

## Reference Sheet

Acharya, K. D., Parakoyi, A. E., & Tetel, M. J. (2022). Endocrine Disruption and the Gut Microbiome. *Endocrine Disruption and Human Health*, 355–376.

<https://doi.org/10.1016/b978-0-12-821985-0.00015-3>

Ahn, H. , Lee, H. , Lee, G. , Park, J. , Sung, H. , Lete, E. & Lee, G. (2021). *International Immunopharmacology*, 101 (PA), 108196. doi: 10.1016/j.intimp.2021.108196.

Alisha Coleman v. Bobby Dodd Institute, U.S. District Court for the Middle District of Georgia, No. 4:17-CV-00029-CDL.

<https://www.aclu.org/legal-document/alisha-coleman-v-bobby-dodd-institute-initial-brief-plaintiff-appellant>

Baker, B. H., Wu, H., Laue, H. E., Boivin, A., Gillet, V., Langlois, M.-F., Bellenger, J.-P., Baccarelli, A. A., & Takser, L. (2020). Methylparaben in meconium and risk of maternal thyroid dysfunction, adverse birth outcomes, and Attention-Deficit Hyperactivity Disorder (Adhd). *Environment International*, 139, 105716.

<https://doi.org/10.1016/j.envint.2020.105716>

Better Health Channel. (2018, December). Premature and early menopause. Premature and early menopause - Better Health Channel. Retrieved February 28, 2022, from

[https://www.betterhealth.vic.gov.au/health/conditionsandtreatments/premature-and-early-](https://www.betterhealth.vic.gov.au/health/conditionsandtreatments/premature-and-early-menopause)

*menopause Bill text—Ab-367 menstrual products*. (n.d.). Retrieved February 28, 2022, from

[https://leginfo.legislature.ca.gov/faces/billTextClient.xhtml?bill\\_id=202120220AB367](https://leginfo.legislature.ca.gov/faces/billTextClient.xhtml?bill_id=202120220AB367)

*Birth control benefits and reproductive health care options in the Health Insurance*

*Marketplace*®. (n.d.). HealthCare.Gov. Retrieved February 27, 2022, from

<https://www.healthcare.gov/coverage/birth-control-benefits/>

- Brand, D. (2017, November 29). This NFL star is tackling period stigma - and helping Homeless Women. Global Citizen. Retrieved February 28, 2022, from <https://www.globalcitizen.org/en/content/nfl-period-menstruation-football-macho-free-bleedi/>
- Cardona, B., & Rudel, R. A. (2021). Application of an *in vitro* assay to identify chemicals that increase estradiol and progesterone synthesis and are potential breast cancer risk factors. *Environmental Health Perspectives*, 129(7), 077003. <https://doi.org/10.1289/EHP8608>
- Cardoso, L. F., Scolese, A. M., Hamidaddin, A., & Gupta, J. (2021). Period poverty and mental health implications among college-aged women in the United States. *BMC Women's Health*, 21(1), 14. <https://doi.org/10.1186/s12905-020-01149-5>
- Chen, N. H., Wei, S. (2012) Ends Justify Means? Organic Cotton Products' Purchasing Motivations. *Agribusiness*, Vol. 28 (4). <https://doi.org/10.1002/agr.21308>
- Chiang, C., Lewis, L. R., Borkowski, G., & Flaws, J. A. (2020). Exposure to di(2-ethylhexyl) phthalate and diisononyl phthalate during adulthood disrupts hormones and ovarian folliculogenesis throughout the prime reproductive life of the mouse. *Toxicology and Applied Pharmacology*, 393, 114952. <https://doi.org/10.1016/j.taap.2020.114952>
- Colborn, T. (2004). Neurodevelopment and Endocrine Disruption. *Environmental Health Perspectives*, 112(9), 944–949. <https://doi.org/10.1289/ehp.6601>
- Commissioner, O. of the. (2020). The facts on tampons—And how to use them safely. *FDA*. <https://www.fda.gov/consumers/consumer-updates/facts-tampons-and-how-use-them-safely>
- Darbre. (2015). Chapter 19 - Regulatory Considerations for Dermal Application of Endocrine

Disrupters in Personal Care Products, In *Endocrine Disruption and Human Health* (pp. 343-361). Elsevier Inc. <https://doi.org/10.1016/B978-0-12-801139-3.00019-3>.

