

Does using the microwave improperly cause cancer?

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Professor Madga Havas of Trent University (Toronto, Canada) conducted research on the harmful effects of microwave ovens on the health of users. Research results show that hot tunneling or microwave cooking can **increase the risk of cancer, cataract and reduce the nutritional value of food.**



The familiar microwave oven has many potential risks to health

Professor V said: "*The most important issue that users need to understand is that a microwave can leak radiation. Every product has a metal net to prevent it from happening. But I studied famous brands, and they all have the ability to leak radiation.*"

Many people have the habit of leaving raw food in plastic packaging, plastic containers for microwave ovens without knowing that it is the **plastic packaging** that gets hot to the heat and leaks carcinogen into the food.



Using a microwave can cause cancer

In addition, microwave foods contain certain compounds that accelerate this process, substances such as BPA, BPA, polyethylene terphthalate (PET), benzene, toluene, and xylene are all likely to increase the risk. muscle cancer.

There is a lot of controversy about the benefits and harms of microwaves, there is one thing that almost every scientist agrees is to look inside the oven when it is spinning causing **cataract**.



"Standing in front of the microwave door and looking at the rotating food will cause you to have cataracts" - Professor Havas said - "Repeating that will harm your eyes".

According to Professor Havas, microwave ovens will change the heart rate of users. She measured the heart rate of microwave users, and all of them had a heartbeat that changed when the oven was turned on.



Do not look at the microwave when using.

How to use microwave oven safe?

So how do we protect ourselves? Havas gives some advice as follows:

1. **Do not look at the microwave when using** . Ideally, you should leave the kitchen when the microwave is operating.
2. **Do not put inferior packaging, poor quality plastic materials in the microwave oven** : it is best to use only specialized plastic / used in microwave ovens.

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