BISPHENOLS | WHAT YOU NEED TO KNOW

1 Possible sources of exposure

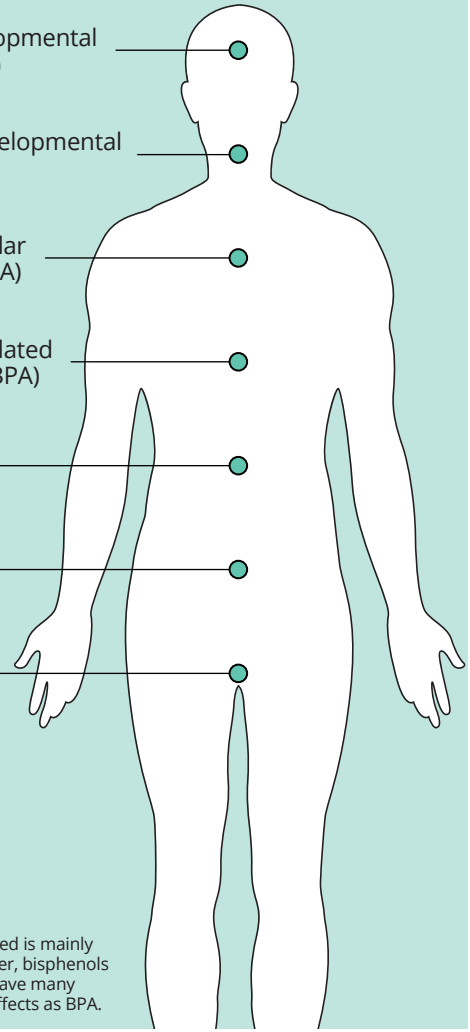
- Plastic tableware
- Cans
- Toys
- Dental material
- Occupational exposure (cashiers handling receipts)
- Safety equipment
- Textiles
- Occupational exposure (BPA manufacturing)
- Air & dust contaminated

2 How can bisphenols enter your body?

- Via ingestion
  - 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



Note: 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 Bisphends
- ✕ **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

The **European Union** has taken action to reduce citizen's exposure to BPA and to prevent regrettable substitution, such as banning BPA from baby bottles across the EY since 1 June 2011 and setting an amount of BPA that is allowed to leach out of toys for children up to the age of three and in any toys that are intended to be placed in a child's mouth.

For further information on how the European Union is protecting citizens read the **HBM4EU Bisphenols Factsheet**.

Where they can be possibly found?

Bisphenols may be present in plastics with the following pictograms:

HBM4EU science and policy for a healthy future

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