



Association pour la santé environnementale du Québec  
Environmental Health Association of Québec

# ECO-JOURNAL

January 2025

## MCS and Forever Chemicals in Menstrual Products: Health Concerns and Accessibility Challenges

Multiple Chemical Sensitivity (MCS) affects millions globally, with individuals experiencing adverse reactions to various chemicals found in everyday products. Recent studies have raised concerns about the presence of "forever chemicals" in menstrual products, exacerbating health risks for those with MCS. This article explores the implications of this issue, the associated health concerns, and the challenges individuals face in accessing safer alternatives.

The Presence of Forever Chemicals in Menstrual Products:

Per- and polyfluoroalkyl substances (PFAS), commonly known as "forever chemicals," are synthetic compounds used in numerous consumer products for their water and grease-resistant properties. Recent research has detected PFAS in menstrual products, including pads, tampons, and menstrual cups. These chemicals, known for their persistence in the environment and bioaccumulation in organisms, pose serious health risks.

Health Concerns for Individuals with MCS:

For individuals with MCS, exposure to PFAS and other chemicals found in menstrual products can trigger severe symptoms, including headaches, dizziness, nausea, respiratory issues, and skin irritation. The heightened sensitivity of individuals with MCS exacerbates these adverse effects, leading to debilitating symptoms that significantly impact their quality of life.



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### Accessibility Challenges:

Despite growing awareness of the health risks associated with conventional menstrual products, individuals with MCS face significant accessibility challenges in accessing safer alternatives. Fragrance-free and organic menstrual products, which are less likely to contain harmful chemicals, are often inaccessible or prohibitively expensive for many individuals. Moreover, the lack of labeling requirements makes it challenging for consumers, including those with MCS, to identify safer options.

### The Impact of Limited Access:

The limited access to safe menstrual products exacerbates the health disparities faced by individuals with MCS, who already encounter barriers in accessing healthcare and essential services. Many individuals resort to using conventional products out of necessity, despite the associated health risks, further compromising their well-being and exacerbating their symptoms.

### Advocating for Change:

Addressing the intersection of MCS and menstrual product safety requires concerted efforts from policymakers, healthcare professionals, advocacy groups, and industry stakeholders. Key actions include:

**Implementing stricter regulations:** Governments must enforce stringent regulations on the use of PFAS and other harmful chemicals in menstrual products, prioritizing consumer safety and health.

**Promoting transparency:** Manufacturers should be required to disclose the ingredients used in menstrual products, enabling consumers to make informed choices and avoid potential triggers.

**Increasing accessibility:** Efforts should be made to improve access to affordable, fragrance-free, and organic menstrual products, particularly for marginalized communities and individuals with MCS.



Raising awareness: Healthcare providers and advocacy groups must educate the public about the health risks associated with conventional menstrual products and the importance of safer alternatives, especially for individuals with MCS.

Conclusion:

The presence of forever chemicals in menstrual products poses significant health risks for individuals with MCS, exacerbating their symptoms and compromising their well-being. Addressing this issue requires collaborative efforts to improve product safety, increase accessibility to safer alternatives, and raise awareness about the intersection of MCS and menstrual health. By advocating for change and prioritizing consumer safety, we can create a more inclusive and equitable menstrual product landscape for all.

**Resources for healthy alternatives:** [EcoLivingGuide](#)