

EVERYTHING ABOUT PHTHALATES

Chemical compounds that can be found in our everyday objects.
They can enter the body through inhalation, ingestion or skin absorption.

THE HEALTH EFFECTS OF PHTHALATES



They can increase the risk of infertility, PCOS, endometriosis. They can reduce sperm count.



They can disrupt hormone functioning, can influence sexual development.



They can get through the placenta and harm the foetus.



They can be harmful to the development of the nervous system, can cause attention deficit, hyperactivity, autism, learning disability.



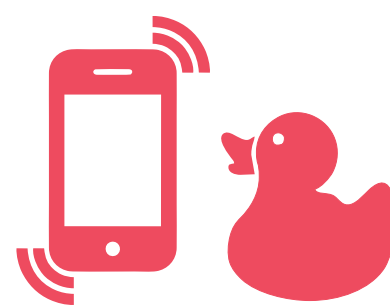
They affect metabolism and can cause obesity.

WHERE ARE PHTHALATES FOUND?



Construction materials

PVC floors, panellings, wallpapers and other coatings



Household objects

electronics, children's toys, phone cases, protective foils, air fresheners, glues, plasticines, candles



Food products

plastic wrapping of foods, PET plastic bottles, soft capsules



Clothing

raincoat, rubber boots, shoes



Cosmetics:

nail polish, hair gel, hair spray

HOW CAN WE AVOID PHTHALATES?

1. Try to replace anything plastic to products made of wood, glass, or metal! Try to buy products labelled as PVC-free and phthalate-free!
2. Try to use phthalate-free and fragrance-free cosmetics!
3. Clean regularly using a wet towel!
4. Don't heat your food in plastic containers!
5. Wash your hands frequently, especially before meals!
6. Always check the labelling of plastics!

AVOID!



PVC

CAN BE USED SAFELY:



Don't put hot drinks in it!
Don't refill it!
Don't put it under sunlight!
Don't burn it!



science and policy
for a healthy future

National Public Health Center, Hungary