

It turns out that we have been indifferent to using cancer-causing substances in our daily lives

Chemicals in lipstick, cosmetics, and dirty food are the causes of human cancer because it damages the body's ability to repair and repair itself.

According to statistics, every 3.5 minutes passed, there was another Vietnamese who had cancer and 205 people died of this disease every day. Cancer culprits are everywhere around us: it can come from dirty foods, unhealthy lifestyles, everyday objects, cosmetics . something that makes them We feel more intimidating, according to the study of the Working Environment organization, children born today have more than 200 chemicals in the body available.

1. Bisphenol A (BPA)



This substance is often used in the industry of processing plastic containers for food and drink bottles. This substance when absorbed into the body causes endocrine disorders and may increase the risk of breast cancer in women and prostate cancer. When BPA enters the body, our bodies become disordered when producing hormones. To avoid getting this poison on you you should choose fresh food, put it in a glass box, recycled

plastic box labeled No. 1, No. 2, No. 4, No. 5 at the bottom, avoid the type record No. 3, No. 7, or PC (polycarbonate). Soft foam box usually does not contain BPA.

2. Atrazine

This is a type of herbicide commonly used in agriculture. When using this herbicide, it will seep into the groundwater we use. Atrazine is also as dangerous as BPA, causing hormonal disorders and increasing the risk of breast, prostate, and reproductive problems. Therefore, to avoid using this toxic substance, you can buy clean organic foods for home use. Also use water filters to remove Atrazine.

3. Organophosphate pesticides



Organophosphate is an extremely toxic drug for insects as well as humans. These pesticides are often used on apples, pears, peaches, green beans. When insects and humans come into contact with this drug can attack the nervous system. Drugs can damage memory, cause neurological and psychological problems in adolescents. Besides, it can cause leukemia and lymphoma.

4. Dibutyl phthalate (DBP)

This chemical causes endocrine disorders, which have been removed in nail polish since 2006, but are still used in soft, flexible plastics. Men infected with DBP significantly increased the risk of testicular cancer. The risk can be minimized by limiting the use of PVC and avoiding food in soft plastic bags, and personal care products labeled 'phthalate' should be avoided.

5. Lead



Lead is everywhere, in our everyday items like wall paint, ceramics, glass, cosmetics, lipsticks, hair dyes, poor quality toys .

When the body comes into contact with lead, it will harm most parts of the body. Lead poisoning for long periods of time can cause infertility, nervous system, cardiovascular disease, and kidney failure. More seriously, when lead accumulates in the body, it binds to endothelial factors that disrupt the patient's ability to develop cancer.

6. Mercury



Mercury is a substance harmful to the human body. Mercury is present in some types of corn, seafood syrup and especially mercury accounts for up to 50% of the silver metal used in dental fillings. When mercury enters the body, there are many problems with the nervous system and the immune system.

7. Per PFCs or polyfluorochemicals

These substances are often used in waterproof products such as raincoats, non-stick pans, carpets, furniture. These substances, when entering the body, increase the risk of bladder cancer and rectal cancer. Therefore you should limit the use of these products, besides that you should also avoid personal care products in ingredients that say 'PTFE' or 'fluoro'.

8. Diethylhexyl Phthalate (DEHP)

Household products, personal care, medical equipment are products that contain DEHP. These substances are very dangerous for humans, especially men because when DEHP enters the body changes the level of thyroid hormones, with medical devices containing DEHP will make cancer patients resistant to drugs. .

9. Triclosan



This is the substance used in the production of hand sanitizer. It helps prevent bacteria from growing, but can cause antibiotic resistance, breast cancer cells, and can kill your brain. So limit your use of germicidal products.

10. Nonylphenol



Did you know that when in direct contact with products such as laundry soap, dishwashing liquid, personal care products, plastic will stimulate the development of ovarian and breast cancer cells. So, to limit these types of cancer you should choose products that do not contain phenols.

To prevent cancer, in addition to a healthy lifestyle, you should consider, choose good products that do not contain toxic substances by carefully looking at the ingredients, symbols on the packaging. Buy quality products that have been scientifically proven to be safe to use. In addition, actively disinfect the body with beneficial products to prevent cancer.

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