

MICROPLASTICS IN THE HUMAN BODY - REALITY OR MYTH?

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Plastic is the most popular material in all sectors of the economy. Plastic has many advantages: it is cheap, light, convenient, dielectric, has a fairly long lifespan, etc. But plastic also has serious negative qualities: environment is polluted due to the impossibility of recycling and there is a large difference between the amount of manufactured and recycled plastic; plastic is accumulated in the human body.

Microplastics are small plastic particles up to 5 millimeters in size that penetrate the human body through air, food and water.

Today, scientists are conducting research that has revealed that by the end of life, approximately 1 teaspoon of microplastic accumulates in the human body throughout life. Most of the plastic accumulates in the human brain, liver and kidneys.

The consequences of the accumulation of microplastics can be: inflammatory diseases, cancer, cardiovascular diseases, endocrine diseases, diseases of the nervous system, respiratory diseases and damage to the kidneys and liver.

To reduce microplastics in the body, it is advisable to use more glass and ceramic dishes instead of plastic, reduce the consumption of fast food and processed foods as much as possible, drink filtered water, avoid frequent heating of plastic containers in the microwave, and monitor hygiene products and household chemicals.

Finally, when developing curricula in the fields of engineering and manufacturing, it is important to consider the environmental issues plastic accumulation and recycling.

References:

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