

Endocrine-Disrupting Chemicals (EDCs)

July 4, 2025 • vajiramandravi.com



Endocrine-Disrupting Chemicals Latest News

Beyond choking oceans and clogging landfills, plastics are now infiltrating our bodies through microplastic particles and a cocktail of endocrine-disrupting chemicals (EDCs).

What is the Endocrine System?

- The endocrine system is **made up of glands that make hormones. Hormones** are the **body's chemical messengers**.
- They **carry information and instructions from one set of cells to another**.
- The endocrine system **influences almost every cell, organ, and function** of our bodies.

About Endocrine-Disrupting Chemicals

- EDCs are **natural or man-made chemicals** that interfere with the normal function of your body's endocrine system.

- Since EDCs come from many **different sources**, people are **exposed in several ways**, including the **air** we breathe, the **food** we eat, and the **water** we drink.
- EDCs also **can enter the body through the skin**.
- EDCs **interfere** with the way **the body's hormones work**.
 - **Some EDCs act like "hormone mimics"** and trick our body into thinking that they are hormones, while other EDCs block natural hormones from doing their job.
 - Other EDCs can **increase or decrease the levels of hormones** in our blood by affecting how they are made, broken down, or stored in our body.
 - Finally, other EDCs can **change how sensitive our bodies are to different hormones**.
- There are approximately **85,000 man-made chemicals** in the world, with at least **1,000 classifiable as EDCs**.
 - **Bisphenol A (BPA) and phthalates** are **common examples of EDCs found in plastic**.

Source: TH

Source: <https://vajiramandravi.com/current-affairs/endocrine-disrupting-chemicals-edcs/>

© Vajiram & Ravi. For personal use only.