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This week Ireland’s Classic Hits Radio is looking at ways we can cut down on the use of harmful pesticides and herbicides in the garden.

**Did you know….**

Pesticides [can cause](https://extension.psu.edu/potential-health-effects-of-pesticides) short-term adverse health effects, called acute effects, as well as chronic adverse effects that can occur months or years after exposure.

**Acute (Immediate) Health Effects**

[Immediate health effects](https://extension.psu.edu/potential-health-effects-of-pesticides) from pesticide exposure includes irritation of the nose, throat, and skin causing burning, stinging and itching as well as rashes and blisters. Nausea, dizziness and diarrhea are also common.

**Chronic (Long-term) Health Effects**

[Chronic health effects](https://www.epa.gov/sites/production/files/documents/rmpp_6thed_ch21_chroniceffects.pdf) include cancer and other tumors; brain and nervous system damage; birth defects; infertility and other reproductive problems; and damage to the liver, kidneys, lungs and other body organs. Chronic effects may not appear for weeks, months or even years after exposure, making it difficult to link health impacts to pesticides.

**Children are More Vulnerable to Pesticide Exposure**

Children are [more vulnerable to pesticide exposure](https://www.epa.gov/sites/production/files/2015-12/documents/pest-impact-hsstaff.pdf) because their organs, nervous systems and immune systems are still developing. Children are also less able to detoxify and excrete pesticides. Exposure during certain early development periods [can cause permanent damage.](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4588819/)

**4 benefits of organic gardening**

**1. Healthier for people**

**2. Better for the environment**

**3. Natural recycling**

**4. Natural pest management**

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