

# Effects of plastic on the human body essay example

[Environment](#), [Pollution](#)



Plastic particles are in the developing and developed countries becoming an alarming cause of plastic pollution. These particles consist of micro-beads, nurdles from cosmetics products as well as the breakdown matters of plastic litter. Nurdles are plastic resin pellet which are intermediary goods used to manufacture plastic products are typically less than 5 mm (0.20 in) in diameter usually find their way to the numerous streams which neighbors the plastics manufacturing factories where they cause plastic pollution which is termed as Mermaid's tears.

For decades, there has not been much investigation or discussion about the plastic bottles and the harmful chemicals which are used to produce them. This is a cause for alarm, and it is essential that we raise the alertness about this significant subject matter which can bring forth death due to the plastic pollution. However, in an era where everything is for expediency, the pace of the day to day existence has compelled the human race to adjust to the ways of a modern society where the issue of health is of the essence. Mato (2002, p, 123) argues that the scarcity of clean purified water has seen every individual on a global scale to make use of bottled water most of which is sold in plastic bottles. Due to the fact that the World Health Organization (WHO) has voted for a global legislation for the soft drink and water bottling companies to adhere to while manufacturing plastic bottles for their beverages, the consumers have unknowingly ingested the harmful products under the pretext of it being safe. This attitude has increased the use of plastic to an alarming level within the modern society.

Many safety and health analysts have done some studies to ascertain as to what we are putting into our bodies each day basis by consuming or drinking the contents out of the plastic containers. The fact that more than 70 percent of our society worldwide makes use of plastic is cause for much concern. Most plastic containers which the average human uses are made from petroleum, which is mostly imported resource and is chemically non-renewable. Even though plastic is normally lightweight, the packaging creates some unnecessary waste which causes more threats to conservation of the environment, in spite of the global legislation that have a preference to reducing the potential pollution. There are numerous kinds of chemicals which are systematically used in the production of all sorts of plastics and they have different effects on the health of the human body.

Polyvinyl chloride, which is also branded as PVC or vinyl, poses high risks to both our health and environment. It is in addition the least recyclable plastic and the individuals who work with the manufacturers are at a risk of contracting the dreaded liver cancer. While producing it, water and air creates pollution as it requires stabilizers and additives such as lead to enable it to be usable. These elements are often added to strengthen the plastic, while the plasticizers are added so as to give it the flexibility.

Michelle (2006, p. 178) argues that considering the fact that more than 55 percent of the companies which manufacture any beverage or spring water use these plastic bottles to package their content, it poses a threat to human longevity and health.

At the same time, these toxic additives contribute to substantial danger to further human exposure and pollution. Dioxin in air emissions from the disposal of PVC products and its manufacturing settles on the grasslands and then accumulates in dairy and meat and its products and it ultimately ends in the human tissue. However, low-level exposure of the chemical is associated with a decrease in birth weight, behavioral and learning problems in children, disruption of hormones in the body and suppressed immune function.

Moore (2008, p. 199) points out that it is fundamental to ascertain the fact that these chemicals have been held responsible for the majority of human illnesses within the society on the global scale. It has been established that Bisphenol A (BPA) which is a chemical that apes the action of the estrogen human hormone, can leak from the polycarbonate plastic. The human exposure to this BPA is so widespread and vast that the Center for Disease Control analysis detected the chemical in the urine of some 95 percent of the adults sampled. The scientists have managed to measure the BPA in the blood of pregnant women, in the placenta and the umbilical cord blood, and the levels demonstrated that it can alter development of the baby. It has been known to cause genetic damage, such as defects to the human fetuses and miscarriages. Consequently, the average consumption and use of plastic in our lives slowly depletes the health of the human body.

## **Conclusion**

Fortunately, most governments have realized the harmful effects of plastic pollution and are taking warranted measures to ban the plastic bags and

bottles. Michelle (2006, p. 456) avers that in addition, measures are being taken to recycle the plastic to prevent poor disposal and dumping. He points out that numerous recycled plastic items are now currently available in the market and they are biodegradable. At the same time, there is a ban in many countries on the burning of plastic as the noxious fumes further pollute the environment.

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