



MOTHERS & OTHERS FOR CLEAN AIR

HEALTHY INDOOR BREATHING TOOLKIT

TEFLON PANS

For more information about this research, kindly visit
WWW.MOTHERSANDOTHERSFORCLEANAIR.ORG

TEFLON PANS

02

(ALSO CALLED "NON-STICK PANS")

THE PROBLEM

Non-stick coating in pans is made using laboratory-created chemicals, which are linked to chronic health and reproductive problems.

These chemicals are called PFOAs, PFAs, PFOs, Short Chain PFAS or GEN-X. These chemicals do not occur naturally and are very environmentally persistent – meaning they do not break down once they are in the natural environment. Wherever a pan ends up after it is thrown out, PFOAs will stick around without breaking down.



When non-stick pans are heated to a high level, the chemicals in the Teflon coating start to break down. At this point, the pans release toxic vapors and gases into the air. The PFOAs in these vapors are known to cause cancer in most animals. There are many reports of pet dogs and birds dying from over-exposure to PFOAs. PFOAs are suspected to cause cancer in humans as well. The Environmental Protection Agency (EPA) encourages companies to stop using PFOAs. At this point, nearly all Americans have detectable levels of PFOAs in their blood.



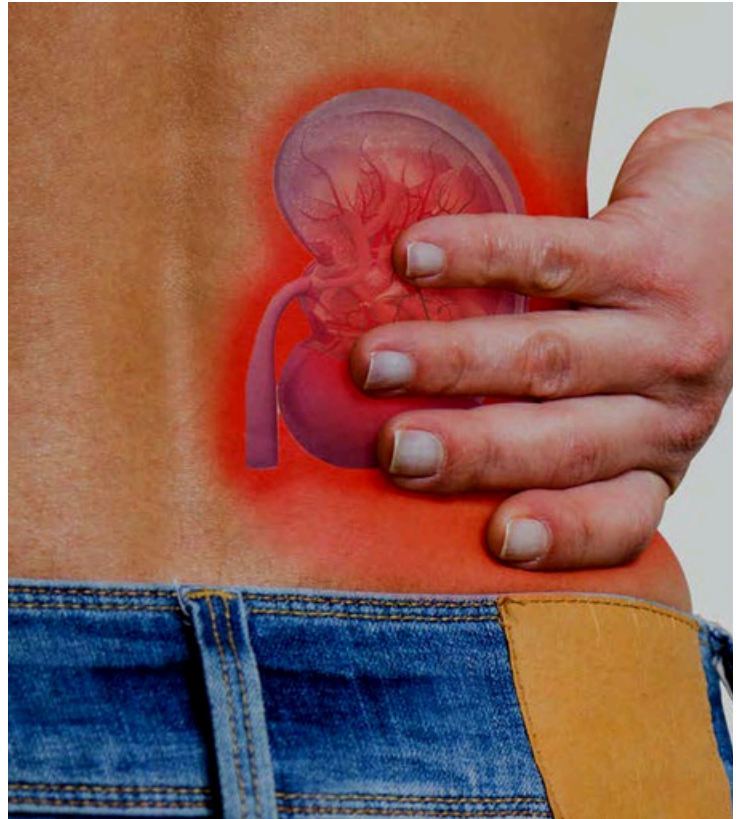
WHY IS THIS IMPORTANT

03

TO MY OR MY CHILD'S HEALTH?

USING TEFLON (NON-STICK) PANS MAY LEAD TO...

- High Cholesterol
- Liver Issues
- Kidney Disorders
- Thyroid Disorders
- Reproductive Effects
- Pregnancy Induced
- Hypertension
- Preeclampsia
- Testicular Cancer
- Kidney Cancer



