

“PROTECTING YOUR PREGNANCY: UNDERSTANDING HORMONE-DISRUPTING CHEMICALS (EDCs)”

Why This Matters

Pregnancy is a critical window of development. Hormones are guiding the formation of your baby’s brain, organs, and future reproductive system. Endocrine Disruptors (EDCs) are chemicals found in everyday products that can interfere with these hormones.

Black women in particular are more likely to use products that contain higher levels of EDCs (due to targeted marketing), increasing the need for **awareness and safer choices

**Your body is
building a new life
— here’s how to
make it as safe as
possible**

**Studies have linked prenatal
EDC exposure to:**

- Hormonal imbalances
- Low birth weight
- Birth defects
- Early puberty
- Infertility in adolescence or adulthood
- Increased risk of miscarriage and preterm birth



melanininbalance@gmail.com



www.melanininbalance.org



YOUR WOMB
HEALTH
MATTERS

ANIMAL STUDIES

- A 2009 study on mice exposed to BPA during pregnancy showed **reduced fertility**, altered ovarian development, and **early puberty** in female offspring.
- Multigenerational animal studies have shown that exposure to EDCs like **vinclozolin** (a fungicide) can cause reproductive abnormalities in up to **three future generations**

THE SCIENCE YOU SHOULD KNOW

Your pregnancy is a unique opportunity to set the stage for a lifetime of health.
Even small changes can significantly reduce your exposure and your baby’s risk.

- Visit our “Choose Safer Options” page for vetted, affordable EDC-free products in:**
- Haircare & skincare
 - Maternity-safe beauty
 - Cleaning & home goods
 - Baby items & clothing

Checklist for Black Pregnant Women

Personal Care Products:

- **Choose products labeled “paraben-free”**
- **Select “phthalate-free” options**
- **Avoid products with synthetic fragrances**
- **Limit the use of hair relaxers and chemical treatments**

Food Choices:

- **Prefer fresh or frozen fruits and vegetables**
- **Avoid canned foods or look for BPA-free options**
- **Use glass or stainless steel containers for food storage**
- **Opt for organic produce when possible**

Environmental Awareness:

- **Research products and brands for safety ratings**
- **Advocate for cleaner environments in your community**
- **Discuss concerns with your healthcare provider**

Household Products:

- **Switch to natural cleaning solutions (e.g., vinegar, baking soda)**
- **Avoid using air fresheners or scented candles**
- **Ensure proper ventilation when using household products**

Conclusion

Your journey to motherhood is precious, and protecting your baby’s health is vital. By being informed and taking proactive steps, you can help ensure a healthier future for your child. Share this information with other expectant mothers in your community!

HUMAN STUDIES

Human Studies

- A 2011 study published in *Environmental Health Perspectives* found that higher maternal **BPA levels during pregnancy** were linked to **increased anxiety, hyperactivity, and depression in daughters** at age 3.
- The **CHAMACOS Study** in California showed that prenatal **phthalate exposure** was associated with **shortened anogenital distance in male infants**, a marker of altered male reproductive development.