

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

Waa maxay phthalates (kiimikada laga sameeyo caaggaga)?

Phthalates waxaa badanaa loo adeegsadaa sidii kiimikada jilicisa walxaha caagga ah, kuwaas oo ah kiimikooyin inta badan lagu daro maadooyinka laga sameeyo caagagga si looga dhigo kuwo jilicsan oona waara. Phthalates sidoo kale waxaa laga helaa badeecooyinka loo adeegsado daryeelka shakhsiyeed iyo noocyo kale oo badeecooyin ah. Phthalates waa kiimikooyin saamayn kara hormoonnada dabiiciga ah ee jirka, waxaana loo tixgeliyaa “carqaladeeyayaasha nidaamka hormoonnada soo saara.”

Phthalates waxaa laga heli karaa alaabooyinka soo socda:

- Alaabooyinka guriga: wasakh-tiraha, jaakadaha roobka ee banbiirada ka sameysan, beebabka beerta, bacaha waxyaabaha lagu duubo, dahaarka kore ee ilkaha, alaabooyinka daryeelida baabuurta, jiinkadaha caagga laga sameeyay, iyo sagxadaha safiixada ah.
- Badeecadaha daryeelka shakhsiyeed: shaambooyinka, carfiyaha urta jirka ka ilaaliya, saliidaha giriiska, cadarada/barafuunnada, biif-baafta timaha, iyo rinjiga cidiyaha.
- Badeecooyinka carruurta: agabyada ilmaha ilkaha lasoo baxaya ay qaniinaan, alaabaha ay ilmaha ku ciyaaraan ee la buufin karo, iyo qaar ka mid ah alaabaha carruurta ee la soo saaray ka hor sanadka 2008. Xaddidaada federaalku waxay xaddidaan isticmaalka kiimikooyinka lagu daro caaggaga (phthalates) qaarkood in lagu daro alaabaha carruurta, laakiin kiimikooyinka beddelka u ah phthalates-ka, kuwaas oo iyaguna khatar yeelan kara, ayaa weli la isticmaali karaa. Alaabaha carruurta ee la sameeyay ka hor 2008 ee laga sameeyay beebabka jilicsan waxay ka koobnaan karaan heerar sare oo ah saddexda kiimiko ee lagu daro caagga si ay u jilciyaan ee uu xusay barnaamijkeena Ilmaha Sunta Ka Xorta ah (Toxic Free Kids).

Phthalates-ka walaaca u leh Barnaamijka Ilmaha Sunta Ka Xorta ah (Toxic Free Kids):

Butyl benzyl phthalate (BBP): BBP waxaa laga heli karaa gudaha alaabaha daryeelka shakhsiyeed, dahaarka ilkaha, alaabaha daryeelka baabuurta, koollooyinka, iyo sagxadaha safiixada laga sameeyo.

Dibutyl phthalate (DBP): DBP waxaa laga heli karaa gudaha rinjiyada, koollada, sunta cayayaanka, biif-baafta timaha, rinjiga cidiyaha, iyo shidaalka gantaalaha.

Di (2-ethylhexyl) phthalate (DEHP): DEHP waxaa loo isticmaali karaa in laga sameeyo alaabooyinka lagu adeegsado guriga, sida weelasha caagga ah. Waxaa kale oo loo isticmaali karaa soo saarista agabyada caafimaadka ee leh tuubooyinka caagga ah.

Yaa ugu nugul u beylah noqoshada iyo halista caafimaad?

- Dhallaanka iyo carruurta yaryar ayaa ah kuwa ugu nugul, sababtoo ah waxeey u dhow yihiin dhulka, waxayna u badan tahay in ay si aan ula kac ahayn u neefsadaan una liqaan boodhka. Cabbirka jirka yar ee ilmaha iyo xubnahooda gudaha oo weli korraya ayaa gelin kara khatar sareyso oo ku aadan lahaanshaha dhibaatooyinka caafimaad oo taban ah.
- Dadka uurka leh iyo dhallaanka aan weli dhallan ayaa iyaguna halis ku jira. Phthalates-ka waxay ka gudbi karaan xannibaadda mandheerta oona ku keeni karaan walaac la xiriira korritaanka ilmaha uurka ku jira.

Sidee dadka uurka leh ay ugu beylah noqon karaan kiimikada caagga loogu diro si ay u jilciso (phthalates)?