Kidney Disorder



Pregnancy Induced Hypertension

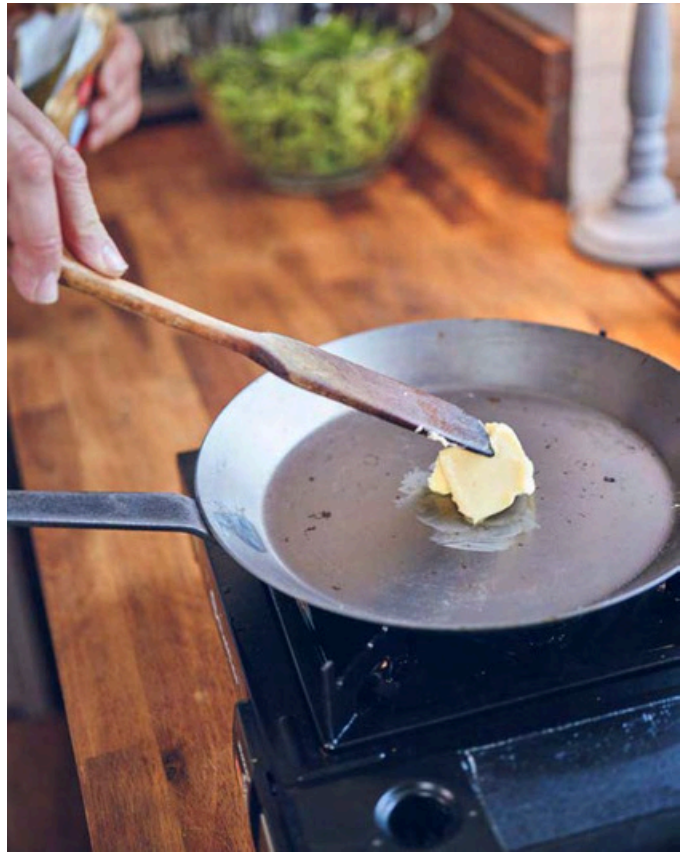


Thyroid Disorders

WHAT YOU CAN DO

04

Avoid buying coated or non-stick cookware – especially cookware that does not disclose the chemicals used to make their coating. If you have non-stick pans and can't replace them, avoid heating them to high temperatures. Instead, only use them to cook food at low temperatures.



WHAT TO BUY

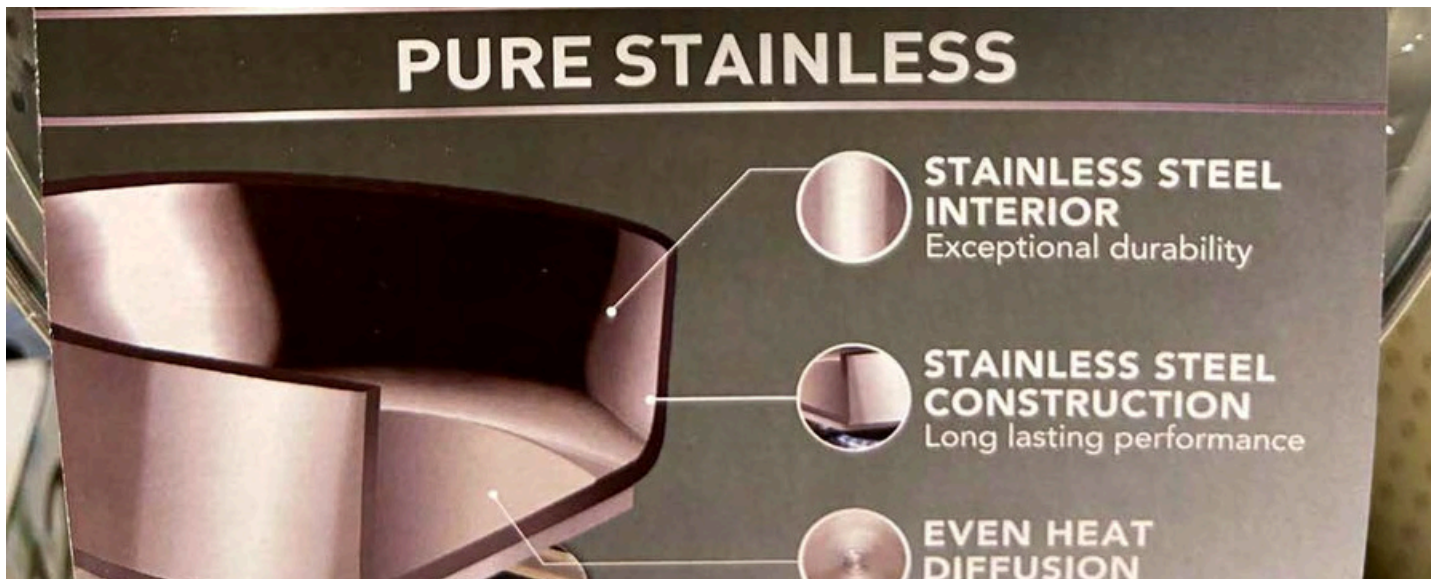
Since there are known health effects of Teflon and a lot of Teflon alternatives, it's best to buy stainless steel or cast iron pans instead.



