

Bisphenol A (BPA)

Waa maxay BPA?

Bisphenol A (BPA) waa maado kiimiko ah sida badan loo la mariyo gudaha noocyada caagga qaarkood, weelasha cuntada, iyo alaabo kale ee ay macaamiishu isticmaasho.

BPA waxaa laga heli karaa alaabaha guryaha lagu isticmaalo iyo alaabo kaleba sida:

- Weelasha kaydinta cuntada (caag, kartoona, baalal bir ah).
- Dhalooyinka caagga ah, oo ay ku jiraan dhalooyinka/maasaasadaha caagga ah ee ilmaha yaryar caanaha lagu siiyo ee la sameeyay wixii ka horeeyay sanadkii 2013.
- Waraaqaha risiidyada lagu daabaco ee kulkayka isticmaala.
- Waxyaalaha timaha jilciya iyo kuwa timaha toosiya ee kiimikada ka sameysan.
- Caagagga Polycarbonate (oo loo isticmaalo cajaladaha CD-ga qaarkood, maacuunta caaga ka sameysan, alaabaha baabuurta, alaabta caruurta ku ciyaarto).

Yaa halista ugu badan iyo halista caafimaad ay ka soo gaari kartaa?

- Dumarka uurka leh iyo carruurta uur ku jirta ah ayey halis ka soo gaari kartaa maxaa yeelay BPA ayaa si fudud uga gudbi kartaa mandheerta hooyada waxayna u horseedi kartaa ilmaha uur ku jirta ah dhibaato caafimaad oo saameyneysa koboca ilmaha uur ku jirta ah.
- Ilamaha dhallaanka ah iyo carruurta yaryar ayaa halis ugu jira dhibaataada maadada maxaa yeelay waxay u dhow yihiin dhulka waxayna u badan yihiin in ay neef ahaan u qaataan maadada oo xiyaa iyada oo aan la fileyn ay cunaan boor maadadu la socoto. Yaraanta jirka carruurta yaryar iyo koboco ku socda xubnahooda ayaa sidoo kale halis u gelin karta inay soo gaarto cawaaqib xumo caafimaad.

Sidee bey dumarka uurka leeh u soo gaari kartaa maadada BPA?

- Ilaha ugu waa weyn ee badanaa wax ka yimaadaan waa cunista cuntada weelasha kaydinta cuntada (caag, bir, ama kartoona) oo ay BPA ku jirto caagagoodaa ama la mariyay gudaha koobooyinka iyo weelasha kartoona ah.
- U isticmaalidda timahaaga iyo/ama jirkaaga waxyaalaha daryeelka shaqsi ahaaneed ee ay ku jirto maadada BPA.
- Qabashada/taabashada waraaqaha risiidyada lagu daabaco ee kulkayka isticmaala..
- Saameynta waxaa kale oo ay ka imaan kartaa deegaankaaga. BPA waxaa lagu ogaan karaa

BISPHENOL A (BPA)

baaritaan marka milankeeda uu hawada gudaha iyo kan dibadaba uu uu hooseeyo, milankeeda biyaha dusha sare, iyo milankeeda boodhka guriga.

Sidee bey ilmaha dhallaanka ah iyo carruurta yaryar u soo gaari kartaa saameynta BPA?

Saameyntu waxay ka soo gaari kartaa:

