

# MMA

## WHAT IS IT?

*Methyl methacrylate, otherwise known as MMA, is a bonding agent used in some artificial nail products. MMA is released from these products into the air and it harmful if inhaled.*

*MMA exposure has been linked to adverse health effects including dermal toxicity and respiratory tract effects.*

Arizona Administrative Code R4-10-112(M) prohibits the use of products containing hazardous substances banned by the FDA from being used in a salon or school.

## HEALTH RISKS

### METHYL METHACRYLATE (MMA) CAN:



- Affect you when you breathe it in.
- damage a developing fetus.
- irritate the eyes, skin, nose and throat if you come in contact with it.
- irritate the lungs causing coughing and/or shortness of breath if breathed in. Higher exposures can cause a build-up of fluid in the lungs (pulmonary edema), a medical emergency, with severe shortness of breath.
- cause dizziness, irritability, difficulty with concentration and reduced memory.
- cause a skin allergy.
- damage the nervous system causing numbness, "pins and needles," and/or weakness in the hands and feet.



MMA is a flammable and reactive chemical and a fire and explosion hazard.

*While consumers who use products containing MMA may be at some risk of some of these adverse effects, the risk is much higher for nail technicians who are frequently and normally exposed to products containing MMA during their work.*

### HOW DO YOU KNOW IF A PRODUCT CONTAINS MMA?

- MMA is listed as an active ingredient on the product label.
- It has a strong irritating chemical odor that does not smell like other acrylic liquids.
- The product sets much harder, feels less flexible and is very difficult to file using a nail file.
- Acrylic nails that contain MMA are extremely hard or virtually impossible to remove using normal solvents.
- It is a much cheaper product (approximately one third of the price) in comparison to other acrylic nail products.

#### Substitutes for MMA

There are a number of alternatives to MMA including ethyl methacrylate (EMA), light cure gels, wraps and natural nail manicures.