



GOOD CHEMISTRY

Green Tips for Better Health

Feminine Hygiene Products

What should I know about feminine hygiene products?

- The vagina is basically a large mucous membrane, involved in absorption. Not a place for chemicals.
- Conventional tampons and pads are a blend of cotton and rayon, typically treated with chlorine dioxide.
- Conventional cotton, used in tampon manufacture, is typically grown with pesticides.
- Synthetic fragrances are added to these products, which can cause irritation in the form of contact dermatitis and allergic sensitivities.
- Chemical exposure, with variables like timing of exposure and duration, has been linked to:
 - Reduced fertility
 - Menstrual changes
 - Reproductive organ cancers
 - Miscarriages



Planned Parenthood[®]
of Northern New England

1-800-230-PLAN | www.ppnne.org

EVERYDAY, WE EAT, DRINK, BREATHE, AND TOUCH CHEMICALS THAT EXIST AROUND US — SOME OF WHICH CAN AFFECT OUR HEALTH. PLANNED PARENTHOOD IS COMMITTED TO GIVING YOU THE INFORMATION YOU NEED TO MAKE CHOICES FOR BETTER HEALTH AND A GREENER ENVIRONMENT.



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What can I do?

A woman will buy more than 11,000 tampons in her lifetime.

■ Choose organic cotton tampons.

- Organic cotton is produced without fertilizers, herbicides, insecticides, or fungicides.
- They are also fragrance-free and are not bleached with chlorine.

■ Consider a Diva Cup.

- The DivaCup is a non-absorbent menstrual cup that simply collects menstrual flow. It is inserted in the vagina and sits at the lower base of the vaginal canal.
- Because you reuse the cup, it significantly reduces the amount of feminine waste going into our landfills.
- The Diva Cup is also safe for your body, as it is free of chlorine, bleach, and BPA.



FACT:

If every menstruating woman replaced one 16-count package of regular absorbency conventional rayon/cotton (60:40) blend applicator tampons, we could prevent 14,000 pounds of pesticides from polluting our bodies and our environment.

Other Online Resources:

- www.letstalkperiod.com
- www.divacup.com
- www.seventhgeneration.com
- www.ocrf.org