



There are Plastics in our Bodies

Now what?.....

Risks & Realities



Microplastics that permeate our air, water, and soil are also found in human bloodstream, lungs, placenta, immune system, brain, and other vital organs. The smaller the size, the more they permeate our tissues. Some sources are:

- Fibers; synthetic clothing, medical materials, ropes, and landscape textiles
- Fragments; broken down plastic items including building materials and air blasting to remove rust and paint
- Pellets; from plastic production, personal care products
- Films; degraded plastic packaging

On Thursday p.m., March 13th 7:00-8:00p.m. Carol Armstrong, Ph.D, will describe current findings on how micro and nano plastics enter our tissues, give evidence of damage and health impacts, and suggest habit changes to decrease our absorption of microplastics and their chemicals. There will be live Q&A.

Presentation will be given at:
 Charlestown Township Building
 11 General Warren Blvd. Ste. 1
 Malvern, PA 19355

Presentation will be virtual at:
<https://us02web.zoom.us/j/83918353690?pwd=vLdCMG6376suUqb8yteULUh2aNueZq.1>

Please share and encourage others to attend.

Dr. Armstrong is a Neuropsychologist and Neuroscientist, Professor Emerita, University of Pennsylvania School of Medicine, Chair of the Environmental Advisory Committee, Charlestown Township; Penn State Univ. Ext. Master Watershed Steward.