- Neefsashada hawada wasakhaysan oo ay ku jiraan phthalates-ka oo qayb ka ah udgoonka badeecada ama kasoo baxay badeecooyinka yaala guriga.
- Biyo ka cabida quraaradaha caagga ah ee laga sameeyay phthalates-ka.
- Isticmaalka rinjiga cidiyaha, cadarka/barafuunka carafta yar leh, saabuunnada, shaambooyinka, kareemada, iyo badeecooyinka kale ee daryeelka shakhsiyeed ee ay ku jiraan phthalates-ka.
- Cunista cuntooyinka lagu kaydiyo ama lagu baakadeeyo weelal caag ah oo laga sameeyay phthalates-ka, kuwaas oo ku milmi kara cuntooyinka marka lagu kululeeyo mikroweefka.

Sidee ayaa dhallaanka iyo carruurta ay ugu beylah noqon karaan phthalates-yadan?

- Carruurtu ayaa u beylah noqon karaan phthalates-ka marka ay cunaan ama cabbaan cuntooyin lagu kaydiyay, lagu baakadeeyay ama lagu kululeeyay mikroweefka iyadoo la adeegsanayo weelal caag ah.
- U beylah noqoshoooyinka kale ayaa ku imaan kara gudo neefsashada hawada ku wasakhaysan phthalates-ka. Tusaale ahaan, shumacyada udgoonka leh iyo hawo carfiyayaasha waxeey lahaan karaan phthalates kuwaas oo qayb ka mid ah udgoonkooda.
- Carruurtu waxay u dhow yihiin dhulka, waxayna inta badan afka galiyaan waxa ay ka soo qaadaan dhulka, taasoo keeni karta in ay u beylah noqdaan iney calaaliyaan ama nuugaan alaabooyinka laga sameeyay caagga. Phthalates (kiimikooyinka lagu daro caagga si ay u jilciyaan) ayaa kasoo sibiqli karaan alaabooyinka macaamiisha oona geli karaan boodhka. Carruurta yaryar ayaa beylah badan ugu jira marka loo eego dadka waaweyn maadaama ay guurguuurtaan oo ayna u cunaan boodhka si aan ula kac ahayn.

Maxaa la samayn karaa si loo yareeyo u beylah noqoshada phthalates-ka (kiimikooyinka lagu daro caagga si ay u jilciyaan)?

- Isticmaal badeecooyinka daryeelka shakhsiyeed, wasakh-tirayaasha, saabuunnada, iyo nadiifiyayaasha aan lahayn udgoonka, maadaama phthalates-ka ay ka mid noqon karaan qaybaha kiimikaad ee udgoonka.
- Ku nadiifi fadhiga gurigaaga adigoo isticmaalaya hawo kusoo nuugaha wasakhda oo ku nadiifi dhuumaha hawada si aad u yareeyso u beylah noqoshada phthalates-ka ku jiri kara qaybo-yaroodiyada boodhka.
- Isticmaal badeecadaha ku calaamadsan “phthalate free (aan lahayn kiimikooyinka lagu jilciyo caagga),” oo ay ku jiraan alaabaha carruurta ay ku ciyaaraan iyo badeecooyinka daryeelka shakhsiyeed.
- Isticmaal weelasha ku habboon mikroweefka, sida baaquliyada iyo saxamada dhalada ah, halkii aad ka isticmaali lahayd weelasha caagga ah ee laga yaabo in laga sameeyay phthalates.
- Haddii ay suurtagal tahay, iska tuur alaabaha ay carruurta ku ciyaaraan ee caagga ah (ee la sameeyay ka hor 2008), kuwaas oo laga yaabo in laga sameeyay kiimikooyin heerar sare oo BBP, DBP, iyo DEHP ah.
- Ka fogow caaggaga jilicsan ee PVC (safiiixadda) ee leh summadda dib-u-warshadaynta ee lambarka 3, maadaama phthalates (kiimikooyinka jilciya caaggaga) badanaa loogu daro si ay uga dhigaan kuwo jilicsan oona aad u soo laablaabmi karaan.

Maxay yihiin walaacyada caafimaad ee la xiriira phthalates (kiimikooyinka caaggaga loogu daro si ay u jilciyaan)?

