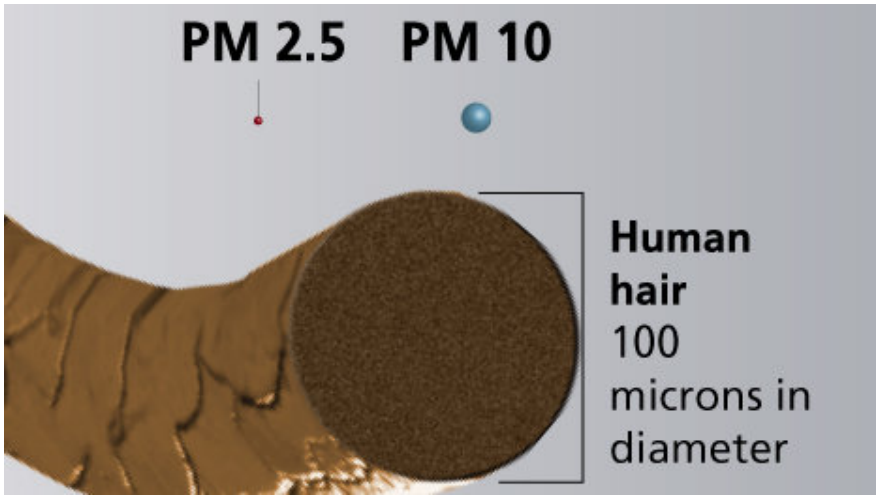
We are inhaling super fine dust PM2.5, the most dangerous dust in the world can penetrate into human body cells

Fine dust PM2.5 are microscopic dust particles with a diameter of 2.5 micrometers or smaller. These microscopic dust particles can penetrate into human body cells, destroying the mechanism of self-defense and immunity from inside the cell, causing a number of acute diseases.

Fine dust is a dust with a diameter of 10 microns. Fine dust PM2.5 are microscopic dust particles with a diameter of 2.5 micrometers or smaller. These microscopic dust particles can penetrate into human body cells, destroying the mechanism of self-defense and immunity from inside the cell, causing a number of acute respiratory diseases.

In addition, they also make important organs such as the lungs, heart, brain . poisoned, increasing the risk of death in people with lung cancer and heart disease.

1. Warning about air pollution levels: Find magnetic waste in the human brain
2. The following 5 inventions can "save" Earth and humanity



The size of PM 2.5 super fine dust compared to a hair.

In the recent study of PM2.5 fine dust, scientists have found evidence that PM2.5 can "invade" into cells and have toxicity to the respiratory system, they found. Black carbon particles can absorb and carry metal ions into the lungs.

According to statistics in China, 183 people die from the dust every hour, meaning about 4,300 people die every day, and 1.6 million people a year.

As reported by GreenID at the end of 2016, there are times when PM2.5 dust in Hanoi is 50.5µg / m3, twice higher than the national standard (25 µg / m3), and 5 times higher than with the annual average threshold according to WHO recommendations guidelines (10µg / m3).

How dangerous is the fine dust PM2.5?

Fine dust PM2.5 destroys the body's immune cells

Self-cells are a type of self-defense mechanism that will digest harmful substances that enter your body.

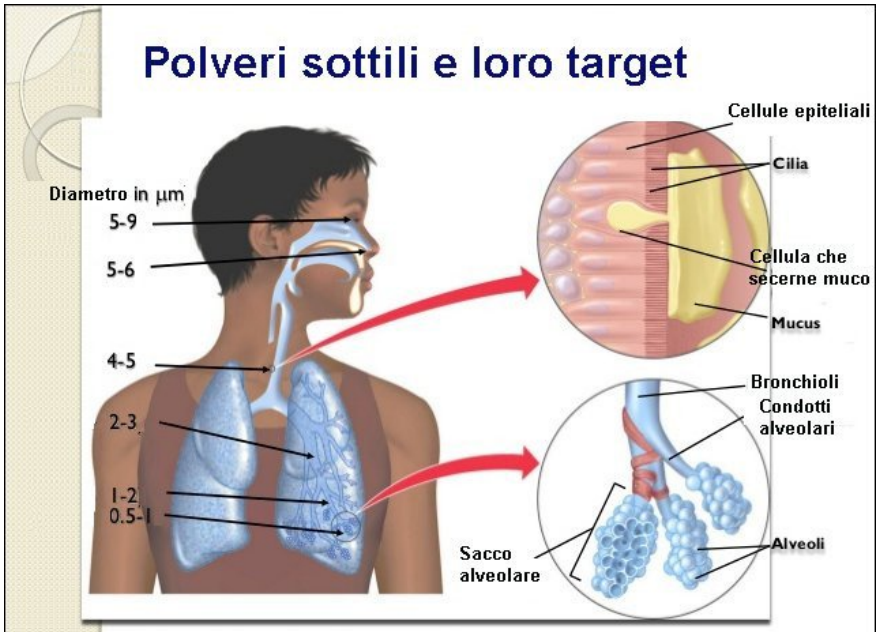
Black carbon particles, a component of fine dust PM2.5 when entering the body will carry a large amount of metal ions into white blood cells, destroying the mechanism of self-balance in the cell, creating toxicity.

Absorbs many harmful substances into the body

PM2.5 is very small in size and has a large total surface area so it is easier to absorb pollutants in the air, making their toxicity stronger and more dangerous than other fine dust such as PM10.

When toxins in the dust enter the human body, it will damage the alveoli and alveoli into the loss of elasticity and retention of air, causing lung congestion - one of the symptoms and manifestations of obstructive pulmonary disease Chronic (COPD) cannot be cured.

PM2.5 in the blood can cause myocardial infarction



Fine dust is likely to damage vital organs of the body.
PM2.5 can enter the trachea and bronchi, even the bronchial end and blood, causing very bad health effects, even affecting the nervous system or creating a blockage, causing Acute myocardial infarction.

In addition, toxic substances in dust can cause anemia or heart muscle damage.

PM2.5 may be the cause of brain degeneration

Professor Barbara Maher and her colleagues at Lancaster University, England, discovered that a large number of nanoparticles in the brain do not come from the human body itself but from the external environment (ie no Air pollution). Professor Barbara Maher argues that human brain degeneration may be caused by these nanoparticles.

How to protect children from air pollution?

We often wear masks and glasses with the hope of limiting dust in the polluted air. But the truth is that masks can only block some kind of PM10 fine dust. PM2.5 ultra-fine dust is much smaller than PM10 fine dust.

Therefore, in order to protect the children from air pollution, parents should avoid letting children out during rush hour, limiting their exposure to cigarette smoke.

Regularly expose children to green trees, pure natural environment in weekend activities to balance the body.

Give children plenty of green vegetables, fruits rich in vitamin A, vitamin C and beta-carotene such as butter, sweet potatoes, carrots, papayas, broccoli, animal liver, fish, eggs, milk . to enhance immune system.