- Quudinta naas nuujinta/laabta ee waalid ay gaartay saameynta maadada BPA. Si kastaba ha noqotee, naas nuujinta/laabta waxay leedahay nafaqooyin looga baahan yahay horumarinta ilmaha waxayna sidoo kale MDH sii wadaa inay ku taliso quudinta naas nuujinta/laabta inay tahay habka ugu caafimaadka badan ee quudinta carruurta. Faa 'iidooyinka caafimaad ee faraha badan ee quudinta naas nuujinta/laabta waxay u muuqdaan in ay ka faa'iido badan tahay waxyeello ka dhalan karta saameynta soo gaareysa illmah kiimikooyinka deegaanka ee ku jira caanaha naas nuujinta/laabta (Eeg [Naas-nuujinta, Deegaanka Saameynta Soo Gaaritaanka/Sunta, CDC \(https://www.cdc.gov/breastfeeding-special-duruufaha/hcp/exposures/?CDC_AAref_Val\)](https://www.cdc.gov/breastfeeding-special-duruufaha/hcp/exposures/?CDC_AAref_Val)). Haddii aad ka walaacsan tahay arintan la hadal dhakhtarkaaga/daryeel caafimaad bixiyehaaga.
- Isticmaalka dhalooyinka/masaasadaha caanaha ee ilmaha oo duqoobay (la sameeyay 2013 ka hor) oo ay ku jiraan BPA.
- BPA waxay mar caan ku ahayd masaasadaha dhallaanka ee caagga ah iyo alaabo kale oo si gaar ah loogu talagalay carruurta. Dadaal lagu yareynayo saameynta soo gaadhista BPA ee dhallaanka iyo carruurta, Minnesota, gobolada kale, iyo dowladda federaalka ayaa xayiraad saartay BPA intii u dhaxeysay 2009 iyo 2013 (Eeg [Xayiraadaha Sharci dejinta ee BPA, MDH \(https://www.health.state.mn.us/communities/environment/risk/chemhazard/bpalaw.html\)](https://www.health.state.mn.us/communities/environment/risk/chemhazard/bpalaw.html)).
- Cunitaanka cuntooyinka gesacdeysan oo ay ku jirto BPA.

Maxaa la samayn karaa si loo yareeyo soo gaarista BPA?

- Iska ilaali weelasha iyo alaabooyinka ay ku jirto BPA. Tan waxaa ka midah dhalooyinka/masaasadaha ilmaha ee caagga ah ee duqa ah (la sameeyey 2013 ka hor) iyo baakadaha cuntada oo laga yaabo in ay ku jiraan xabagta BPA ee la mariyay gudaha weelka.
- Qaar ka mid ah, laakiin aan ahayn iyaga oo dhan, balaastigyada leh koodka dib-u-warshadaynta ee lambar 7 waxay ku jiri kara BPA.
- U beddelo cunnooyinka fareeshka ah/barafoobay halkii aad ka isticmaali lahayd kuwa gesacadeysan, ama dooro gesacadaha aan lahayn BPA, haddii la heli karo.
- Tixgelin in aad cuntada ama cabitaanka makaroorfka (microwav) ku gelisho/kululeyso weelasha dhaladad/dhoobada ka sameysan
- Codso rasiidhada elektarooniga ah halkii aad ka codsan lahayd kan warqdda ah.
- Akhri qoraalada ku qoran waxyaalaha timaha loo isticmaalo si aad u hubiso in aysan BPA ku jirin Haddii aadan hubin, waxaad la xiriiri kartaa shirkadda.
- Qofka ilmo quudinaya naas nuujin/naasaha wuxuu yareyn karaa soo gaarista ay ilmahooda dhallaanka aha soo gaareyso iyada oo la adeegsanayo talooyinka kor ku xusan si loo yareeyo

BISPHENOL A (BPA)

soo gaarista iyaga u gaar ah. MDH kuma talineyso inaad joojiso quudinta naas nuujinta/laabta, xitaa haddii aad ka walaacsan tahay BPA. Faa 'iidooyinka caafimaad ee faraha badan ee quudinta naas nuujinta/laabta waxay u muuqdaan in ay ka faa'iido badan tahay waxyeelada ka dhalan karta saameynta soo gaareysa illmaha Haddii aad ka walaacsan tahay arintan la hadal dhakhtarkaaga/daryeel caafimaad bixiyahaaga.

- Inta badan gacmaha dhaq/faraxalo inta aadan cuntada diyaarin ama aadan cunin.
- Xaaq/fiiq (Vacuum) meelaha aad ku nooshahay oo nadiifi hawo hareenada guriga si loo yareeyo soo gaarista BPA oo laga yaabo inay ku jiraan walxaha boorka leh.

Maxay yihiin walaaca caafimaad ee BPA laga qabo?