Darbre, P. D. (2021). *Endocrine Disruption and Human Health* (2nd ed.). Academic Press.

Destini Kanan v. Thinx Inc, U.S. District Court for the Central District of California, No. 2:20-cv-10341.

<https://fingfx.thomsonreuters.com/gfx/legaldocs/xlbvgqrjqvq/environment-chemicals-thinx-dismissal-order.pdf> Retrieved on February 10, 2022.

Downs, K. P., Nguyen, H., Dorfleutner, A., & Stehlik, C. (2020). An overview of the non-canonical inflammasome. *Molecular aspects of medicine*, 76, 100924. <https://doi.org/10.1016/j.mam.2020.100924>

Emma Yasinski. (2021, June 15). *Threads Embedded in Pads and Tampons Can Diagnose Yeast Infection*. The Scientist Magazine®. <https://www.the-scientist.com/news-opinion/threads-embedded-in-pads-and-tampons-can-diagnose-yeast-infection-68893>

*Endometriomas—Deep Ovarian Endometriosis—Brigham and Women’s Hospital*. (n.d.). Retrieved February 27, 2022, from

<https://www.brighamandwomens.org/obgyn/infertility-reproductive-surgery/endometriosis/deep-ovarian-endometriosis>

*Endometriosis: What is endometriosis? Endometriosis symptoms, treatment, diagnosis—Ucla*. (n.d.). Retrieved February 28, 2022, from <https://www.uclahealth.org/obgyn/endometriosis>

Farage, M., Elsner, P., & Maibach, H. (2006). Influence of usage practices, ethnicity and climate on the skin compatibility of sanitary pads. *Archives of Gynecology and Obstetrics*,

275(6), 415–427. <https://doi.org/10.1007/s00404-006-0273-5>

*Femininehygieneproductsinschools*. (n.d.). Retrieved February 28, 2022, from <https://www.p12.nysed.gov/sss/schoolhealth/schoolhealthservices/FeminineHygieneProductsInSchools.html>

Feng, Z. (2020, October 2). California Enacts New Ingredient Disclosure Laws for Feminine Hygiene and Cosmetic Products. Arnold & Porter. Retrieved February 28, 2022, from <https://www.arnoldporter.com/en/perspectives/publications/2020/10/california-enacts-ingredient-disclosure-laws>

Finkelstein, J. W., & von Eye, A. (1990). Sanitary product use by white, black, and Mexican American women. *Public health reports (Washington, D.C. : 1974)*, 105(5), 491–496.

*Free the tampons: The movement for freely-accessible menstrual products*. (n.d.). FREE THE TAMPONS. Retrieved February 28, 2022, from <https://www.freethetampons.org/>

Gao, C.-J., & Kannan, K. (2020). Phthalates, bisphenols, parabens, and triclocarban in feminine hygiene products from the United States and their implications for human exposure. *Environment International*, 136, 105465. <https://doi.org/10.1016/j.envint.2020.105465>

Geller, R. J., Brotman, R. M., O'Brien, K. M., Fine, D. M., & Zota, A. R. (2018). Phthalate exposure and odds of bacterial vaginosis among U.S. reproductive-aged women, NHANES 2001-2004. *Reproductive toxicology (Elmsford, N.Y.)*, 82, 1–9. <https://doi.org/10.1016/j.reprotox.2018.09.001>

Geng, C. (2021, September 16). What is period poverty? Medical News Today. Retrieved February 28, 2022, from <https://www.medicalnewstoday.com/articles/period-poverty>

Global Menstrual Cup Market 2019 to 2026—By Product Type, Material and Distribution Channel—ResearchAndMarkets.com. (2020). In *Health & Medicine Week*. NewsRX LLC.

