

# Are You Drinking Water from a Plastic Bottle? Do You Know the Risks?

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A wealth of medical research has revealed that a chemical used to make hard, clear plastics called bisphenol A (BPA), such as those found in baby bottles, food-storage containers and the lining of soda cans, has reached epidemic proportions in America.

Each year, over 6 billion tons of BPA are used to make plastics. The problem occurs when the plastic is heated causing the chemical bonds that BPA forms to unravel contaminating the water or food it is held in.

In addition, washing or exposing plastic to acidic foods can cause the BPA to leach out into the food...

Plastic Industry in State of Denial And while the plastic industry fails to see the need for alarm regarding the health impact of this chemical, researcher with no ties to the industry beg to differ.

Research Findings: Scientist studying BPA have found that BPA imitates the sex hormone estradiol (estrogen). It is well accepted that even small amounts of estrogen can induce profound changes in the body. This has raised a red flag and caused concern among the scientific community that even the lowest levels of BPA could have a negative impact on one's health.

There is growing evidence (among mice and rats) that low doses of BPA can cause:

- v Hyperactivity
- v Early puberty
- v Increased fat formation
- v Abnormal sexual behavior
- v Disrupted reproductive cycles
- v Structural damage to the brain

Who is telling the Truth? You Be the Judge

Of the 115 published studies researchers reviewed on the low-dose effects of BPA, 94 of them reported harmful effects on mice and rats; 21 did not.

Coincidentally, none of the 11 studies funded by chemical companies found harmful effects caused by BPA, which the Centers for Disease Control and Prevention has reported is detected in 95 percent of all patients tested.

On the other hand, more than 90 percent of the studies conducted by scientists not associated with the chemical industry [text in blue] discovered negative consequences.