



## Resources

The following publications focus on the health impacts of endocrine disrupting chemicals (EDCs) and pesticides on pregnant women, mothers to be and children. They offer practical advice on how to reduce exposure to chemicals and pesticides in daily life.



### Information brochure: Protect your baby, limit endocrine disruptors (2015)

This information brochure by *Gezinsbond* highlights the need to protect your baby and limit your exposure to EDCs. As unborn children are especially sensitive to these chemicals, it is better, if you are pregnant or plan to become pregnant, to minimise the exposure.

Available in Dutch



### Helping to protect your baby during pregnancy (2015)

This guide by *Breast Cancer UK* is designed to inform and help pregnant women reduce their exposure to harmful chemicals.

Available in English



### Expecting a baby? Advice about chemicals and pregnancy (2014)

This guide by the *Danish Environment Protection Agency (EPA)* explains that as we are exposed to many chemicals from many different products, every day, it is a good idea to minimise this exposure as much as possible, especially if you are pregnant or planning a pregnancy.

Available in English, Danish



### How pregnant women can protect themselves and their children from harmful substances (2014)

This leaflet by *BUND* gives useful advice to women about where to find potentially harmful chemicals and what they should look out for in everyday life to reduce exposure. Children are vulnerable and it is therefore important to take precautions during pregnancy and for the new born baby to avoid contact with chemical substances as much as possible.

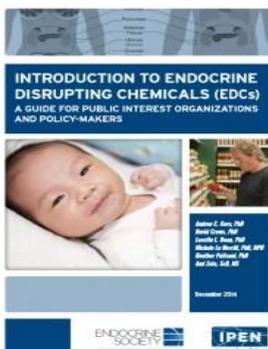
Available in German



### Easy steps to a safer pregnancy (2014)

The good news is that you can take charge of your pregnancy and avoid environmental toxins. This manual by *Healthy Child, Healthy World* is filled with advice about safeguarding you and your growing baby from all kinds of toxic exposures.

Available in English



### Guide on health threats posed by EDCs (2014)

There is growing evidence that unborn babies and children have a particular vulnerability to EDCs. This guide by the Endocrine Society and IPEN documents the threat these harmful chemicals pose to human health.

Available in English



### Endocrine disruptors in the healthcare sector – Are there reasons for concern? (2013)

Created for healthcare professionals on EDCs, this leaflet by *Health Care without Harm Europe (HCWH)* examines the reasons why we should be concerned, who is at risk, including on pregnant women and babies, and where EDCs are hidden in the healthcare sector.

Available in English, French, German, Hungarian, Italian and Spanish



### Possible developmental early effects of endocrine disruptors on child health (2012)

This publication by the World Health Organization (WHO) presents a short summary of the current knowledge of the effects of EDCs on child health. Accumulating data suggest that many adult diseases have fetal origins, but the causes have remained unexplained. Improving fetal and child health will influence the whole life of an individual and improve the wellbeing of our society.



Available in English



### Guide to Baby Care (2012)

This information brochure by Women in Europe for a Common Future (WECF) informs you how to avoid exposure to hazardous substances in your and your baby's care products.

Available in English, Dutch and German



### Girl, Disrupted: Hormone Disruptors and Women's Reproductive Health (2011)

The leaflet by the *Collaboration on Health and Environment (CHE)* explains what hormone disrupting chemicals are and how they affect women's reproductive systems - particularly at critical stages of development. It highlights key scientific research regarding contaminants linked to conditions including early puberty, infertility, endometriosis, uterine fibroids, breast cancer and others.

Available in English. Available in French and German in collaboration with WECF



### Choosing our future - For a healthier life, consume chemicals in moderation (2008)

Exposure to certain pesticides such as herbicides and insecticides, can increase the risk of children developing cancer, including non-Hodgkin's lymphoma and leukaemia. Still a relevant publication today, this comic book by HEAL and Générations Futures aims to create a bit of fun around the somewhat disturbing issues of how our environment – especially chemicals and pesticides – affect our health.

Available in Dutch, English and French



#### Videos and documentaries

- [How to protect pregnant women and children from EDCs](#) (WECF, 2015)
- [In Small Print](#) (Fundacion Vivosano, 2014)
- [Dutch TV Program Zembla on EDCs and their great risk to children](#) (EN text, WECF, 2013)
- [Ban on endocrine disrupting chemicals and pesticides](#) (HEAL, PAN Europe, 2013)

#### Statements

- [Chemical Exposures During Pregnancy](#), Scientific Impact Paper No.37 (2014), Royal College of Obstetricians and Gynecologists (RCOG)
- Committee Opinion on Exposure to Toxic Environmental Agents (2013) states: [“Reducing exposure to toxic environmental agents is a critical area of intervention for obstetricians, gynecologists, and other reproductive health care professionals.”](#) American College of Obstetricians and Gynecologists (ACOG)

#### Studies

- [Neurodevelopmental Disorders and Prenatal Residential Proximity to Agricultural Pesticides: The CHARGE Study](#) (Environmental Health Perspectives, 2014)
- [Neurodevelopmental effects in children associated with exposure to organophosphate pesticides: a systematic review](#) (Neurotoxicology, 2013)
- [Reduced birth weight in relation to pesticide mixtures detected in cord blood of full-term infants](#) (Environment International, 2012)

#### Websites

- Pesticide Action Week [www.pesticideactionweek.org](http://www.pesticideactionweek.org)
- Health and Environment Alliance (HEAL) [www.env-health.org](http://www.env-health.org) – News on [pesticides](#) and [chemicals](#)
- EDC-Free Europe [www.edc-free-europe.org](http://www.edc-free-europe.org) – [Campaign partners and supporters](#)
- Chemicals Health Monitor [www.chemicalshealthmonitor.org](http://www.chemicalshealthmonitor.org) - [Children at Risk](#)
- Women in Europe for a Common Future (WECF), [Project Nesting](#), [Child Protect](#), [Sustainable Nursery](#)
- Générations Futures: [Pesticides: what data on health?](#)
- Pesticide Action Network Europe [www.pan-europe.info](http://www.pan-europe.info)
- IBFAN Breastfeeding Briefs <http://ibfan.org/breastfeeding-briefs>

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