

Environmental health impacts on nurses: personal and professional

Cathey E Falvo, MD, MPH
NYS Nurses Association
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- I have no conflicts of interest in anything related to this presentation

biomonitoring

- PSR Health Professional Biomonitoring
 - All participants had measurable levels of most chemicals investigated
- NHANES (2009)
 - Most people had some manmade chemicals

Triclosan-antibacterial

- contaminated with dioxin
- chemical structure like estrogen but androgen effects in fish
- hypothermia in mice (thyroid function)
- some bacterial resistance found
- lipophilic, not easily biodegradable
- contact dermatitis only occupational hazard found

Perfluorooctanoic acid (PFOA)

- Biopersistent in environment & humans
- Found in environment & humans
- Lab animals-developmental delay
- Teflon – pots, pesticides, lubricants

Bisphenol A (BPA)

- Polycarbonate plastics
- Epoxy resins-coat metal cans
- Dental sealants & composites

- Reduced weight in rats

BPA-What to do?

- Don't microwave polycarbonate plastic food containers.
- Polycarbonate containers that contain BPA usually have a [#7 on the bottom](#)
- Reduce your use of canned foods.
- When possible, opt for glass, porcelain or stainless steel containers, particularly for hot food or liquids.
- Use baby bottles that are BPA free.

Why worry?

- **THE PRECAUTIONARY PRINCIPLE**
- Laboratory studies or chemical configuration are worrisome
- If there is a problem found the results could be disastrous
- If there is no problem not much is lost



Questions?

Thank you