

EDITORIAL

Endocrine Disruptors: A Silent Kill

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Endocrine disruptors are the substances or environmental factors which causes destruction of different endocrine glands.¹ Endocrine-disrupting chemicals contribute to several disease and dysfunction, and incur high associated costs of more than 1% of the GDP of European Union.² As the endocrine glands are formed by soft, delicate and vulnerable cells, they are prone to the easy destructions by different types of noxious substance like dioxin in meat, flame retardants in furniture, electronics and multipurpose use plastics; frequently used pesticides in food water and soil.

Endocrine disorders like Diabetes, thyroid diseases, polycystic ovarian diseases, obesity and subfertility cases are increasing with an alarming pace.³ Although our government's agenda is population control but we must have to address the mental breakdown of our childless couples.

Endocrine disruptors are increasing with the advancement of the society and also with the luxurious substances which are not essential for our day to day life. We have no control over the cosmic rays or other harmful substances which are coming from outside our earth. But we have so many things to do with mobile phone microwave and radiation from other sources, formalin, carbide etc. Recently published article in The Daily Ittefaq have shown that five-G smart phone, Wifi are increasing the death rate.⁴ Even if they are kept nearby the users, they can harm the man beside them. They may cause sleep texting, hamper the sleep and injure the brain.

Some endocrine disrupting chemicals can be the causation of loss of IQ, childhood obesity, autism, intellectual disability and attention deficit hyperactive disorders.⁵

We are rich in our meat, beef and fish produced in the un-natural food factories or farms which are contaminated with high concentration of steroids, estrogens and some other harmful hormones. They also contain some endocrine disruptors like antibiotics, polychlorinated biphenyl and mercury which traumatize our internal environment. Even the planes that are flying in the space are spreading percolates which are coming to our field and river, and then to our endocrine glands as an endocrine disruptor.

Most of the time it is very difficult to detect their individual effects as we are exposed to so many chemicals and environmental factors on the earth which are detrimental to our health. Sometimes it is also difficult to carry out research and publish the data on the noxious effects of these substances as the big companies are involved in the business with these products.⁶ Most of the cases are also not in the jurisdictions of our health and family welfare ministry.

If we look in and around our society every conscious person can see even with their bare eyes that the endocrine diseases like Diabetes, Subfertility, Thyroid Disorders and degenerative diseases of the brain and other systems are increasing.

Like the National Research Ethics Committee (NREC) of the Bangladesh Medical Research Council (BMRC) all the ethical committees of different institutions both medical and non-medical should give emphasis on this very important subject during their ethical clearances.

At the same time, we should consider that the endocrine disruptors and their related services are essential in our day to day life; and in some cases, we are to compromise with their injurious effect for the greater benefit. They have ensured our protein demand and increased our food safety. They have given us a comfortable and gorgeous life.

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We should do in-depth research to address their harmful effects; and search for prevention and treatment of the diseases encountered. We should be cautious of their judicial scientific use.

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