

Materials Avoid to help increase ability to conceive

Arvind Singh^{1*}, Sushila Kala²

¹Department of Life Sciences, Shri Venkateshwara University, U.P., India

²Department of Biomedical Sciences, Bundelkhand University, Jhansi, U.P., India

*arvindsingh1091@gmail.com

Scientific evidences supports the claim that environmental factors have an effect on fertility. From common household items to health treatments, there is a myriad of chemicals that both men and women may wish to avoid to help increase one's ability to conceive a child.

Lead/Lead Compounds

Function: Colorant and metal products.

Present in: Hair dye, hair products, some red lipstick, bullets, shotgun shells, weights, solder, pewter.

Health concerns: Reduces fertility in men and women.

DDT and DPCP

Function: Used to kill bugs and worms in gardens, lawns and crop fields.

Present in: Pesticides.

Health concerns: While these materials effectively kill bugs and worms they also kill sperm.

Anti-Neoplastic Agents

Function: Destroy cancer cells before, during and after radiation and surgery.

Present in: Cancer medicine.

Health concerns: Damage sperm.

Ethylene Oxide

Function: Sterilize surgical equipment and food.

Present in: Chemicals used to kill bacteria, mold, and fungi.

Health concerns: If it's inhaled it can harm reproductive organs.

Toluene/Benzene

Function: An organic solvent used to improve adhesion and gloss.

Present in: Paint, fuel oil, cleaning agents, lacquers, paint thinners, nail polish, hair dye.

Health concerns: It has been known to cause women to stop having periods and men have seen a decreased sperm count when exposed.

Nitrous Oxide (a.k.a. "Laughing Gas")

Function: A gas that's inhaled used to calm patients primarily in dentist offices.

Present in: Anesthetics and racecar engines.

Health concerns: Increased infertility in female dental assistants, prompting dental offices to provide better ventilation.

Polychlorinated Biphenyl (PCB)/Brominated Flame Retardant (BFR)

Function: Used in plastics to prevent them from catching fire

Present in: Wood flooring finish, electrical wiring, flame retardants, adhesives, copy paper

Health concern: Exposure to these products during pregnancy pose health risks to the newborn such as lower-than-average weight, decreased short-term memory, and problems with motor skills.

Atrazine

Function: A non-persistent chemical used to kill weeds, specifically broadleaf.

Present in: The most widely used brands of herbicides in the U.S.

Health concerns: It has been known to lower human sperm levels and it's been found to be an estrogen disruptor in animals.

Pthalates

Function: Fragrance ingredient, solvent, and used to increase the flexibility of plastic.

Present in: Cosmetics, personal care products, baby bottles, toys, flooring, air fresheners.

Health concerns: This non-persistent chemical has been proven to be a reproductive toxin.

Bisphenol-A (BPA)

Function: Used as a lining for many types of food containers.

Present in: Plastic lining of canned foods, plastic containers, aluminum cans, house dust. It's exposed when heated in the dishwasher and microwave.

Health concerns: Few studies suggest women exposed to BPA had repeat spontaneous abortions and men who were exposed saw higher gonadotropins.

The Heat Factor

Present when: Men use their laptops frequently on their laps and when men exercise outdoors during the hot summer months.

Health concerns: Excessive heat has been shown to lower sperm count.

The Air Pollution Factor

Some studies show, according to the Centers for Disease Control (CDC), that too much exposure to air pollution can impair fertility in both men and women.