



Common Environmental Contaminants

Contaminant	Compromising Action on Health	Source
PCBs (Polychlorinated Biphenyls)	Lowers immunity; disrupts thyroid and ovarian hormones; may cause breast cancer; impaired learning and memory	Industry: Old paints, varnishes, inks, hydraulic fluids, PCBs concentrate in fish.
Bisphenol-A	Disrupts thyroid function; lowers progesterone levels; increased breast cancer risk	Household: polycarbonate plastic food and beverage containers Industry: resin lining of cans and dental sealants, adhesives, building materials.
Phthalates (DEHP, DINP, DIDP, DBP, DnOP, DnHP) & PVC (Polyvinyl Chlorids)	Toxic to the thyroid; liver and kidney toxicity; mimics the hormone estrogen, endocrine disrupting chemical, decreased sperm production, changes in behaviour and cognition,	Industry: Added to plastics to make them soft and flexible – are ubiquitous in nature, automobile parts, lubricating oils, detergents Personal Care Products: in a range of cosmetic, soaps and other PCP Other: children’s toys, food containers, blinds, raincoats, furniture, flooring, wallpaper, blow-up furniture, shower curtains
Dioxin	Blocks testosterone in men; interferes with thyroid function; endometriosis and reproductive abnormalities; promotes cancer; damage to the thymus gland and immune system; can cause severe acne.	Industry: released into the air after the incineration of PVC; manufacturing of pesticides and herbicides; created during the bleaching of pulp and paper.
Furans	Carcinogenic; toxic to the developing fetus; toxic to the liver; infertility; suppresses immune system; hormone disruptor; high exposure may cause severe acne.	Industry: by-products of plastic production, manufacturing of iron and steel, industrial bleaching and incineration.
Brominated Fire Retartants (PBDEs)	Interferes with thyroid hormones; carcinogen; causes behaviour and memory problems; damages central nervous system.	Household: mattresses and futons, children’s pyjamas, carpets and drapes, computers, TVs, present in upholstery foam Industry: present as a fire retardant in plastic appliances,
Parabens (Methyl, Propyl, Butyl, and Ethyl Paraben)	Hormone disruptor; mimics estrogen and linked to breast cancer, decreases testosterone and sperm count, allergic contact dermatitis.	Personal care products: Used as a preservative in cosmetics, shampoo, conditioner, soaps, toothpaste and a range of other PCP. Food: antimicrobial, preservative and flavorant- packaged meats, fish and poultry, salad dressings, condiments, processed fruits and vegetables, frozen dairy products, cakes and pies, jellies and jams, beers and ciders, soft drinks, syrups Pharmaceuticals: injectable drugs, suppositories, hydrocortisone creams and ointments, antacids, medicated pain-relieving patches, mentholated vapour rubs, chap stick, antifungal and antibacterial preparations.

250 Dundas St East, Unit 4 Waterdown, ON L8B0E7

Telephone 1-905-690-9151 Fax 1-905-690-9351

<https://waterdownclinic.com/>