Phthalates (kiimikooyinka caaggaga loogu daro si ay u jilciyaan) waa walaac caafimaad oo suurtagal ah, sababtoo ah waa kiimikooyin carqaladeyn kara nidaamka jidhka ee soo saara hormoonnada (kaasoo xakameeya hormoonnada), iyagoo isu ekaysiinaya hormoon ama beddelaya hab-dhaqanka hormoonnada. Daraasadaha xoolaha ayaa muujiyay saameyn caafimaad oo xun oo ka dhalatay u beylah noqoshada phthalates (kiimikooyinka caaggaga loogu daro si ay u jilciyaan). Saamayntani waxay ku keenaysaa walaac caafimaad bini'aadamka oo waana muhiim in la tixgeliyo, gaar ahaan carruurta. Carruurta waa kuwo aad u nugul marka loo eego dadka waaweyn, oo u beylah noqoshadooduna way ka badan kartaa tan dadka waaweyn maadaama ay inta badan afka gashadaan waxyaabaha ay arkaan.. Tani waxay ka dhigeysaa kuwo aad u nugul in ay la kulmaan dhibaatooyin caafimaad oo xun.

Qaar ka mid ah saamaynta caafimaad ee laga helay daraasadaha lagu sameeyay xoolaha waxaa ka mid ah:

- Kansarka ka dhasha u beylah noqoshada DEHP ee lagu arkay daraasadaha xoolaha.
- Saameynta sumeed ee korritaanka.

PHTHALATES: BUTYL BENZYL PHTHALATE (BBP), DIBUTYL PHTHALATE (DBP), DI (2-ETHYHEXYL) PHTHALATE (DEHP)

- Cilladdaha lagu dhasho.
- Dhibaatooyinka caafimaadka ee taranka
- Cuddurada xasaasiyadda oo ka sii dara (tusaale neefta, cambaarta)
- Xannuunada Kelyaha.
- Dhibaatooyinka sonkorta dhiigga.
- Dhibaatooyinka beerka.

Macluumaad dheeraad ah

[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 | Hagitaanka Ganacsiga ee Phthalates & Hagaha U Hoggaansanaanta Ganacsiyada Yaryar](https://www.cpsc.gov/Business--Manufacturing/Business-Education/Business-Guidance/Phthalates-Information)

[\(https://www.cpsc.gov/Business--Manufacturing/Business-Education/Business-Guidance/Phthalates-Information\)](https://www.cpsc.gov/Business--Manufacturing/Business-Education/Business-Guidance/Phthalates-Information)

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

[\(https://wwwn.cdc.gov/TSP/ToxFAQs/ToxFAQsDetails.aspx?faqid=858&toxid=167\)](https://wwwn.cdc.gov/TSP/ToxFAQs/ToxFAQsDetails.aspx?faqid=858&toxid=167)

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

[\(https://wwwn.cdc.gov/TSP/ToxFAQs/ToxFAQsDetails.aspx?faqid=377&toxid=65\)](https://wwwn.cdc.gov/TSP/ToxFAQs/ToxFAQsDetails.aspx?faqid=377&toxid=65)

[NIH | Xarunta NTP ee qiimeynta warbixinnada khataraha taranka aadanaha ee ay keoneyso](https://pubmed.ncbi.nlm.nih.gov/15013060/)

[phthalates-ka: wax ka qabashada faraaqa xogta \(https://pubmed.ncbi.nlm.nih.gov/15013060/\)](https://pubmed.ncbi.nlm.nih.gov/15013060/)

[MDH | Phthalates \(Kiimikooyinka lagu daro caagga si ay u jilciyaan\) \(PDF\)](https://www.health.state.mn.us/communities/environment/childenvhealth/docs/pclist/phthalates.pdf)

[\(https://www.health.state.mn.us/communities/environment/childenvhealth/docs/pclist/phthalates.pdf\)](https://www.health.state.mn.us/communities/environment/childenvhealth/docs/pclist/phthalates.pdf)

Minnesota Department of Health

[Toxic Free Kids Program](https://www.health.state.mn.us/communities/environment/childenvhealth/docs/pclist/phthalates.pdf)

651-201-4899

health.risk@state.mn.us

www.health.state.mn.us

05/24/2024

Si aad ugu hesho macluumaadkan qaab kale, wac 651-201-4899.