



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

### **Waa maxay phthalates?**

Maadada Phthalates waxaa badanaa loo isticmaalaa in ay balaastiga jilciso si loo laab-laabi karo (plasticizers), kuwaas oo ah kiimikooyin caadi ahaan lagu daro balaastigaya si ay uga dhigaan kuwo jilicsan oo cimrigoodu dheeryahay. Maadada Phthalates waxaa sidoo kale laga helaa waxyaalaha loo isticmaalo daryeelka shakhsii ahaaneed iyo noocyada kale oo ah waxyaalaha la farsameeyo. Phthalates waa kiimikooyin saameyn kara hormoonnada dabiiciga ah ee jirka waxaana loo tixgeliyaa in ay yihiin maado "carqaladeysa habdhiska qanjiradda (endocrine)."

Phthalates waxaa laga heli karaa waxyaabaha soo socda sida:

- Agabyada guryaha lagu isticmaalo: saabuunta nadiifinta, jaakadaha roobka ee laga sameeyay balaastigga, tuubooyinka jardiinada/beerta lagu waraabiyo, waxyaalaha wax lagu baakadeeyo, waxlaaha daloolada xira (sealants), alaabaha daryeelka baabuurta, caagagga fidsan ee laga sameeyay balaastigga (sheets made of plastic), iyo mutuleelayaasha ka sameysan vinyl.
- Waxyaabaha Daryeelka shakhsii ahaaneed: shaambooyinka, barafuunada dhididka (deodorant), saliidaha la marsado, udgoon/barafunka, waxa timaha lagu buufiyo, iyo rinfiga ciddiyaha.
- Waxyaabaha Carruurta loo isticmaalo: caagagga ilumu qaniinaan marka ilkuhu u soo baxayaan, alaabta lagu ciyaaro ee la buufiyo, iyo qaar kale oo ka mid ah alaabta carruurta ee la sameeyey ka hor 2008. Xayiraadaha federaalka ayaa xaddidaysa isticmaalka phthalatesee qaar ka mid ah alaabta carruurta, laakiin beddelka phthalates, taas oo nafteeda waxyeello leh, ayaa weli la isticmaali karaa. Alaabada carruurta ee la sameeyay ka hor 2008 ee lagu daray maadada polyvinyl chloride ee jilcisa caagagga waxay ku jiri kara heerar sare oo ka mid ah waxaa ku taxan seddexda phthalates ee sunta ah ee barnaamijkeena Sunta ka Maran ee Caruurta.

### **Phthalates walaaca laga qabo ee Barnaamijka Toxic Free Kids (Caruur Sunta Xor ka ah)**

**Butyl benzyl phthalate (BBP):** BBP waxaa laga heli karaa waxyabaha daryeelka shakhsii ahaaneed, waxlaaha daloolada xira (sealants), alaabada daryeelka baabuurta, koolada, iyo mutuleelaha vinylalka ah.

**Dibutyl phthalate (DBP):** DBP waxaa laga heli karaa rinjiga, koolada, suntu cayayaanka, waxyaalaha timaha lagu buufiyo, rinjiga ciddiyaha, iyo shidaalka gantaalada qarxa.

**Di (2-ethylhexyl) phthalate (DEHP):** DEHP waxaa loo isticmaali karaa in lagu sameeyo alaabada guriga, sida weelasha caagga ah. Waxaa sidoo kale loo isticmaali karaa farsameyn ta qalabka caafimaadka ee tuubada caagga ah ah.

## **Yaa ugu badan ee halista ugu jira soo gaarista maadadaas iyo khataro caafimaad?**

- Ilmaha Dhallaanka iyo carruurta yaryar ayaa halis ugu jira dhibaatada maadada maxaa yeelay waxay u dhow yihii dhulka waxayna u badan yihii in ay neef ahaan u qaataan maadada oo xitaa iyada oo aan la fileyn ay cunaan boor maadadu la socoto. Yaraanta jirka carruurta yaryar iyo koboco ku socda xubnahoma ayaa sidoo kale halis u gelin karta inay soo gaarto cawaaqib xumo caafimaad.
- Dumarka uurka leh iyo carruurta uur ku jirta ah ayaa sidoo kale khatar ku jira. Phthalates waxay ka gudbi karaan seyndaabka mandheertawaxayna keeni kartaa walaac koboco ah oo ilmaha la xiriira.

## **Sidee bey dumarka uurka leeh u soo gaari kartaa maadada phthalates?**

- Qaadashada neef hawo wasakhaysan ah oo ay la socoto phthalates kuwaas oo qayb ka ah udgoonka sheyga ama ay ka soo duxeen (baxsadeen) alaaboo yinka guriga lagu isticmaalo.
- Cabitaan ka cabidda dhaloo yinka caagga ah ee lagu sameeyay phthalates.
- Iisticmaalka rinjiga ciddiyaha, udgoon/barafuun, saabuun, shaambo, Kareemooyin (lotions), iyo alaabada kale oo daryeelka shakhsii ahaaneed ah oo ay ku jiraan phthalates.
- Cuntooyinka la keydiyo ama lagu baakadeeyey weelasha caagga ah ee laga sameeyay phthalates kuwaas oo cuntada ku soo darmi karto (ka baxsan kara) marka lagu kululeeyo microwave.

