

**Mayo Clinic Minute: 'Forever chemicals' found in thousands of household products may affect women's heart health**

Video	Audio
	P-FAS are per- and polyfluoroalkyl (poli-floro-al-key-al) substances. They're called "forever chemicals" because they don't break down easily over time, which has led to widespread contamination.
	A new American Heart Association study found that middle-aged women in particular, with high blood concentrations of these chemicals are 70% more likely to develop high blood pressure.
<b>DeLisa Fairweather, Ph.D. Cardiovascular Disease Mayo Clinic</b>	"As soon as you go through menopause, you really have a dramatic drop in estrogen as a female. When that happens, it really affects your immune response. And, so, you enter into a much more proinflammatory state, and that can really drive and increase your risk for various types of heart disease and cardiovascular disease, atherosclerosis, increase the risk for stroke."
	Forever chemicals are in thousands of household products, including shampoos, cosmetics, plastic packaging and more.
	They're also found in water sources and foods we eat.
	"This is a concern for everyone — not just for women."
	Previous studies have shown that, even at low levels, these forever chemicals create adverse health effects.
	"What we can do to proactively help ourselves is to read every label on the food that we are purchasing and make sure that it does not have chemicals that we don't understand."
	For the Mayo Clinic News Network, I'm DeeDee Stiepan.

