

WHAT'S NEW WITH ERGO?

The official newsletter of the Environmental Reproductive and Glucose Outcomes Study!



GREETINGS FROM THE ERGO TEAM!

IN THIS ISSUE

GREETINGS FROM
DR. TAMARRA JAMES-TODD
AND THE ERGO TEAM

EXCITING INFORMATION ON
NEW RESEARCH
OPPORTUNITIES

PHthalATES AND PERSONAL
CARE PRODUCT USE DURING
PREGNANCY

PHthalATES AND GLUCOSE
INTOLERANCE RISK IN
PREGNANCY

THE IMPACT OF OUR
RESEARCH: PHthalATES IN
THE NEWS

PLEASE VISIT OUR ERGO
STUDY WEBSITE FOR MORE
INFORMATION

Dear ERGO Participant,

Thank you so much for your participation in the ERGO Study between 2016 and 2022! We are thrilled to share our second newsletter with you! In this issue, you will find our most recent study results. Thanks to your participation, these results have started improving clinical guidance and policies on exposure to chemical ingredients in consumer products.

As a reminder, the goal of the ERGO Study was to see how chemicals from consumer products might impact the health of parents and their children. With that, we are excited to share with you that we have recently been awarded funding to continue this work and would love to have you and your family be involved.

Thank you so much for your dedication and commitment to this study and for the impact that you have made! We hope you enjoy this issue!

Sincerely,

Tamarra James-Todd, PhD, MPH

EXCITING NEW RESEARCH OPPORTUNITIES!

Do you want to continue to contribute to research?

This project seeks to study how phthalate exposure can impact health in the months and years following pregnancy.

What would I need to do?

- Participate in annual study visits
- Optional child follow-up study
- Remote option available
- Be paid up to \$100 per visit



Do you want to learn about your phthalate results?

This fully remote study seeks to understand the best way to communicate environmental chemical results and improve exposure reduction.

What would I need to do?

- Complete two study surveys
- View your results
 - Alone or with a clinician
- Be paid \$40 for completion of surveys

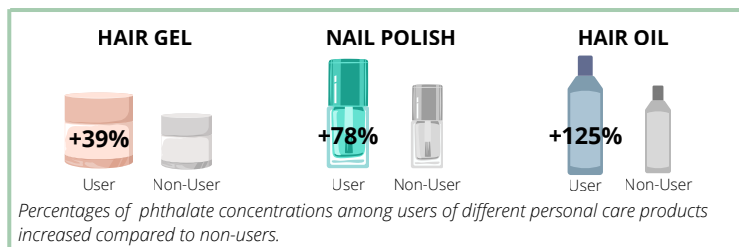


PLEASE LET US KNOW IF YOUR CONTACT INFORMATION HAS CHANGED OR IF YOU HAVE ANY QUESTIONS:
PHONE: 617-432-1634 | EMAIL: ERGO@HSPH.HARVARD.EDU

Phthalates are endocrine disrupting chemicals commonly included in personal care products. We can measure phthalate exposure in urine. Phthalates have been linked to reproductive harm, including preterm birth and low birth weight.

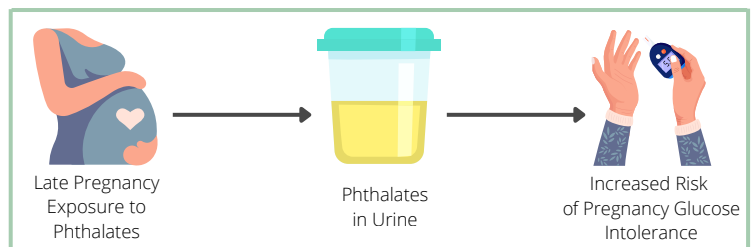
Phthalates and Personal Care Product use during Pregnancy

Personal care products are an important source of phthalate exposure. We studied the impact of personal care product use on phthalate levels in the urine of ERGO participants. Participants were asked to report their use of hair products within the last month and their use of other personal care products within the last 48 hours. People who used hair gels, hair oils, and nail polish had higher phthalate levels in their urine. These results highlight the significance of commonly used personal care products as sources of phthalates. (Fruh & Preston, et al., *Science of the Total Environment*, 2022).



Phthalate Concentrations and Glucose Intolerance During Pregnancy

Phthalate exposure may impact the risk of diabetes in pregnancy by affecting blood sugar levels. To study this, we looked at phthalate levels in urine samples from ERGO participants and reviewed their pregnancy glucose tolerance test results that were done as a part of their gestational diabetes screening test. We found that second trimester exposure to phthalates commonly found in nail polishes was linked to higher blood sugar levels. The findings suggest that exposure to chemicals in certain consumer products may affect gestational diabetes risk. (James-Todd et al., *Environment International*, 2022).



IMPORTANT NEW PHTHALATE REGULATIONS

Modernization of Cosmetics Regulation Act

In 2023, Congress passed the first major update to cosmetic regulations since 1938!

- Under the Modernization of Cosmetics Regulation Act (MoCRA) companies must provide more information on the safety of their products.
- Also improves labeling, requiring that all fragrances and allergens be listed.



Children and Firefighters Protection Act

In 2021, Massachusetts banned 11 flame retardants from children's products and other furnishings.

- Flame retardants are released into the air and enter the body when they are inhaled.
- They may contain phthalates and have been linked to birth complications and other health issues.