Soo gaarista BPA waa walaac caafimaad oo suuragal ah maxaa yeelay maadadu waa nooc kiimiko ah oo carqaladeyn karta habdhiska qanjirada jirka (endocrine) (maamula hormoonnada jirka) iyada oo u dhaqmaysa sidii hormoon ama beddelaysa habka hormoonnada u shaqeeyaan. Saameyntan caafimaad waxay walaac ka keenaysaa caafimaadka aadanaha waxayna muhiim u tahay in la tixgeliyo, gaar ahaan marka loo eego carruurta. Carruurta way ka nugul yihiin dadka waaweyn, sidoo kalena soo gaarsteeda waxaa laga yaabaa in ay ka sareeyso maadaama ay badan tahay inta jeer ay ilmuhu gacantooda afka geliyaan.

Daraasad lagu sameeyay jiir/dooli ayaa muujisay in BPA ay waxyeello u geysan karto:

- Kobaca ilmaha uur ku jirta ah iyo dhallaanka.
- Kobaca da'yarta inta lagu jiro xiliga qaangaarka.
- Xubnaha taranka labka iyo dhediga iyo howshooda.
- Xubnaha jirka sida beerka, kelyaha, iyo qanjirka taayroodka (thyroid).

Qaar badan oo ka mid ah daraasadaha BPA ee loogu talagalay in lagu daboolo shuruudaha xeerarka caalamiga ah waxay sheegeen saameynta xayawaanka oo keliya qiyaaso aad uga sarreeya kuwa ay badankood dadka reer Minnesotans helaan.

- Saamaynta caafimaadka bini 'aadamka ee soo gaarista BPA ee heerarka hooseeya looma tixgelin inay yihiin kuwo dhammaystiran waxayna u baahan yihiin cilmi-baaris dheeraad ah.
- Ururada, sida Machadyada Qaranka ee Caafimaadka (National Institutes of Health [NIH]), Maamulka Cuntada iyo Dawooyinka Mareykanka (U.S. Food and Drug Administration [FDA]), iyo Hay 'adda Badbaadada Cuntada ee Yurub (European Food Safety Authority [EFSA]), iyo kuwa kale, waxay sii wadaan inay qiimeeyaan BPA iyo saameynta ay ku leedahay isticmaalka badeecadaha macaamiisha ee arimaha caafimaadka iyo badbaadada.
- MDH waxay sii wadaysaa in ay la socoto horumarka cilmi-baarista BPA lagu sameynayo.

Ilo Dheeraad ah

[EPA | Biomonitoring – Bisphenol A](#)

(<https://www.epa.gov/americaschildrenenvironment/biomonitoring-bisphenol-bpa>)

[FDA | Bisphenol A \(BPA\): Overview & Updates](#) (<https://www.fda.gov/food/food-packaging-other-substances-come-contact-food-information-consumers/bisphenol-bpa>)

B I S P H E N O L A (B P A)

[FDA | Bisphenol A \(BPA\): Use in Food Contact Application \(https://www.fda.gov/food/food-packaging-other-substances-come-contact-food-information-consumers/bisphenol-bpa-use-food-contact-application\)](https://www.fda.gov/food/food-packaging-other-substances-come-contact-food-information-consumers/bisphenol-bpa-use-food-contact-application)

[MDH | Bisphenol A](https://www.health.state.mn.us/communities/environment/risk/chemhazard/bisphenola.html)

[\(https://www.health.state.mn.us/communities/environment/risk/chemhazard/bisphenola.html\)](https://www.health.state.mn.us/communities/environment/risk/chemhazard/bisphenola.html)

[PCA | BPA and BPS in thermal paper \(https://www.pca.state.mn.us/business-with-us/bpa-and-bps-in-thermal-paper\)](https://www.pca.state.mn.us/business-with-us/bpa-and-bps-in-thermal-paper)

[NIH | Bisphenol A \(BPA\) \(https://www.niehs.nih.gov/health/topics/agents/sya-bpa\)](https://www.niehs.nih.gov/health/topics/agents/sya-bpa)

Minnesota Department Of Health (Waaxda Caafimaadka Minnesota)

[Barnaamijka Sunta ka Maran ee Caruurta \(Toxic Free Kids Program\)](#)

651-201-4899

health.risk@state.mn.us www.health.state.mn.us

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Si aad xogtaan ugu hesho qaabab kale, wac: 651-201-4899.