

DISCLAIMER:

Poster and Document are for reference and informational purposes only.
Download the poster to share: <https://www.fragrancefreecoalitionusa.com/>

Go Fragrance Free: Healthier Air Has Never Been Easier

Many hospitals, businesses, and employees are not aware that fragranced products can create access barriers to their facilities and can adversely affect the health of those working there. Fragranced products include fragranced cleaning products, hand sanitizers, lotions, laundry products, deodorant, air fresheners or any other scented items.

THE ABSURD

In this section, through articles and publications, we explore the possible impacts that fragrance chemicals are having on human health, wildlife, pets, and the environment. By the word “fragrance” we mean: Fragrance, Perfume, Parfum, Aroma or Scent. Our focus is on synthetic fragrance chemicals and fragrance allergens.

One scent can contain hundreds of chemicals of varying toxicity. The synergistic effects and long term health impacts of using multiple fragranced products daily, in our homes and workspaces, may never be fully known.

It is our intention that the research in this document answers our original question: “Do Fragrances Compromise Your Health? It is also our intention, in this “Absurd” category, to quickly show some of the potential health implications and environmental impacts that fragranced products and fragrance chemicals can have.

1. Perfume for Babies

Title: [*Perfume for Babies? Seriously?*](#)

Title: [*Volatile chemical emissions from fragranced baby products*](#)

Title: [*Common Asthma Triggers*](#)

“...and fragrances can also trigger an asthma attack.”

Title: [*A Sneaky New Diabetes Trigger*](#)

Title: [*Fragrance ... What evidence links fragrance to breast cancer?*](#)

-Breast Cancer Prevention Partners (BCPP)

Title: [*You Asked: Is Perfume Bad for Me?*](#)

“Spritz at your own risk”

2. Perfume for Pets

Title: [*Coughing in Small Animal Patients*](#)

Title: [*Disparities in exposure to chemicals with links to weight gain*](#)

[Note: Pets can exhibit health effects caused by indoor air pollutants more quickly than humans..]

Title: [*Polluted Pets*](#)

Title: [*Cancer in Dogs: What to Know, A vet answers commonly asked questions about cancer in dogs.*](#)

“More than 50% of dogs over the age of 10 will have cancer.... There are also **environmental toxins**, ‘some avoidable and some not,’...”

3. Scented Pillows / Scented Mattresses / Scented Furniture

Title: [Products To Avoid If You Have Eczema](#)

Title: [Environmental exposure to xenoestrogens and oestrogen related cancers: reproductive system, breast, lung, kidney, pancreas, and brain](#)

Title: [Eczema on the lips: Causes and treatment](#)

[Note: Fragrance Chemicals are known contact allergens for Eczema on the lips, also look up "Cheilitis and Airborne Contact Dermatitis".]

Title: [Phthalates: The Everywhere Chemical](#) - Zero Breast Cancer Website

[Note: Phthalates are odorless plasticizers used as a solvent, binder or fixative in many fragrance formulations.]

4. Fragranced Topical Lotions for Dermatitis

Title: [What is a fragrance allergy?](#)

"Fragrance allergy is an allergic contact dermatitis to a fragrance chemical."

Title: [Fragrance most common cause of cosmetic allergic contact dermatitis](#)

Title: [Personal care products contribute to a pollution 'rush hour' Emissions from products such as shampoo and perfume are comparable to the emissions from auto exhaust.](#)

5. Scented Nasal Sprays for Allergies

Title: [Don't Let Fragrances Trigger Your Allergy Symptoms](#)

Title: [Laundry detergents and detergent residue after rinsing directly disrupt tight junction barrier integrity in human bronchial epithelial cells](#)

"It is well documented that increased exposure to multiple environmental factors, such as air pollutants, tobacco smoke, allergens in the air, **fragrances**, and preservatives, contribute to the development and exacerbation of asthma and other allergies..."

Title: [Fragrance Chemicals: Fragrances in Health Care](#)

Title: [Are Phthalates DBP and DEHP Back in Fragrance??! The latest in transparency from the International Fragrance Association \(IFRA\)](#)

6. Scented Pet Beds, Shampoo, Toys & Scented Pet Waste Bags

Title: [The International Boarding & Pet Services Association, Health Risks of Chemically Scented Products for Pets and People](#)

Title: [Polluted Pets](#)

[Note: Phthalates have been used in fragrance formulas for years]

Title: [Exposure to phthalates may raise risk of pregnancy loss, gestational diabetes](#)

7. Scent/Fragrance for Air Filters, Scent for Humidifiers

Title: [Clearing the Air - Hidden Hazards of Air Fresheners](#)

Title: [The Links Between Air Pollution and Childhood Asthma](#)

Title: [Indoor air quality and health in schools: A critical review for developing the roadmap for the future school environment](#) -Science Direct

Title: [Office air quality may affect employees' cognition, productivity](#) -Harvard.edu

8. Scented fire logs, Scented Pine Cones

Title: [Holiday Scents and Asthma -Tips to protect yourself during the holidays so you can enjoy the season.](#) -Lung.org

