

Men under threat

How the decline in male reproductive health may be linked to exposure to chemicals.



This leaflet has been prepared by the Chemicals Health Monitor Project (CHM), which aims to improve public health by ensuring that key scientific evidence on the links between chemicals and ill-health are translated into policy as quickly as possible.

Please see: <http://www.chemicalshealthmonitor.org>

The Chemicals Health Monitor project was launched by the Health and Environment Alliance (HEAL) with other partner organisations.

Health and Environment Alliance (HEAL) is an international non-governmental organisation that aims to improve health through public policy that promotes a cleaner and safer environment.



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CHEM Trust is a UK charity which aims to protect humans and wildlife from harmful chemicals so that they play no part in causing impaired reproduction deformities, disease or deficits in neurological function.



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Action is urgently needed

Babies in the uterus are particularly sensitive to the effects of certain chemicals. The effects can be irreversible and may not manifest themselves until after puberty. Individuals, particularly women before and during pregnancy, may want to try to minimise unnecessary exposure to chemicals (see box). But society could benefit more widely from better regulation of chemicals.

What you can do:

1. Avoid unnecessary exposure to chemicals, particularly including garden and indoor pesticides, and home maintenance products.
2. Avoid unnecessary use of personal care products, such as cosmetics and lotions.
3. Eat a healthy varied diet, with plenty of fruit and vegetables, preferably organically grown.
4. Avoid microwaving food in plastic containers or wrappings.
5. Visit or write to your government representative or Member of the European Parliament (MEP) to express your concerns about man-made chemicals and their role in adverse health trends. Ask for tighter controls, particularly for those chemicals which disrupt our hormone systems.

CHEM Trust and the Health and Environment Alliance are working together to get hormone disrupting chemicals removed from the market and replaced with safer alternatives which do not have the potential to interfere with our health and development.