Endocrinology Associates? Dr. Elena Christofides Featured in U.S. News Article

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COLUMBUS, OH - December 23, 2023 -
Columbus, OH ? U.S. News recently published an important article on the dangers of hair-straightening products and the role they play in society, a role that is frequently due to negative cultural and social pressures. The article draws heavily on the opinion of Dr. Elena Christofides, M.D., F.A.C.E., a Columbus-based endocrinologist and the founder and owner of Endocrinology Associates. A lead researcher in her field, Dr. Christofides has grown increasingly concerned by what she?s observed in the latest emerging research surrounding hair straightening chemicals.

"It is easy to forget that our skin is our largest organ. It is a living, breathing, critical connection to our environment,? said Dr. Christofides. ?It?s also important to remember that a toxin doesn't have to be consumed to be toxic. Any consistent and regular chemical exposure has the potential to permanently alter hormonal stability. This is especially true for products created to be applied directly to the scalp, hair, and skin.?

Dr. Christofides, along with many of her fellow endocrinology experts, has long known about chemicals that disrupt hormone processes and can cause cancer growth. The chemicals commonly found in many hair straightening products may be linked to higher rates of cancer, especially uterine, ovarian, and breast cancer. This is partially due to how they interact with the body: they can disrupt cellular processes and may block, interfere, or in some cases mimic the body?s hormones.

According to studies cited in the U.S. News article, there is growing evidence that hair straightening products are linked to multiple types of cancer. In 2021, the journal Carcinogenesis found a link between ovarian cancer and using hair straighteners and relaxers. The Journal of the National Cancer Institute found that the risk of developing uterine cancer was more than double in women who frequently used straightening products, and an NIH study found the risk of breast cancer increased by 31% in women who used hair straighteners a minimum of once every two months.

?These studies all point to the same worrying conclusion,? said Dr. Christofides, ?the products we?re putting in our hair may be unsafe.?

Dr. Christofides also pointed out the devastating racial disparity in these straightening products, too. The risk of cancer is higher among women of color, who often face strong social pressure to make their hair look more Euro-centric.

?One of the biggest reasons I started my practice is because it became clear that more clinics need to take hormones and skin care seriously with a sensitivity to historical biases amongst women of color," said Dr. Christofides. ?Too many spas, hair stylists, and even some doctors are unaware of the serious health implications that certain products can cause. Through MediZen and Endocrinology Associates, we are working to help dismantle these biases and encourage a better understanding of and relationship with cosmetic chemicals.?

Located at 72 W 3rd Ave #3209, Columbus, OH 43201, Endocrinology Associates works hard to meet the needs of its diverse clientele and offers healthy treatments using pure ingredients. The clinic is currently accepting new patients.

About Endocrinology Associates

Endocrinology Associates, an adults-only clinic led by Dr. Elena Christofides, specializes in treating conditions like diabetes, weight issues, osteoporosis, hypertension, and hormonal imbalances. Under her guidance, the highly experienced staff at Endocrinology Associates have made a name for themselves for offering extremely customized and comprehensive care to their patients, and for solving difficult referral cases.

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