Title: [The changing face of urban air pollution Volatile organic compounds in U.S. urban air increasingly derive from consumer products](#)

Title: [INDOOR AIR QUALITY: Scented Products Emit a Bouquet of VOCs](#)

Title: [Not So Sexy. The Health Risks of Secret Chemicals in Fragrance](#) -EWG

9. Scented Pre-surgical Cleanser, Scented Ultrasound Gel, Healthcare Liquid Antiseptic Cleanser with Fragrance

Title: [Artificial scents have no place in our hospitals](#)

Title: [Why smelling good could come with a cost to health](#)

Title: [Chemical Profile: 1,4-dioxane \(January 12, 2023\)](#) - madesafe.org

10. Scented Toilet Paper / Tissue or Scented Commode Liners Disposable Razors with Scented Handles

Title: [Irritation from scented toilet tissue](#)

Title: [Genital Allergic Contact Dermatitis](#)

Title: [Vaginal yeast infection](#)

11. Scented Kitty Litter

Title: [Can Cat Litter Cause Allergy Symptoms in Humans?](#)

Title: [Is your cat allergic to litter? A vet's guide to signs and treatment](#)

Title: [Occupational asthma caused by scented gravel in cat litter boxes](#)

Title: [Facts on Fragrance: What is Fragrance?](#) -Women's Voices for the Earth

12. Scented paint additives

Title: [Impact of room fragrance products on indoor air quality](#)

Title: [Indoor Environmental Quality, Chemicals and Odors](#) -CDC

[Note: The Safety Data Sheets for many paint scent additives say -

"If inhaled: remove victim to fresh air and keep at rest in position comfortable for breathing."]

13. Scented Car Washes

(those extra chemicals go into the water supply and air)

Title: [Fragrance: emerging health and environmental concerns](#)

Title: [Fragrance Disclosure: What's the problem with secret fragrance chemicals?](#)

Title: [Fragrance pollution is real – and should no longer get a sweetheart deal](#)

14. Pre-scented Clothing, Scratch and Sniff Clothing

Title: [Those scented products you love? NOAA study finds they can cause air pollution](#)

Title: [How to Know If Your Perfume Is Poisoning You](#)

15. Scented School Supplies, Markers, Crayons, Pens, Chalk, Paper, Scissors

Title: [Superintendent: Wall plug-in caused student evacuations from North Little Rock Schools classrooms](#)

Title: [School Supply List - Guidance for Healthy Classrooms](#)

Title: [School Scent Free Programs - Fragrance Chemicals are not Harmless](#)

Title: [Analyzing Specific Health Hazards in Perfumes by Identifying Ingredients using Gas Chromatography- Mass Spectrometry](#) (from Young Scientist: A High School Research Journal)

Title: [Expert Panel Confirms that Fragrance Ingredient Can Cause Cancer](#)

Title: [Personal care products that contain estrogens or xenoestrogens may increase breast cancer risk](#)

[Note: Many fragrance chemicals are xenoestrogenic petrochemicals and are known allergens.]

16. Children's Toys / Cosmetics, Scented Pacifiers, Scented Scented Children's Shoes, Scented Stuffed Animals

Title: [Contents of fragrance allergens in children's cosmetics and cosmetic-toys](#)

Title: [Eczema, or atopic dermatitis, is an inflammatory skin condition that affects an estimated 30 percent of the U.S. population, mostly children and adolescents](#) -NIAID

Title: [Asthma in Children](#) "About 16% of black children and 7% of white children have asthma" -CDC

[Note: Fragrance chemicals have been linked to asthma]

17. Scented garbage bags

Title: [The Challenge of the Garbage Bags: They Take My Breath Away](#) (on COPD and Fragrance)

Title: [Synthetic Chemical in Consumer Products Linked to Early Death, Study Says](#)

Title: [Those scented products you love? NOAA study finds they can cause air pollution](#)

Title: [FAQs: Fragrances, Where are fragrances found and what are the dangers?](#)

Flyer pdf: <https://cehn.org/download/faqs-fragrances/>

18. Scented Candles, Scent wax, Scented 'Sprinkles'

Title: [Too many smelly candles? Here's how scents impact the air quality in your home](#)

"According to the US Environmental Protection Agency (EPA), levels of indoor air pollutants are typically more than three times higher than outdoors."

Title: [Researchers Say Scented Candles and Air Fresheners Pose Dangerous Health Risks](#)

Title: [Emissions of air pollutants from scented candles burning in a test chamber](#)

Title: [Don't Let Fragrances Trigger Your Allergy Symptoms](#)

Title: [Your Perfume May be Increasing Your Risk for Diabetes](#)

Title: [Air Pollution: Ask a Scientist](#)

19. Scented face masks

Title: [Fragrances and work-related asthma—California surveillance data, 1993–2012](#)

Title: [Personal care products that contain estrogens or xenoestrogens may increase breast cancer risk](#)

[Note: Many fragrance chemicals are xenoestrogenic petrochemicals and are known allergens.]

