

ENVIRONMENTAL CHEMICALS

Stay Safe During Pregnancy

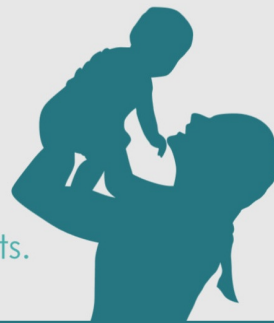
Every pregnant woman in America is exposed to at least 43 different toxic chemicals.



Many chemicals can pass from a pregnant woman to her fetus.

Prenatal exposure to certain chemicals is associated with:

- Stillbirth
- Miscarriage
- Birth defects
- Childhood cancers
- Impaired brain development in children



Toxic chemicals can have long-lasting reproductive health effects.

Reduce your exposure to environmental chemicals before and during pregnancy:

- Limit processed foods
- Use BPA-free products
- Limit foods high in animal fat
- Avoid pesticides and solvents
- Wash fresh fruits and vegetables
- Avoid fish with high mercury levels



Talk with your ob-gyn about how to avoid chemicals at home, work, and the community.



The American College of
Obstetricians and Gynecologists
WOMEN'S HEALTH CARE PHYSICIANS

acog.org/ToxicChemicals

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