

# Khesmis Phthalates: Butyl benzyl phthalate (BBP), Dibutyl phthalate (DBP), Di (2-ethyhexyl) phthalate (DEHP)

## Khesmis phthalates yog dabtsi?

Khesmis phthalates siv ua kom cov khoom siv muag muag li cov yas, uas yog cov khesmis tso rau cov yas kom ywj zog thiab kom kav ntev. Khesmis phthalates kuj nrhiav pom hauv cov khoom siv tu cev thiab lwm hom khoom siv. Phthalates yog tshuaj khesmis uas muaj kev cuam tshuam rau tib neeg lub cev cov kua faj siv (endocrine disruptors).

Khesmis phthalates nrhiav pom muaj nyob rau khoom siv xws li:

- Cov khoom siv hauv vaj tse: tshuaj ntshhua khaub ncaws, cov tsho tiv nag uas siv yas ua, cov xaim yas dej, cov ntaub yas qhwv khoom, cov kua nplaum txhaws qhov khoob, cov khoom siv ntxuav tsheb, tej daim ntaub siv yas ua, thiab tej daim yas pua tsev (vinyl tile).
- Cov tshuaj tu tus kheej kom huv: tshuaj zawv plaub hau, tshuaj pleev qhov tsos, cov roj siv kom nplua, tshuaj tsw qab/nab hoom, tshuaj txuag plaub hau, thiab tshuaj tha rau tes.
- Menyuam cov khoom siv: khoom rau cov mos ab xo thaum khaus kaus hniav, cov khoom ua si xuj pa, thiab tej co khoom menyuam siv uas tsim ua ntej xyoo 2008. Tsoom fwm tau txo kev siv qee hom khesmis phthalates nyob rau menyuam yaus tej khoom siv, tiam sis tej zaum kuj tseem muaj kev siv lwm hom tshuaj khesmis los mus pauv cov phthalates uas tseem muaj kev phom sij thiab. Menyuam yaus cov khoom siv uas tsim ua ntej xyoo 2008 los ntawm cov khesmis polyvinyl chloride, tej zaum muaj cov khesmis ntau ntawm peb hom khesmis phthalates uas tau teev rau hauv peb qhov kev pab cuam Toxic Free Kids.

## Cov khesmis phthalates uas muaj kev txhawj xeev nyob rau qhov kev pab cuam Toxic Free Kids Program

**Khesmis Butyl benzyl phthalate (BBP):** Khesmis BBP nrhiav pom hauv cov tshuaj tu tus kheej kom huv, cov kua nplaum txhaws qhov khoob, tshuaj tu tsheb, kua nplaum thiab tej daim yas pua tsev (vinyl tile).

**Khesmis Dibutyl phthalate (DBP):** Khesmis DBP nrhiav pom hauv cov kua xim tha tsev, cov kua nplaum, cov tshuaj tua kab, tshuaj txuag plaub hau, tshuaj tha rau tes, thiab cov roj siv rau lub cuaj luaj ya mus saum ntuj.

**Khesmis Di (2-ethyhexyl) phthalate (DEHP):** Khesmis DEHP nrhiav pom ntawm cov khoom siv hauv tsev, xws li cov taub yas. Cov khesmis no kuj raug siv los tsim cov xaim yas uas nyob rau tej cuab yeej kho mob rau tib neeg thiab.

## Leej twg yog cov yuav kov chww raug thiab muaj kev phom sij ntau tshaj plaws?

- Cov menyuam mos ab thiab cov menyuam yaus yog cov muaj kev phom sij ntau tshaj plaws vim tias lawv nyob qis qis rau ntawm npoo av thiab nqus tau cov pa thiab noj tau cov plua plav yam tsis ras txog. Cov menyuam yaus lub cev me zog thiab lawv tej siab ntsws plab plawv hauv nruab nrog cev tseem tab tom loj hlob, ua rau lawv tau txais kev phom sij rau kev noj qab haus huv ntau dua.
- Cov tib neeg uas xeeb tub hauv plab thiab cov menyuam tseem nyob hauv plab kuj muaj kev phom sij thiab vim cov khesmis phthalates nkag tau raws txoj hlab ntaws ntawm leej niam thiab tus menyuam mus tsim kev txhawj xeeb fab kev loj hlob rau tus menyuam tseem nyob hauv plab.

