

ENDOCRINE ACTIVE CHEMICALS DISRUPT THE CONFUSION WITH FACTS:

Managing the Patient Dialogue on Endocrine Disruptors

Due to the amount of inaccurate and sensationalized information about endocrine disruptors at the public's fingertips, clinicians are consistently faced with questions from concerned patients. To help navigate that challenging patient dialogue, consider the following tips.



ENDOCRINE
POLICY FORUM

endocrinepolicy.org

Questions from concerned patients about endocrine disruptors? Keep these discussion points in mind during your dialogue...



Bring the concerns into perspective

Likely, a concerned patient is engaging in dialogue with their clinician about adverse health effects of common chemicals because of information from the media, the Internet or even from social circles.

Ask the patient where they received the information to better understand if it came from a credible or non-credible source.

Bring the topic into perspective. Assure patients they are not alone and that there is widespread confusion due to the amount of misinformation available that is not backed by credible science.



Give them an “Endocrine 101”

To the average patient, the role of the endocrine system is a mystery. Take a moment to define the endocrine system in a way they can understand. Clarify that the endocrine system is equipped to interact with everyday chemicals and maintain homeostasis.

Example:
“Much like the way a thermostat helps to regulate the temperature in your home, the endocrine system is constantly monitoring and adjusting to changes in the environment. It does this primarily to help our bodies maintain a state of balance.”



Explain the dose makes the poison

Show patients that it is not necessarily about what you've been exposed to, but rather how much.

At sufficiently high exposures, just about any substance – even water or caffeine – can cause harm, but high exposures may never occur in the real world.

Products are designed to be safe for their intended uses. It's important to know how to properly read the product label and follow directions carefully to limit exposures to ourselves and loved ones.



Shift the dialogue to proven health risks and healthy lifestyles

Use the dialogue as an opportunity to focus on overcoming proven health risks and the importance of living a healthy lifestyle. Discuss the difference between an alleged risk vs. perceived risk vs. real risk the patient can control such as managing a chronic disease or decreasing health risk behaviors.



Provide credible resources and information

Eliminate noise and unreliable information about chemicals:

- chemicalsafetyfacts.org
- cleaninginstitute.org
- cosmeticsinfo.org
- cpsc.gov
- cpsa.gov
- croplife.org
- epa.gov
- endocrinescience.org
- endocrinesciencematters.org
- fda.gov
- gmaonline.org