EDCs are mostly man-made chemicals that we encounter in our daily life. EDCs interfere with the normal function of our hormones and as a result cause health problems.

**IRREVERSIBLE HEALTH DAMAGE**
During windows of high vulnerability, a woman’s health can be damaged beyond repair.

**VERY LOW DOSES CAN CAUSE HARM**
Amounts which are usually considered “safe” for consumers are based on traditional risk assessment methods that often do not capture effects on hormones.

**POTENTIAL DELAYED EFFECTS**
Effects can occur years after exposure. Moreover, adverse health effects may affect multiple generations.

**EXAMPLES OF KNOWN AND SUSPECTED EDCS**

<table>
<thead>
<tr>
<th><strong>Bisphenol A</strong></th>
<th><strong>Some Pesticides and Biocides</strong></th>
<th><strong>Some Phthalates such as DEHP</strong></th>
<th><strong>Some Perfluorinated Chemicals such as PFOA and PFOS</strong></th>
</tr>
</thead>
</table>

**WHAT IS THE FREIA PROJECT?**
The FREIA Project is an EU-funded project dedicated to advance test methods to identify **ENDOCRINE DISRUPTING CHEMICALS** that are toxic to female reproduction.

The FREIA Project will:

1. gain new understandings and insights into adverse effects of endocrine disruption on women’s health.
2. develop new test methods and improve existing ones to detect EDCs toxic to female reproduction and support protective regulation.
3. promote sustainable options for a healthy society and improve women’s health.

**WHY DO ENDOCRINE DISRUPTING CHEMICALS MATTER?**

- **EDCs ARE EVERYWHERE**
  EDCs are mostly man-made chemicals that we encounter in our daily life. EDCs interfere with the normal function of our hormones and as a result cause health problems.

- **EFFECTS LARGELY OVERLOOKED**
  Current regulatory testing strategies lack adequate test methods to identify EDCs.

- **POTENTIAL DELAYED EFFECTS**
  Effects can occur years after exposure. Moreover, adverse health effects may affect multiple generations.

- **VERY LOW DOSES CAN CAUSE HARM**
  Amounts which are usually considered “safe” for consumers are based on traditional risk assessment methods that often do not capture effects on hormones.

- **IRREVERSIBLE HEALTH DAMAGE**
  During windows of high vulnerability, a woman’s health can be damaged beyond repair.

1. **ENDOCRINE DISRUPTING CHEMICALS**
2. **REGULATORY TESTING STRATEGIES**
3. **SUSTAINABLE OPTIONS**
4. **WOMEN’S HEALTH**
HOW CAN EDCs AFFECT FEMALE REPRODUCTIVE HEALTH?

Reproductive health issues in women are often related to hormonal disbalance. In addition to risk factors such as obesity or smoking, EDCs can affect reproductive health. EDCs can disrupt hormones at any life stage, from conception to adulthood, which can lead to a range of health problems.

- **EARLY MENOPAUSE**
  1 in 250 women by age 35 years

- **BREAST CANCER**
  1 in 8 women

- **POLYCYSTIC OVARY SYNDROME (PCOS)**
  5-15% of women

- **ENDOMETRIOSIS**
  10% reproductive-age women

- **INFERTILITY**
  1 in 6 couples

- **IRREGULAR MENSTRUAL CYCLES**
  50 per 1000 women

It is important for FREIA to share our scientific findings and inform society about the potential health risks of EDCs.

TACKLING THE ISSUES OF EDCs

- ADVANCING EDC TESTING FOR MORE PROTECTIVE CHEMICALS REGULATIONS
- BETTER INFORMATION ABOUT EDCs FOR HEALTHIER LIFESTYLE CHOICES

Find out more at WWW.FREIAPROJECT.EU

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