## Cov neeg xeeb menyuam hauv plab raug thiab chww tau cov khesmis phthalates li cas?

- Nqus tau cov pa uas muaj cov khesmis phthalates los ntawm cov tshuaj tsw qab los yog tau dim pa tawm los ntawm cov khoom siv hauv vaj tse.
- Haus dej los ntawm cov taub yas ntim dej uas tsim nrog cov khesmis phthalates.
- Siv tshuaj tha ntiv tes, tshua tsw qab/nab hoom, xabnpum, tshuaj zawv plaub hau, tshuaj pleev tawv nqaij kom txhob qhuav, thiab lwm yam tshuaj siv tu tus kheej uas tej zaum kuj muaj khesmis phthalates.
- Noj cov zaub mov uas ntim rau cov yas uas siv cov khesmis phthalates tsim, uas tej zaum yaj tau los tsuas rau cov zaub mov thaum muab rhaub kom sov hauv lub microwave.

## Cov menyuam mos thiab menyuam yaus raug thiab chww tau cov khesmis phthalates li cas?

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- Menyuam yau chww thiab raug tau cov khesmis phthalates thaum lawv noj mov thiab haus dej uas muab ntim cia los yog muab rhaub hauv microwave hauv tej tais yas.
- Lwm qhov kev raug thiab chww kuj tshwm sim tau thaum nqus cov pa uas muaj cov khesmis phthalates tsuas rau. Piv txwv, cov pa ntawm cov tswm ciab thiab cov tshuaj txuag kom tsev tswv qab uas muaj cov khesmis phthalates nyob rau cov pa tsw qab.
- Menyuam yaus yog cov nyob ze rau ntawm npoo av thiab vim lawv muaj tej kev ua si uas nquag muab tes kov chww qhov ncauj, ces chww raug cov khesmis tau thaum lawv xo thiab ntxais tej khoom ua si uas yog cov yas. Cov khesmis phthalates zeeg tau los ntawm cov khoom tib neeg siv hauv vaj tse thiab poob mus xyaws rau tej plua plav. Cov menyuam tseem yau mas chww thiab raug rau cov khes mis phthalates no heev tshaj cov neeg laus vim tias lawv nkag hauv plag tsev thiab noj tau cov hmoov av yam tsis ras txog.

## Yuav ua li cas thiaj txo tau kev chww raug cov khesmis phthalates?

- Siv cov tshuaj tu tus kheej, tshuaj ntshhua khaub ncaws, xabnpum, thiab tshuaj ntxuav ntsej muag uas tsis muaj ntshhiab tsw qab vim cov khesmis phthalates yog ib feem ntawm cov tshuaj sib tov kom tsw qab.
- Siv cav nqus tsev nqus tej chaw nyob kom huv si thiab nqus cov kav tshuab cua kub cua txias hauv tsev kom huv si kom txo tau kev raug thiab chww cov tshuaj khesmis phthalates uas tej zaum muaj nyob nrog tej plua plav.
- Siv cov khoom uas muaj daim ntawv lo qhia hais tias “tsis muaj khesmis phthalates,” suav nrog rau menyuam yaus cov khoom ua si thiab cov tshuaj tu tus kheej.
- Siv cov phaj thiab tais kom raug cai rau hauv microwave, xws li cov phaj thiab tais iav los rhaub zaub mov hauv microwave es tsis txhob siv cov tais yas uas tej zaum muaj cov khesmis phthalates.
- Yog tias ua tau, ces muab menyuam yaus cov khoom siv thiab khoom ua si uas qub qub lawd (tsim ua ntej xyoo 2008), uas ua nrog yas pov tseg mus vim tej zaum muaj cov khesmis BBP, DBP, thiab DEHP ntau heev.
- Zam tsis txhob siv cov kav dej yas PVC (vinyl) uas ywj ywj muaj tus lej cim 3 muab zom ua dua tshiab, vim cov khesmis phthalates nquag raug muab xyaw rau kom phom thiab ywj.