One of Mothers & Others For Clean Air's Research Associates went to their local big box store and followed the Healthy Indoor Breathing Toolkit when looking for a new pan.

WHAT TO BUY:

EXAMPLE NO. 1



You can see here, on the packaging (above photo), that stainless steel cookware doesn't have any additional coating or chemicals.

To be sure you're not polluting your home, buy stainless steel or cast iron cookware.

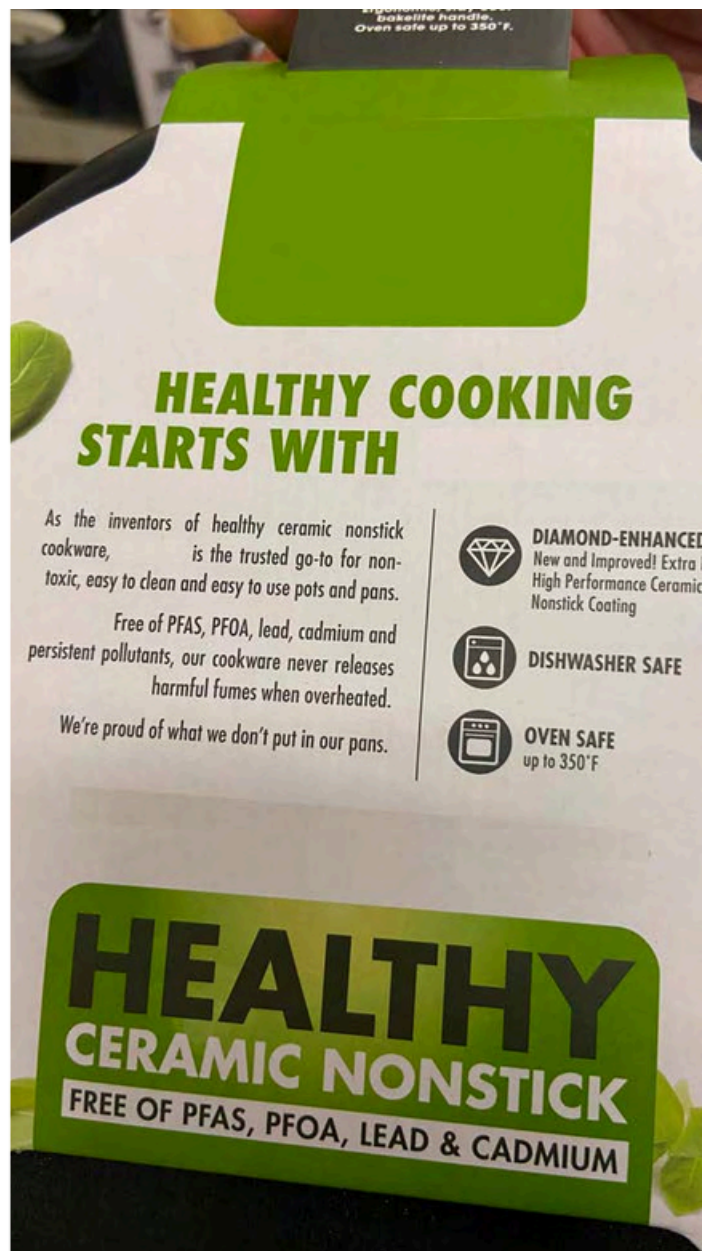


WHAT NOT TO BUY:

EXAMPLE NO. 1

The first thing to look out for is the packaging on this pan says “nonstick”. Nonstick pans have chemical coating. Even though the backside packaging says there are no PFAs or PFOAs, the Toolkit tells us that other chemicals could have perfluorooctane sulfonic acid (PFOS), polyfluoroalkyl substances (PFASs) or GenX.

This product does not show a complete set of chemical ingredients, so we can’t be sure if it’s safe.



WHAT NOT TO BUY:

EXAMPLE NO. 2

This pan's packaging only talks about PFOAs, so it has even more problems than the first pan we looked at.



It doesn't even mention releasing fumes!

Definitely avoid this one!