Silent Spring Institute is a non-profit scientific research institute dedicated to understanding the links between chemicals in our everyday environment and women’s health, with a focus on breast cancer prevention. We were founded 25 years ago by members of the Massachusetts Breast Cancer Coalition. Concerned about elevated rates of breast cancer on Cape Cod , they called for a scientific investigation on the environmental links to the disease. The study became a national model for environmental health studies, providing public health researchers with new tools for studying environmental risk factors, while laying the groundwork for future investigations.

Silent Spring has since grown into a national environmental health organization with expertise on everyday chemical exposures and community-engaged research. Through our water quality research program, which maintains a strong focus on Cape Cod, we are investigating drinking water contaminants, many of which are unregulated and raise public health concerns. Our research on the Cape provided some of the first information in the U.S. on hormone-disrupting chemicals in groundwater and drinking water.

We are currently leading two projects on the health effects associated with exposures to PFAS chemicals in drinking water. PFAS were found at elevated levels in the Hyannis water supply prior to 2016.

The first project, called [PFAS-REACH](https://silentspring.org/project/pfas-reach) (Research, Education and Action for Community Health), includes a Children’s Health Study that is currently enrolling preschool-aged children whose mothers lived in Hyannis before 2016. The goal of the study is to understand how PFAS exposure may impact children’s immune systems. More information on the PFAS-REACH Children’s Health Study can be found [online](https://pfas-exchange.org/childrenstudy/) or in the attached recruitment flyer. The PFAS-REACH project team has also developed an online resource center, the [PFAS Exchange](http://www.pfas-exchange.org), which provides resources to PFAS-impacted communities, including factsheets and an interactive map of PFAS contamination sites and community groups across the U.S.

The second study, funded by the U.S. Centers for Disease Control and Prevention (CDC), is also focused on understanding the health effects of PFAS exposure from drinking water in Hyannis. This study will include adults and children, and will measure a wider range of health effects. More information about this study can be found [online](https://silentspring.org/project/cdcatsdr-pfas-health-study).

These studies will contribute to the development of drinking water standards for PFAS that protect us from these harmful chemicals by improving our understanding of how these chemicals affect our health. Our work supports communities dealing directly with the PFAS contamination crisis, providing them with the tools and resources they need to protect their health and reduce their exposures.

Resources:

[PFAS: A Word About Drinking Water Guidelines](https://silentspring.org/sites/default/files/page-basic/2020-02/PFAS%20Tip%20Sheet_Drinking%20Water%20Guidelines.pdf)

[PFAS and Drinking Water: What You Should Know](https://silentspring.org/sites/default/files/page-basic/2020-02/PFAS%20Tip%20Sheet_Drinking%20water.pdf)

[How can PFAS Affect Your Health?](https://silentspring.org/sites/default/files/page-basic/2020-02/PFAS%20Tip%20Sheet_Health%20effects.pdf)

[How to Reduce Your Exposure to PFAS](https://silentspring.org/sites/default/files/page-basic/2020-02/PFAS%20Tip%20Sheet_Reduce%20exposure_reduced.pdf)

What You Should Know About PFAS Chemicals ([EN](https://silentspring.org/sites/default/files/page-basic/2020-02/PFASs%20Tip%20Sheet_General.pdf) + [ESP](https://silentspring.org/sites/default/files/page-basic/2020-02/PFASs%20Tip%20Sheet_General_spanish.pdf))

Highly fluorinated chemicals in Cape Cod drinking water (pdf only)

[Tips on Protecting Your Private Drinking Water Well](https://silentspring.org/sites/default/files/page-basic/2020-02/Tips%20for%20protecting%20private%20well%20water.pdf)

[PFAS-REACH Children’s Health Study Recruitment Flyer](https://wordpress.silentspring.org/pfas-exchange/wp-content/uploads/sites/2/2019/10/Hyannis-recruitment-flyer-PFAS-REACH.pdf) (es and pt versions, pdf only)

[Detox Me mobile app](https://silentspring.org/project/detox-me-mobile-app) (link only)

[Everyday Exposures to PFAS](https://silentspring.org/project/everyday-exposures-pfas-chemicals) (link only)

[Silent Spring 2019 Impact Report](https://silentspring.org/sites/default/files/Annual%20reports/2019-Impact-Report-Final.pdf)