

Polybrominated Diphenyl Ethers (PBDE)



- PBDEs are widely used as flame retardants in construction materials, textiles and home goods, and environmental concentrations have been doubling every four to six years.
- Animal studies have found that they affect:
 - Thyroid function
 - Spontaneous motor function
 - Learning
 - Memory
 - Liver and kidney weight

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- Studies that have examined PBDEs in breast milk suggest that levels in humans are increasing.
- One study of breast milk samples from over 40,000 women found that their concentrations of PBDEs increased from 0.07 ng to 4.02 ng per gram of lipids over 25 years.
- Like mercury and POPs, eating a diet low in animal fats and large fish can help to reduce exposure to PBDEs.