

## BPA: The Facts

Bisphenol A (BPA) is a chemical used to make polycarbonate plastic products, which can often be identified by recycle number '7'. BPA has been in use to create plastics since the 1960s, however polycarbonates have grown in popularity as a material in recent years for products such as disposable water bottles, sports bottles, food containers and baby bottles.

Over the past 12 to 18 months, scientific studies into BPA reveal that this environmental estrogen affects the human body in some alarming preliminary results. Through exposure to temperature changes, whether in the home or during storage and transportation, BPA can leach out of polycarbonate products, infusing with the food or beverages that they hold and absorbed by the body after consumption.

Animal testing has convinced the scientific community that exposure to BPA in this way can result in harming reproduction and brain development as well as possibly being linked to breast and prostate cancers and the early on-set of puberty.

What should be of most concern to parents is that those at the greatest risk are infants and young children, as they are likely to have higher exposure due to their body size and also given that most children's drinkwear is made of plastic.

Already banned in a growing number of states and countries, including Canada and parts of the U.S., BPA is a very serious public health threat. Ways in which you can minimize your exposure to BPA and that of your family, are simple. Through switching to stainless steel or glass drinkwear, baby bottles and food containers you can reduce your BPA intake and also minimize your carbon footprint as these options are more durable and recyclable.

For more information on BPA, please consult the following reports and articles:

<http://www.eeletter.com/bpareport.pdf>

<http://www.iupac.org>

<http://www.washingtonpost.com/bpa>

<http://video.google.com/>