

WHAT ARE ENDOCRINE DISRUPTORS?

They are chemical substances present in the environment that can modify the functioning of hormones with negative effects on health.

The first results of the Life MILCH project have shown that many endocrine disruptors are present in breastmilk and urine of more than 500 mother-child pairs.

HOW DID WE BECOME EXPOSED TO THESE POLLUTANTS?

- By INGESTION 
- By INHALATION 
- By SKIN CONTACT 
- Through the PLACENTA 
- BREASTFEEDING 

THE MAIN EFFECTS CAN BE ON:

- PRENATAL GROWTH 
- THYROID 
- METABOLISM 
- REPRODUCTIVE SYSTEM 
- EARLY OR LATE PUBERTY 
- NEUROBEHAVIORAL DISORDERS 

TIPS TO REDUCE EXPOSURE IN EVERYDAY LIFE

Avoid heating food in plastic containers in the microwave: place them on a ceramic plate or glass container



Limit the use of plastic food containers (especially if they are worn!), prefer glass containers for food storage

Prefer to purchase products in bulk, in glass or paper. Choose fresh, pesticide-free foods as much as possible



Remove food from plastic packaging as soon as possible and wash food very well

Avoid a daily intake of meat



Reduce drinking canned and plastic liquids and prefer glass containers

Prefer steel and ceramic pans. Verify that the labels specify NO PTFE - PFOA - NICKEL.



Do not use worn non-stick pans

Use body and make up products with the words: "BPA free", "PHTHALATE free" (DINP - DEPHT - DNOP - MEPH - MBP - MEP)



Limit the use of sunscreens with chemical filters but choose products with physical filters (with zinc or titanium oxide)

Prefer purchasing clothing made of natural textile fibers and bed linen



Be careful when purchasing detergent and fabric softener: they may contain different phthalates



During pregnancy and breastfeeding, do not lose weight



Air out your home for at least 15 minutes a day and vacuum regularly



TIPS TO REDUCE EXPOSURE FOR YOUR BABY

Prefer bodysuits, onesies, hats, and generally clothing made of 100% cotton or natural fibers



Choose sheets, mattress covers, pillowcases, and towels made of natural fibers



Use a sheet made of natural fibers to minimize direct contact with plastic or PVC materials, such as the floor or changing table



Prefer pacifiers and baby bottle teats made of rubber or silicone (BPA-free), replace them when worn out



Choose baby bottles without BISPHENOLS

*All baby bottles must be made without BPA, in compliance with Regulation (EU) No. 321/2011

For plastic bottles, prefer the use of cold sterilisers, limiting hot ones (steam or in microwave)

Pick a stroller with an eco-friendly coating made without BPA, PVC, and Phthalates



When possible, use cotton diapers for your baby



Choose comforter and toys made of 100% cotton or natural fibers



IF YOU FOUND THESE TIPS
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IF YOU'RE INTERESTED IN THE PROJECT OR
WOULD LIKE MORE INFORMATION, PLEASE
CONTACT US AT THE FOLLOWING ADDRESSES

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PROTECT YOURSELF AND YOUR BABY FROM ENDOCRINE DISRUPTORS!

AN ESSENTIAL GUIDE TO FIGURING OUT
WHAT THEY ARE AND HOW TO AVOID THEM
DURING PREGNANCY AND RIGHT AFTER
GIVING BIRTH!

ETIL PARABEN
BISFENOLO S
PARABENI
METIL PARABEN
DIBUTILFTALATO
IPA
PESTICIDI
GLIFOSATO
BISFENOLO F
PROFIL PARABEN
DIETILFTALATO
FTALATI
BISFENOLO A