Hait, A., & Powers, S. E. (2019). The value of reusable feminine hygiene products evaluated by comparative environmental life cycle assessment. *Resources, Conservation and Recycling*, 150, 104422. <https://doi.org/10.1016/j.resconrec.2019.104422>

Healthline. *Everything you need to know about using menstrual cups*. (2017, November 14). Healthline. <https://www.healthline.com/health/womens-health/menstrual-cup>

Healthline. *How to pick the right tampon size—And why it matters*. (2019, October 29). Healthline. <https://www.healthline.com/health/tampon-sizes>

Heidi. (2020, November 24). The harmful chemicals that might be present in your menstrual products. *Wen*. Retrieved February 28, 2022, from <https://www.wen.org.uk/2020/11/24/the-harmful-chemicals-that-might-be-present-in-your-menstrual-products/>

H.R.1708 - Robin Danielson Feminine Hygiene Product Safety Act of 2015

<https://www.congress.gov/bill/114th-congress/house-bill/1708/text?q=%7B%22search%22%3A%5B%22robin+danielson%22%5D%D>

H.R.1882 - 116th Congress (2019-2020): Menstrual Equity For All Act of 2019. (2019, May 3).

<https://www.congress.gov/bill/116th-congress/house-bill/1882/text>

H.R.2416 - 115th Congress (2017-2018): Menstrual Products Right to Know Act of 2017. (2017, May 12). <https://www.congress.gov/bill/115th-congress/house-bill/2416>

*How Does Endometriosis Affect My Menstrual Cycle?* | *National Women's Health Network*. (n.d.). Retrieved February 27, 2022, from

<https://nwhn.org/endometriosis-affect-menstrual-cycle/>

How to Choose the Right Sanitary Pad Size? (n.d.). Always.

<https://www.always.co.uk/en-gb/feminine-products/what-size-pad-should-you-wear/how-to-choose-the-right-sanitary-pad-size/>

Hu, P., Kennedy, R. C., Chen, X., Zhang, J., Shen, C.-L., Chen, J., & Zhao, L. (2016).

Differential effects on adiposity and serum marker of bone formation by post-weaning exposure to Methylparaben and butylparaben. *Environmental Science and Pollution Research*, 23(21), 21957–21968. <https://doi.org/10.1007/s11356-016-7452-0>

*Illinois general assembly—Bill status for hb0155*. (n.d.). Retrieved February 28, 2022, from <https://www.ilga.gov/legislation/BillStatus.asp?DocNum=155&GAID=16&DocTypeID=HB&SessionID=110&GA=102>

Ingram, M. Producing the natural fiber naturally: Technological change and the US organic cotton industry. *Agriculture and Human Values* 19, 325–336 (2002).

<https://doi.org/10.1023/A:1021140001193>

*Is It Normal to Lose Your Period Because of Exercise?* (2021, February 2). Cleveland Clinic.

<https://health.clevelandclinic.org/is-it-normal-to-lose-your-period-because-of-exercise/>

Jessurun, A. J. (2020, July 24). *ACLU News & Commentary*. American Civil Liberties Union.

Retrieved February 5, 2022, from

<https://www.aclu.org/news/womens-rights/permission-required-to-change-your-tampon/>

Johnston-Robledo, I., & Chrisler, J. C. (2020). The Menstrual Mark: Menstruation as Social Stigma. In C. Bobel (Eds.) et. al., *The Palgrave Handbook of Critical Menstruation Studies*. (pp. 181–199). Palgrave Macmillan.

Johnson, K. J., Heger, N. E., & Boekelheide, K. (2012). Of mice and men (and rats):

phthalate-induced fetal testis endocrine disruption is species-dependent. *Toxicological sciences : an official journal of the Society of Toxicology*, 129(2), 235–248.

<https://doi.org/10.1093/toxsci/kfs206>

Kaeding, N. (2020, July 30). Tampon taxes: Do feminine hygiene products deserve a sales tax exemption? Tax Foundation. Retrieved February 28, 2022, from

<https://taxfoundation.org/tampon-taxes-sales-tax/>

Kate Bradford, T. J. (2020). State Policies on Sex Education in Schools. State policies on sex education in Schools. Retrieved February 28, 2022, from

<https://www.ncsl.org/research/health/state-policies-on-sex-education-in-schools.aspx>

Kaur, G. (2015, December 22). Banished for menstruating: The Indian women isolated while they bleed. *The Guardian*.

<https://www.theguardian.com/global-development/2015/dec/22/india-menstruation-periods-gaokor-women-isolated>

Kumamoto, Y., & Iwasaki, A. (2012). Unique features of antiviral immune system of the vaginal mucosa. *Current Opinion in Immunology*, 24(4), 411–416.