Title: [Fragrance pollution is real – and should no longer get a sweetheart deal](#)

Title: [Airborne Contact Dermatitis](#)

20. Scented Sensory Stress Balls, Scented Fidget Toys

Title: [Fragrant consumer products a key source of ozone-forming pollution in New York City](#)

Title: [Autism and Smell Sensitivity](#)

Title: [A Whiff of Toxicity? Fragrances in consumer products and their impact on our health](#)

- A Fact Sheet by Physicians for Social Responsibility

21. Fragranced Car Sprays, Deodorizers and Cleaners

Title: [Consumer & Industrial Products Now a Dominant Urban Air Pollution Source](#)

Title: [Toxic Chemicals Found in Fragrance Phthalates, carcinogens, allergens – just what are the fragrance industry's standards of safety?!](#)

Title: [Toxic Chemicals in Air Fresheners](#)

Title: [Is there a danger from scented products?](#)

Title: [Air Fresheners - What You Need to Know](#) (Connecticut Dept of Public Health)

22. Scented Incontinence Underwear / Scented Underwear

Title: [Genital Allergic Contact Dermatitis](#)

Title: [Allergic Contact Dermatitis to Fragrances](#)

Title: [Personal care products that contain estrogens or xenoestrogens may increase breast cancer risk](#)

23. Scratch and Sniff, Scented stamps, Magazine Perfume Ads, Scented Stationary or Diary

Title: [Inhalation challenge effects of perfume scent strips in patients with asthma](#)

Title: [Role of environmental estrogens in the deterioration of male factor fertility](#)

Title: [Asthma Irritants: Smoke, Pollutants, Perfumes, Chemicals, and More](#)

24. Perfume DIY's

Title: [Indoor Environmental Quality: Chemicals and Odors](#)

Title: [Right to Know Hazardous Substance Fact Sheet - Common Name: ACETALDEHYDE](#)

Title: [INDOOR AIR QUALITY: Scented Products Emit a Bouquet of VOCs](#)

Title: [Why Your Deodorant Might Be Making You Flabby, Tired, and Impotent](#)

25. Scented Carpet Cleaner, Scented Beads and Spray

Title: [Cleaning products cause indoor pollution levels similar to a busy road:](#)

“Fragrant chemicals in scented surface cleaners react with ozone to produce pollutant particles that may be harmful to the respiratory system” -NewScientist.com

Title: [Personal care products that contain estrogens or xenoestrogens may increase breast cancer risk](#)

26. Scented Bubbles, Scented Chalk

Title: [Atopic dermatitis at preschool age and contact allergy in adolescence: a population-based cohort study](#)

Title: [Contact dermatitis to fragrances](#)

Title: [Contact allergy in cheilitis](#)

[Note: Please look up photos of “Cheilitis. Airborne Contact Dermatitis, Eczema from fragrance”]

Title: [FDA bans 7 cancer-causing flavorings...but what about their use in fragrance?](#)

27. Scented Wrapping Paper

Title: [Toxic Chemicals in Air Fresheners](#)

Title: [Love That Wonderful Smelling Air Freshener? It May Contain Toxic Phthalates, Formaldehyde and Napthalene](#)

28. Scented Nail Polish for Kids and Pets

Title: [Nail polish poisoning Organic solvent syndrome; Psycho-organic syndrome; Chronic solvent encephalopathy](#)

[Note: Toluene, Butyl acetate and Ethyl acetate are on IFRA's list as chemicals used in fragrance]

Title: [EWG article: 3,163 ingredients hide behind the word "fragrance"](#)

Title: [The effect of chemical fragrances on child health and development](#)

29. Scented Bubble Bath, Scented Bath Bombs, Scented Epsom Salts, Scented Soap

Title: [Urinary Tract Infections in Kids: Symptoms, Causes, and Treatment](#)

Title: [Vulvitis](#)

Title: [Tips for Avoiding a UTI](#)

Title: [Vaginal Candidiasis \(Yeast Infection\)](#)

30. Scented Duct Tape, Scented Bubble wrap

Title: [Diabesity: Obesogens, Weight and Diabetes](#)

“Phthalates are found in fragrance/scented products... Phthalates have been shown to lower metabolism and testosterone, causing you to lose muscle mass and increase fat.”

Title: [Consumer & Industrial Products Now a Dominant Urban Air Pollution Source](#)

Title: [Why Your Deodorant Might Be Making You Flabby, Tired, and Impotent](#)

31. Scented Drawer Liners, Scented Lint Rollers, Scented Hangers

Title: [Exposure to Toxic Chemicals in Consumer Products in the United States](#)

Title: [Strong Odors and Asthma](#)

32. Scented Food Packaging, Scented Packaging Bags

Title: [FDA bans 7 cancer-causing flavorings...but what about their use in fragrance?](#)

Title: [A Sneaky New Diabetes Trigger](#)

Title: [Six tips to avoid phthalates after study highlights health harms, billion-dollar cost](#)

[Note: Phthalates are odorless plasticizers used as a solvent, binder or fixative in many fragrance formulations.]

Back to top of [The Absurd](#)

To print, share, or download poster and documents go to our website:

<https://www.fragrancefreecoalitionusa.com/>