

[IMAGE]

## Is Your Soap Damaging Your Bones?

By Editorial Staff

When it comes to hygiene, the stereotype (you can decide whether it holds up to reality) is that women are usually on the top of their game. Men – not so much. If you think otherwise, just ponder which gender gets the overwhelming share of marketing attention from the soap / perfume / fragrance industry. That's why a new study that links a chemical found in many soaps and hand sanitizers with osteoporosis in women is so troubling.

Triclosan is the name of the chemical and it's found in a variety of products including soap, sanitizers, mouthwash and toothpaste. Unfortunately, according to the study in the *Journal of Clinical Endocrinology and Metabolism*, its effects may go beyond serving as an antimicrobial. Among nearly 2,000 U.S. women included in the investigation, those with the highest levels of triclosan in their urine were significantly more likely to suffer from osteoporosis than women with the lowest levels.

While the study doesn't prove triclosan causes osteoporosis, it's certainly food for thought the next time you're buying hygiene products at the store. Check every label: does it contain triclosan? Perhaps a switch to a more natural, safer product is worth your while. Talk to your doctor for more information regarding osteoporosis and what you can do (whether a man or a woman) to reduce your risk.

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