<https://doi.org/10.1016/j.coi.2012.05.006>

Lauren Sharkey. (2019, August 19). *Why People “Free Bleed” and How to Try It On Your Own*

*Terms*. Healthline. <https://www.healthline.com/health/free-bleeding>

Lee, J. (2021, July 1). 5 pads for 2 cellmates: Period inequity remains a problem in prisons. *The 19th*.

<https://19thnews.org/2021/06/5-pads-for-2-cellmates-period-inequity-remains-a-problem-in-prisons/>

Li, K., Liszka, M., Zhou, C., Brehm, E., Flaws, J. A., & Nowak, R. A. (2020). Prenatal exposure

to a phthalate mixture leads to multigenerational and transgenerational effects on uterine morphology and function in mice. *Reproductive Toxicology*, 93, 178–190.

<https://doi.org/10.1016/j.reprotox.2020.02.012>

Li, H. L., Ma, W. L., Liu, L. Y., Zhang, Z., Sverko, E., Zhang, Z. F., Song, W. W., Sun, Y., & Li, Y. F. (2019). Phthalates in infant cotton clothing: Occurrence and implications for human exposure. *Science of The Total Environment*, 683, 109–115.

<https://doi.org/10.1016/j.scitotenv.2019.05.132>

Lincho, J., & Martins, R. C. (2021). Paraben Compounds—Part I: An overview of their characteristics, detection, and impacts. *Applied Sciences*, 11(5), 2307.

[doi:http://dx.doi.org/10.3390/app11052307](http://dx.doi.org/10.3390/app11052307)

Madden, T., McNicholas, C., Zhao, Q., Secura, G. M., Eisenberg, D. L., & Peipert, J. F. (2014). Association of age and parity with intrauterine device expulsion. *Obstetrics and Gynecology*, 124(4), 718–726. <https://doi.org/10.1097/AOG.0000000000000475>

Made Safe. (2021, June 16). Dioxins and Furans. MADE SAFE. Retrieved February 28, 2022, from <https://www.madesafe.org/chemical-profiles/dioxins-and-furans/>

Made Safe. (2021, July 22). Period products - pads, tampons - what's in them? MADE SAFE. Retrieved February 28, 2022, from

<https://www.madesafe.org/period-products-whats-in-them/>

Mar, S. (2021, June 4). What's in my tampon? Public Health Post. Retrieved February 28, 2022, from <https://www.publichealthpost.org/research/whats-in-my-tampon/>

Maron, D. F. (n.d.). *Women's March on Washington Protestors Say Science Is a Driving Force*. Scientific American. Retrieved February 27, 2022, from

<https://www.scientificamerican.com/article/womens-march-on-washington-protestors-say>



-science-is-a-driving-force/

Marimow, A. E. (2019, June 5). *A new law promised Maryland's female inmates free tampons.*

*they're still paying.* The Washington Post. Retrieved February 5, 2022, from

[https://www.washingtonpost.com/local/legal-issues/a-new-law-promised-marylands-female-inmates-free-tampons-theyre-still-paying/2019/06/04/cc5442da-86d7-11e9-a491-25df61c78dc4\\_story.html](https://www.washingtonpost.com/local/legal-issues/a-new-law-promised-marylands-female-inmates-free-tampons-theyre-still-paying/2019/06/04/cc5442da-86d7-11e9-a491-25df61c78dc4_story.html)

Medicine, D. J. G. M. D. N. S. of. (n.d.). *The Costs of Egg Freezing.* FertilityIQ. Retrieved

February 27, 2022, from

<https://www.fertilityiq.com/egg-freezing/the-costs-of-egg-freezing>

Menstrual cycle: What's normal, what's not. (2021, April 29). Mayo Clinic.

<https://www.mayoclinic.org/healthy-lifestyle/womens-health/in-depth/menstrual-cycle/art-20047186?reDate=28022022>

*Missed or Irregular Periods | Michigan Medicine.* (n.d.). Retrieved February 27, 2022, from

<https://www.uofmhealth.org/health-library/misprd/>

*New hampshire sb142 | 2019 | regular session.* (n.d.). LegiScan. Retrieved February 28, 2022,

from <https://legiscan.com/NH/text/SB142/id/1860709>

Nicole Telfer. (2018, February 5). *Anorexia and the menstrual cycle.*

<https://helloclue.com/articles/cycle-a-z/anorexia-and-the-menstrual-cycle>

NY State Assembly Bill A164B. (2020, January 9). NY State Senate.

