Prescriptions for Prevention

BPA
Bisphenol A

Did you know?

BPA is known as an endocrine disrupter which means that BPA can affect the endocrine (hormone) system.

Action Plan

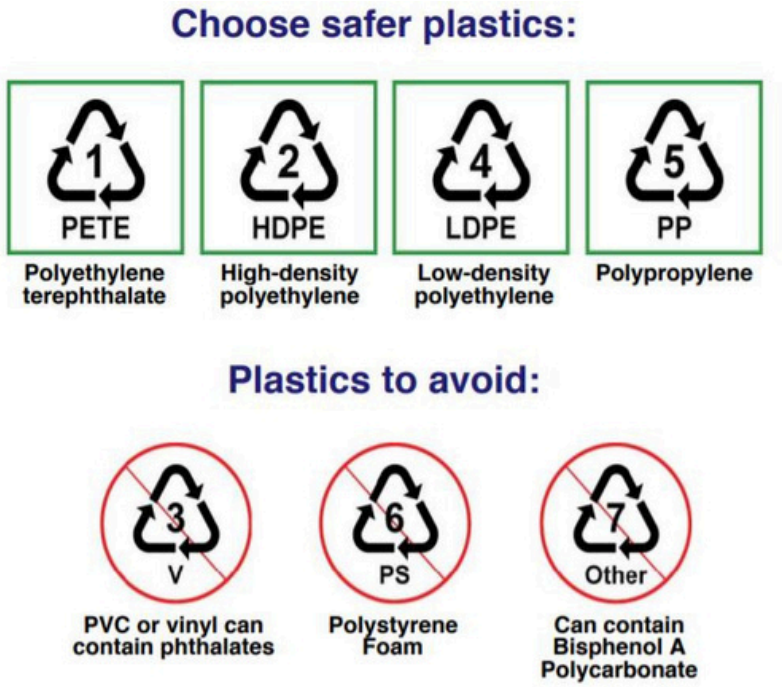
- BPA can be found in plastic food containers. Avoid heating plastic containers –– use glass containers to heat and store food.
- Use glass or stainless steel water bottles.
- BPA can be found in the lining of cans. Choose fresh or frozen foods instead of canned foods.
- BPA can be found in paper receipts from store registers. Choose e-receipts instead of paper receipts.
- Shop smart and check labels.
  - Avoid containers with the #7 recycling symbol or the polycarbonate “PC” label.
  - Choose products labeled “BPA-free” when possible.
  - Be Cautious: BPA is being phased out due to health concerns, and Bisphenol S (BPS) and Bisphenol F (BPF) are being used as replacements. These chemicals may also interfere with the hormone system.
- To learn more about Bispenol A (BPA), how it affects health, and how to prevent BPA exposures, click this link or scan the QR code:

Perelman School of Medicine University of Pennsylvania
Philadelphia Regional Center for Children's Environmental Health
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Children's Hospital of Philadelphia

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Resources

Reduce use of single-use plastics. If you choose plastics:



Source: Mount Sinai Children's Environmental Health Center

Environmental Working Group

While shopping, use the Environmental Working Group's SkinDeep database to select safer personal care products and minimize BPA exposure. To learn more and access this resource, click **this link** or scan the QR code:

For more information on the resources here or other questions, contact the Philadelphia Regional Center for Children's Environmental Health at:
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