Working Group’s “skin deep” website is helpful)</p>