

## 谁容易不孕不育?

近年来全球生育率持续走低，主要是因为女性教育程度提高和人口控制。然而，有大约13%的女性在生育年龄还是会有不育的问题

## 为什么我这么难怀孕?

很多因素都会导致不孕不育，比如年龄/吸烟/体重/压力/激素紊乱(比如多囊性卵巢综合症)。研究表明，长期接触有害化学物质也会影响生育,可能导致: 月经不规律/试管婴儿植入失败/子宫内膜异位和多囊性卵巢综合症 (PCOS)/流产概率大

## 有害化学物质和生育

像酞酸酯(phthalates)和酚甲烷(BPA)这样的化学物质，可以模拟体内的荷尔蒙。研究表明，过多接触这些物质会对生育能力有负面影响。这些有害化学物质在生活用品中随处可见：



塑料瓶里



化妆品里



食物包装里



Plastic Bottles



Cosmetics



Food Packaging

## 如何保护生育力

定期检测你体内的化学物质

减少和以下东西的接触：

- 加工食品
- #3, #6, #7 塑料
- 纸质发票
- 香精
- 胶囊类维他命



## Who Struggles with Infertility?

In recent years, birth rates have decreased worldwide, mainly due to more access to education and birth control. However, about 13% of women in childbearing age still have difficulty getting pregnant.

## Why am I Struggling to Get Pregnant?

There are many factors that contribute to infertility, including: Age/Smoking/Body weight/Stress/Hormone imbalances (such as PCOS). Research shows that exposure to toxic chemicals may also lead to decreased fertility, and may cause: irregular periods/implantation failure during IVF/endometriosis and PCOS/increased chance of miscarriage

## Chemical Exposures and Fertility

Toxic chemicals, such as BPA and phthalates, mimic hormones. Research has shown that increased exposures negatively impact fertility They can be found in everyday items like:

## Ways to Optimize Fertility

Test yourself before and during pregnancy

Avoid the following:

- Processed foods
- Plastics numbered 3,6,7
- Paper receipts
- The ingredient "fragrance"
- Capsule vitamins