<https://www.nysenate.gov/legislation/bills/2019/a164/amendment/b>

Olya, G. (2017, February 14). *Steph Gongora Performs Yoga Moves While Free-Bleeding to*

*Make a Point About Period Shame | PEOPLE.com.*

<https://people.com/health/steph-gongora-free-bleeding-yoga/>

- Omar, H. A., Aggarwal, S., & Perkins, K. C. (1998). Tampon use in young women. *Journal of pediatric and adolescent gynecology*, 11(3), 143–146.  
[https://doi.org/10.1016/s1083-3188\(98\)70134-2](https://doi.org/10.1016/s1083-3188(98)70134-2)
- Press, T. A. (2021, October 9). California will soon require free tampons in public schools. *NPR*.  
<https://www.npr.org/2021/10/09/1044720102/california-free-tampons-schools>
- Rachoń D. (2015). Endocrine disrupting chemicals (EDCs) and female cancer: Informing the patients. *Reviews in endocrine & metabolic disorders*, 16(4), 359–364.  
<https://doi.org/10.1007/s11154-016-9332-9>
- Raley, E., Quirós-Alcalá, L., & Matsui, E. C. (2021). Chemical Exposures via Personal Care Products and the Disproportionate Asthma Burden Among the U.S. Black Population. *The Journal of Allergy and Clinical Immunology: In Practice*, 9(9), 3290–3292.  
<https://doi.org/10.1016/j.jaip.2021.04.063>
- Rattan, S., Zhou, C., Chiang, C., Mahalingam, S., Brehm, E., & Flaws, J. A. (2017). Exposure to endocrine disruptors during adulthood: Consequences for female fertility. *The Journal of Endocrinology*, 233(3), R109–R129. <https://doi.org/10.1530/JOE-17-0023>
- Repouskou, A., Papadopoulou, A.-K., Panagiotidou, E., Trichas, P., Lindh, C., Bergman, Å., Gennings, C., Bornehag, C.-G., Rüegg, J., Kitraki, E., & Stamatakis, A. (2020). Long term transcriptional and behavioral effects in mice developmentally exposed to a mixture of endocrine disruptors associated with delayed human neurodevelopment. *Scientific Reports*, 10(1), 9367. <https://doi.org/10.1038/s41598-020-66379-x>
- Rodprasert, W., Toppari, J., & Virtanen, H. E. (2021). Endocrine disrupting chemicals and reproductive health in boys and men. *Frontiers in Endocrinology*, 12.  
<https://www.frontiersin.org/article/10.3389/fendo.2021.706532>

- Romo, L. F., & Berenson, A. B. (2012). Tampon use in adolescence: differences among European American, African American and Latina women in practices, concerns, and barriers. *Journal of pediatric and adolescent gynecology*, 25(5), 328–333.  
<https://doi.org/10.1016/j.jpag.2012.06.001>
- Ross, A., & Shoff, H. W. (2022). Toxic shock syndrome. In *StatPearls*. StatPearls Publishing.  
<http://www.ncbi.nlm.nih.gov/books/NBK459345/>
- Serum and tissue hormone levels of vaginally and orally administered estradiol. Tourgeman, David E. et al. *American Journal of Obstetrics & Gynecology*, Volume 180, Issue 6, 1480 - 1483
- Steele, L., & Goldblatt, B. (2020). The Human Rights of Women and Girls with Disabilities: Sterilization and Other Coercive Responses to Menstruation. *The Palgrave Handbook of Critical Menstruation Studies*, 77–91. [https://doi.org/10.1007/978-981-15-0614-7\\_8](https://doi.org/10.1007/978-981-15-0614-7_8)
- The DivaCup. (2022, January 1). Pandora’s Box: Lifting the Lid on Menstruation [Video]. Youtube. <https://www.youtube.com/watch?v=fki-a5Vj5M8>
- The Period Co. (2022). Which menstrual cup should I use?: Menstrual cup quiz: The period co. The Period Co. Retrieved February 28, 2022, from <https://www.theperiod.co/pages/menstrual-cup-quiz>
- Thiagarajan, K. (2018, February 8). *Bollywood’s “Pad Man” Is Biopic Of The Inventor Of A Game-Changing Menstrual Pad Machine: Goats and Soda: NPR*. <https://www.npr.org/sections/goatsandsoda/2018/02/08/583640537/pad-man-is-a-bollywood-movie-about-a-man-and-his-menstrual-pads>
- Thinx & PERIOD. (2021). *State of the Period 2021: The widespread impact of period poverty on US students* (State of the Period).