## Kev txhawj xeeb fab kev noj qab haus huv ntawm cov khesmis phthalates yog dabtsi?

Cov khesmis phthalates yog ib qho txhawj xeeb txog fab kev noj qab haus huv vim nws yog ib hom tshuaj khesmis es cuam tshuam rau tib neeg lub cev txoj kev tsim cov kua faj siv uas tswj lub cev (endocrine system) nrog kev ua txuj ua hauj lwm li cov kua faj siv (hormone) los yog hloov qhov uas cov kua faj siv ua hauj lwm hauv lub cev. Kev tshawb fawb kawm txog cov tsiaj tau qhia pom tias thaum chww thiab raug cov khesmis phthalates ces muaj qho tsis zoo rau txoj kev noj qab haus huv.

Cov kev cuam tshuam no tsim kev txhawj xeeb rau tib neeg txoj kev noj qab haus huv, tshwj xeeb yog rau menyuam yaus. Menyuam yaus tiv tsis taus cov tshuaj khesmis no li neeg laus, thiab menyuam yaus raug thiab chww cov khesmis no heev dua vim yog tej kev ua si uas nquag siv tes kov chww qhov ncauj. Qhov no ua rau lawv muaj kev phom sij fab kev noj qab haus huv ntau dua.

Tej co kev cuam tshuam fab kev noj qab haus huv uas tshawb fawb pom ntawm cov tsiaj muaj xws li:

- Pom muaj mob cancer ntawm kev tshawb fawb cov tsiaj uas chww raug DEHP.
- Muaj kev puas tsuaj rau kev loj hlob.
- Tus menyuam muaj kev xiam oob qab thaum yug los.
- Muaj teeb meem rau kev tsim noob neej.
- Ua rau kev mob allergy huam loj tuaj (piv txwv, ua pa hawb pob, tawv ngaij qhuav thiab khaus).
- Teeb meem rau lub raum.
- Teeb meem rau ntshav qab zib.
- Teeb meem rau daim siab.

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## Cov ntaub ntawv qhia ntxiv

[EPA | Butyl benzyl phthalate \(BBP\)](https://iris.epa.gov/ChemicalLanding/&substance_nmbr=293)  
([https://iris.epa.gov/ChemicalLanding/&substance\\_nmbr=293](https://iris.epa.gov/ChemicalLanding/&substance_nmbr=293))

[CPSC | Phthalates Business Guidance & Small Entity Compliance Guide](https://www.cpsc.gov/Business--Manufacturing/Business-Education/Business-Guidance/Phthalates-Information)  
(<https://www.cpsc.gov/Business--Manufacturing/Business-Education/Business-Guidance/Phthalates-Information>)

[CDC | ToxFAQs™ for Di-n-butyl Phthalate](https://wwwn.cdc.gov/TSP/ToxFAQs/ToxFAQsDetails.aspx?faqid=858&toxid=167)  
(<https://wwwn.cdc.gov/TSP/ToxFAQs/ToxFAQsDetails.aspx?faqid=858&toxid=167>)

[CDC | ToxFAQs™ for Di\(2-ethylhexyl\)phthalate \(DEHP\)](https://wwwn.cdc.gov/TSP/ToxFAQs/ToxFAQsDetails.aspx?faqid=377&toxid=65)  
(<https://wwwn.cdc.gov/TSP/ToxFAQs/ToxFAQsDetails.aspx?faqid=377&toxid=65>)

[NIH | NTP center for the evaluation of risks to human reproduction reports on phthalates: addressing the data gaps](https://pubmed.ncbi.nlm.nih.gov/15013060/) (<https://pubmed.ncbi.nlm.nih.gov/15013060/>)

[MDH | Phthalates \(PDF\)](https://www.health.state.mn.us/communities/environment/childenvhealth/docs/pclist/phthalates.pdf)  
(<https://www.health.state.mn.us/communities/environment/childenvhealth/docs/pclist/phthalates.pdf>)

Lub tuam tsev Minnesota Department of Health

[Toxic Free Kids Program](#)

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*Xav tau cov ntaub ntawv sau ua tus qauv txawv qhov no, hu rau: 651-201-4899.*