



# BISPHENOLS | WHAT YOU NEED TO KNOW


## 1 Possible sources of exposure


 Plastic tableware


 Cans


 Toys


 Dental material

 Occupational exposure (cashiers handling receipts)

 Safety equipment


 Textiles

 Occupational exposure (BPA manufacturing)

 Air & dust contaminated

## 2 How can Bisphenols enter your body?

### Via digestion

 Diet is the primary source of exposure (BPA)

### Via dermal absorption

### Via inhalation

## 3 How might Bisphenols affect your health?



Neurodevelopmental effects (BPA)



Immunodevelopmental effects



Cardiovascular diseases (BPA)



Hormone-related cancer risk (BPA)



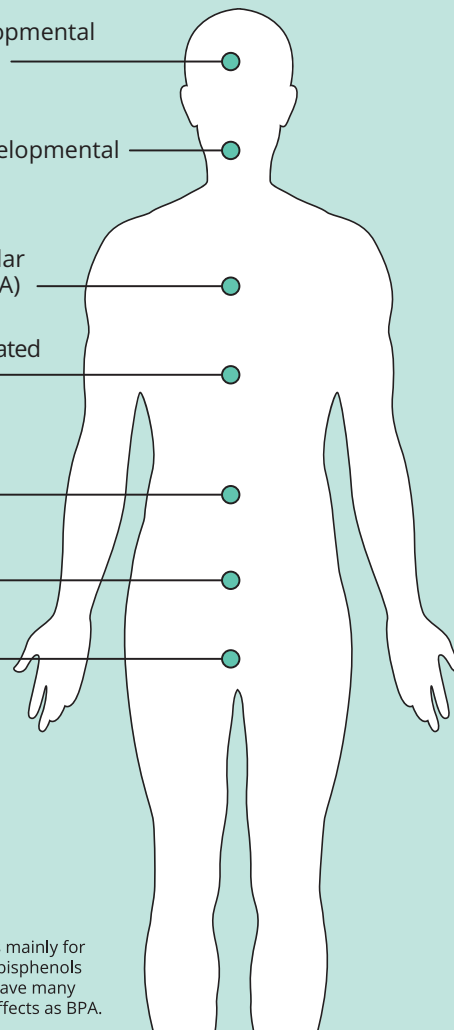
Low birth weight



Obesity and metabolic disease



Infertility



\* The information provided is mainly for Bisphenol A (BPA). However, bisphenols F, M and S are suspected to have many of the same adverse health effects as BPA.

## 4 How can you reduce your exposure to Bisphenols?



✗ Do not microwave plastic utensils containing Bisphenols



✗ Limit using polycarbonate containers for hot food or drinks



✗ Do not use damaged plastic food containers



✗ Avoid infant exposure by choosing BPA-free child products



↓ Reduce consumption canned food



✓ Use glass or stainless-steel bottles



✓ Eat food from metal or ceramic plates



✓ Use a product only for the intended use

## Where they can be possibly found?

! Bisphenols may be present in plastics with the following pictograms:



POLYCARBONATE

OTHER