



Description

Did you know that pregnant women who apply leave-on aromatic personal care products (PCPs) may increase the risk of developing numerous diseases in infants? Wang Shu-li, a research fellow at the NHRI's National Institute of Environmental Health Sciences (NIEHS), Taiwan, conducted research on the amount of mono-ethyl phthalate in the urine and blood of the mothers and newborn babies. Over a period of three years, Wang's research team conducted a birth cohort study, across 10 hospitals on 1,676 pregnant women. They observed that women who used leave-on products like lipsticks, skin toners and essential oils had higher percentages of mono-ethyl phthalate. This may lead to allergy-related diseases in infants, such as upper respiratory tract infection, asthma and lung problems. Additionally, it may also cause endocrine dysfunction in infants. Drinking adequate water and regular exercise may aid in eliminating mono-ethyl phthalate from the mother's body. The study also highlighted that pregnant women should avoid using more than six kinds of PCPs with fragrance, on their skin every day.

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Category

1. Checklist

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