## **Sidee bey ilmaha dhallaanka ah iyo carruurta yaryar u soo gaari kartaa saameyn ta phthalates yadaan?**

- Carruurta waxay ku soo gaari kartaa maadada phthalates cunitaan iyo cabitaan waxyalo cunto ah oo lagu keydiyay, lagu baakadeeyay ama lagu kululeeyay microwave weelal balaastig ah.
- Soo gaaritaan oo kale ayaa ku dhici kara marka qofku qaato neef ah, hawo ku wasakheysan phthalates. Tusaale ahaan, shumaca udgoon iyo fresheners hawada waxaa ku jiri karaan

phthalates udgoonkooda.

- Carruurtu waxay ku dhow yihiin dhulka waxayna sameeyaan in badan oo ah afka iyo gacanta is gaarsiiyaan taas ayaana waxay keeni kartaa saameynt soo gaaridda marka ay ruugaan ama dhuuqaan/nuugaan alaaboo laga sameeyay balaastigga. Phthalates waxay ka dusi kartaa (baxsadaan) badeecadaha macaamiisha waxayna geli karaan boorka. Carruurta da 'da yarta ah ayaa si aad ah ugu nugul phthalates marka loo eego dadka waaweyn sababtuna waa gurguurashada iyo cunista wax boor leh oo aan ku talagal ahayn.

## Maxaa la samayn karaa si loo yareeyo soo gaarista phthalates?

- Isticmaal alaabaha daryeelka shakhsiga ah ee aan udgoonka lahayn, saabuunta dareeraha ah ee nadiifinta, saabuunta, iyo waxyaalaha kale ee nadiifinta, maaddaama phthalates ay noqon karto qayb ka mid ah kiimikada udgoon ee ku jirta.
- Xaaq/fiiq (Vacuum) meelaha aad ku nooshahay oo nadiifi hawo hareenada guriga si loo yareeyo soo gaarista phthalates oo laga yaabo inay ku jiraan walxaha boorka leh.
- Isticmaal waxyaabaha lagu calaamadeeyay "phthalate free (ma maran phthalate)", kuwaas oo ay ku jiraan alaabta lagu ciyaaro iyo waxyaabaha daryeelka shakhsii ahaaneed loo isticmaalo.
- Isticmaal weelasha microwave ka ku fiican/badqaba, sida weelasha dhalada ah iyo saxanada, halkii aad ka isticmaali lahayd kuwa caagga ah ee laga yaabo inay ku jiraan phthalates.
- Haddi ay suurtogal tahay, iska tuur alaabta lagu ciyaaro caagaga ah ee caruurta ee duqa ah (la sameeyay ka hor 2008) kuwaas oo laga yaabo inay ku jiraan xaddi sare oo BBP, DBP, iyo DEHP
- Ka fogoow caag PVC ee balaastiga jilicsan (vinyl) oo leh lambarka 3 ee koodhka dib-u-warshadaynta, maaddaama badanaa lagu daro maadada phthalates si ay uga dhigto mid jilicsan oo laablaabmeysa.

## Maxay yihiin walaaca caafimaad ee phthalateslaga qabo?

Soo gaarista phthalates 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 hormoonnadu u shaqeeyaan. Daraasado ku saabsan xayawaanka aaya muujiiyay saameynta caafimaad ee xun ee ka timaada soo gaarista phthalates. Saameyntan caafimaad waxay walaac u keeneysa caafimaadka aadanaha waana muhiim in la tixgeliyo, gaar ahaan marka loo eego carruurta. Carruurtu way ka nugul yihiin dadka waaweyn, sidoo kalena soo gaarsteeda waxaa laga yaabaa in ay ka sareyso maadaama ay badan tahay inta jeer ay ilmuu gacantooda afka geliyaan. Tani waxay ka dhigeysa in ay aad ugu nuglaadaan cawaaqib xumada caafimaadka ee imaaneysa.

Qaar ka mid ah saameynta caafimaad xumada ah ee laga helay daraasadaha xayawaanka waxaa ka mid ah:

- Kansarka ka yimaad marka DEHP ay oo gaarsto noolaha ee daraasadaha xayawaanka ee la sameeyay.
- Saamaynta sunta ku yeelato koboca.

- Cilladaha Caafimaad ee lala Dhasho.
- Dhibaatooyinka caafimaadka taranka.
- Cudurada xasaasiyadda oo sii xumaanaya (tusaale ahaan, asthma, eczema).
- Dhibaatooyinka Kelyaha.
- Dhibaatooyinka sonkorta dhiigga.
- Dhibaatooyinka beerka.

## Ilo Dheeraad ah

[EPA | Butyl benzyl phthalate \(BBP\)](#)

([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>)

[CDC | ToxFAQs™ for Di-n-butyl Phthalate](#)

(<https://www.cdc.gov/TSP/ToxFAQs/ToxFAQsDetails.aspx?faqid=858&toxicid=167>)

[CDC | ToxFAQs™ for Di\(2-ethylhexyl\)phthalate \(DEHP\)](#)

(<https://www.cdc.gov/TSP/ToxFAQs/ToxFAQsDetails.aspx?faqid=377&toxicid=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/>)

[MDH | Phthalates \(PDF\)](#)

(<https://www.health.state.mn.us/communities/environment/childrenshealth/docs/pclist/phthalates.pdf>)

Minnesota Department Of Health (Waaxda Caafimaadka Minnesota)

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

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