



Cancer Prevention: Avoiding Cancerous Chemicals

What are the health risks of certain household chemicals?

Not all chemicals pose health risks. But certain ones — including perfluoroalkyl (PFAS), volatile organic compounds (VOCs), parabens, phthalates, and bisphenol A (BPA) have been linked to a variety of negative health effects.

BPA, parabens, and phthalates may disrupt endocrine activity, meaning they can affect hormone production and lead to reproductive issues, certain cancers and other health issues. VOCs can be irritating to the eyes and lungs in the short term.

Long-term exposure may increase risk of cancer and damage to the nervous system. And PFAS (also known as “forever chemicals” because they don’t break down) have been linked to birth defects, cancer, and liver and kidney damage.

Source: UCLA Health

Try It This Week:

Take Steps to Limit Exposure to Household Chemicals

- **Air out new furniture and flooring:** Keep rooms with new furniture and flooring well-ventilated for several days. For new carpeting, it may also help to vacuum it.
- **Avoid heating plastic containers:** Store and heat food in glass containers instead.
- **Look for BPA-free water bottles (or skip plastic ones altogether):** Switch to glass or stainless steel reusable water bottles.
- **Use personal care products that are phthalate- and paraben-free:** Read product labels to check for ingredients you don’t want to put on your skin.

Benefits Buzz:

Get Help Making Healthy Changes

CommonHealth online programs

BREATHE WELL

Allergy season is upon us and most of us know someone who suffers from asthma, allergies, or another breathing challenge like Chronic Obstructive Pulmonary Disease (COPD). CommonHealth’s Breathe Well program provides easy to understand information, practical tips, and tools to help.



Breathe Well



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