Thometz, K. (2021, August 19). *Advocates: Providing Free Feminine Hygiene Products to the Homeless a 'Step in the Right Direction.'* WTTW News.

<https://news.wttw.com/2021/08/19/advocates-providing-free-feminine-hygiene-products-homeless-step-right-direction>

Tweed, J. O., Hsia, S. H., Lutfy, K., & Friedman, T. C. (2012). The endocrine effects of nicotine and cigarette smoke. *Trends in Endocrinology and Metabolism*, 23(7), 334–342.

<https://doi.org/10.1016/j.tem.2012.03.006>

U by kotex tampons class action settlement. (2020, June 2). *Top Class Actions*.

<https://topclassactions.com/lawsuit-settlements/closed-settlements/u-by-kotex-tampons-class-action-settlement/>

*Using the pill to regulate periods: How it works.* (n.d.). Flo.Health - #1 Mobile Product for Women's Health. Retrieved February 28, 2022, from

<https://flo.health/menstrual-cycle/health/period/using-the-pill-to-regulate-periods>

Valerie French. (n.d.). *What You Should Know About Breakthrough Bleeding With Birth Control*.

Retrieved February 27, 2022, from

<https://www.acog.org/en/womens-health/experts-and-stories/the-latest/what-you-should-know-about-breakthrough-bleeding-with-birth-control>

Van Eijk, A.M., Zulaika, G., Lenchner, M., Mason, L., Sivakami, M., Nyothach, E., Unger,

H.W., Laserson, K.F., & Phillips-Howard, P.A. (2019). Menstrual cup use, leakage,

acceptability, safety, and availability: a systematic review and meta-analysis. *The Lancet*.

*Public Health*, 4, e376 - e393.

*Virginia sb232 | 2020 | regular session.* (n.d.). LegiScan. Retrieved February 28, 2022, from

<https://legiscan.com/VA/bill/SB232/2020>

Walker, B. T., & Walker, T. (2021, January 21). The Dehumanizing Effects of Inadequate Access to Menstrual Products in Prisons and Jails |. Witness LA.

<https://witnessla.com/due-to-inadequate-access-to-menstrual-products-periods-in-prison-can-be-stigmatizing/#:%7E:text=Just%20one%20year%20later%2C%20California,period%20products%20in%20public%20schools.>)

WebMD. *What is amenorrhea? What causes it?* (n.d.). WebMD. Retrieved February 28, 2022, from <https://www.webmd.com/infertility-and-reproduction/guide/absence-periods>

*Why the idea of period leave is still sparking debate.* (n.d.). Time. Retrieved February 28, 2022, from <https://time.com/6105254/menstrual-leave-policies/>

Widening the Cycle: A Menstrual Cycle & Reproductive Justice Art Show. (n.d.). Widening the Cycle. <http://www.wideningthecycle.com/index.html>

Wilbur, J., Torondel, B., Hameed, S., Mahon, T., & Kuper, H. (2019). Systematic review of menstrual hygiene management requirements, its barriers and strategies for disabled people. *PLOS ONE*, 14(2), e0210974. <https://doi.org/10.1371/journal.pone.0210974>

World Health Organization. (2016, October 4). *Dioxins and their effects on human health*. World Health Organization. Retrieved March 10, 2022, from <https://www.who.int/news-room/fact-sheets/detail/dioxins-and-their-effects-on-human-health>

Xavier Sala-i-Martin. (2006). The World Distribution of Income: Falling Poverty and ... Convergence, Period. *The Quarterly Journal of Economics*, 121(2), 351–397. <https://doi.org/10.1162/qjec.2006.121.2.351>

Zimmer, A., Tandler, A., Katzir, I., Mayo, A., & Alon, U. (2017). Prediction of drug cocktail effects when the number of measurements is limited. *PLOS Biology*, 15(10), e2002518.

<https://doi.org/10.1371/journal.pbio.2002518>