

Harmful substances for our health

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DOP3 KS

Synopsis

- Where are harmful substances
- How to reduce impact on our bodies

The dose makes poison

- “All things are poison and nothing is without poison; only the dose makes a thing not a poison.” *Paracelsus* 16th century

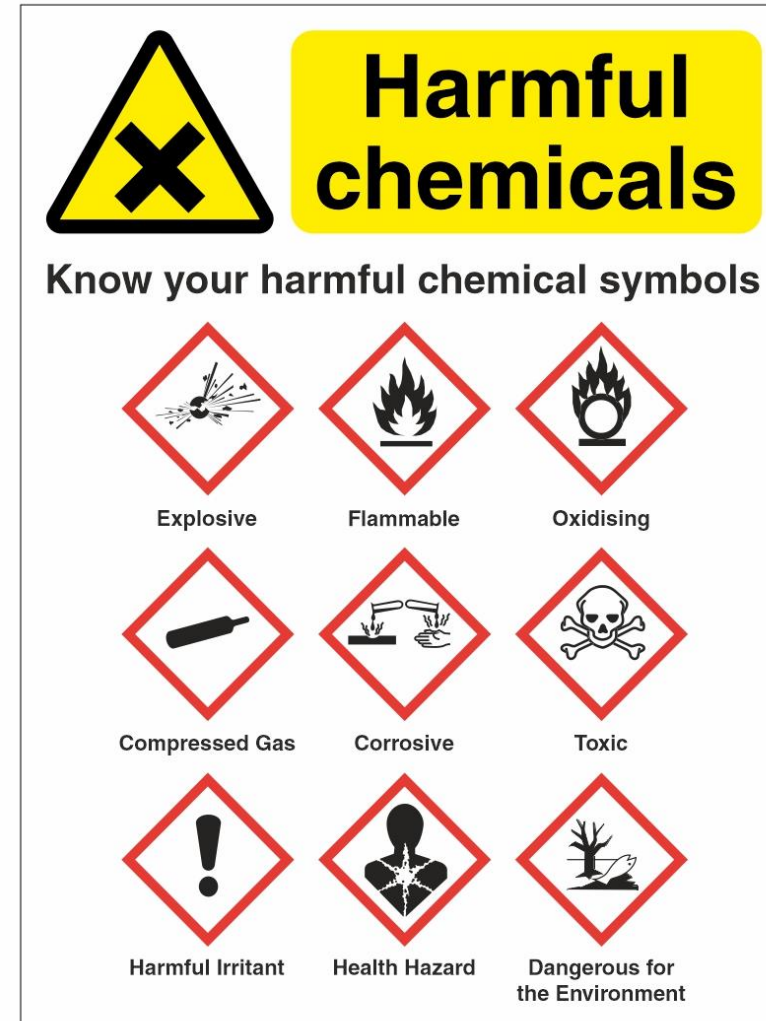


Factors of toxicity

- Chemical properties
- Solubility
- Evaporation

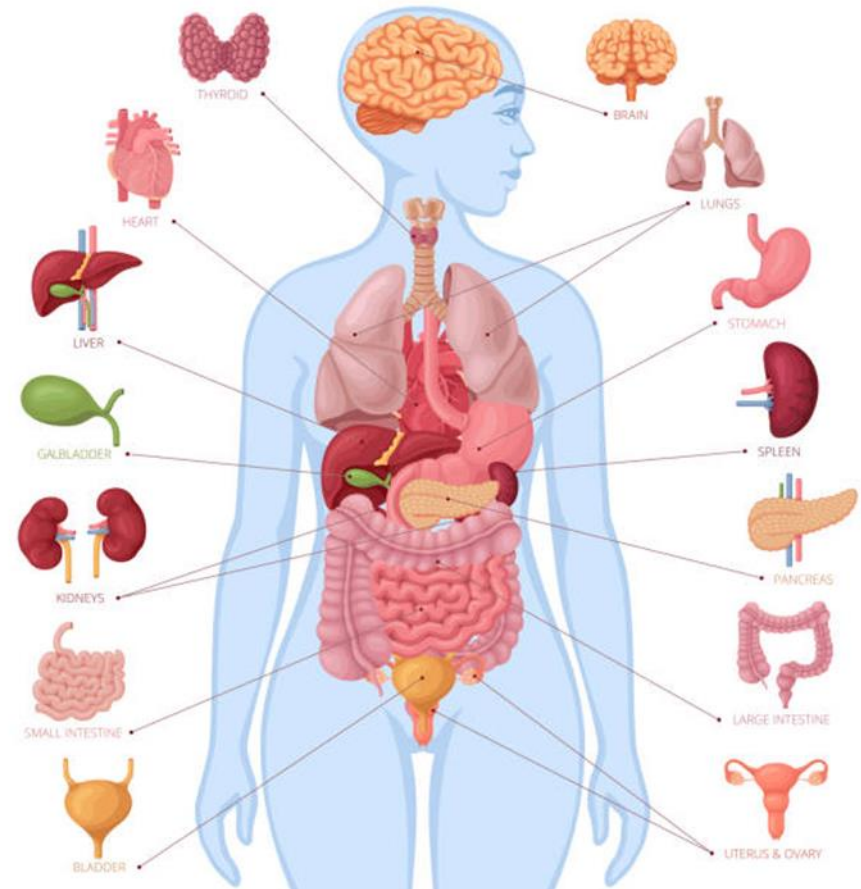
- Environment

- Individual physical condition



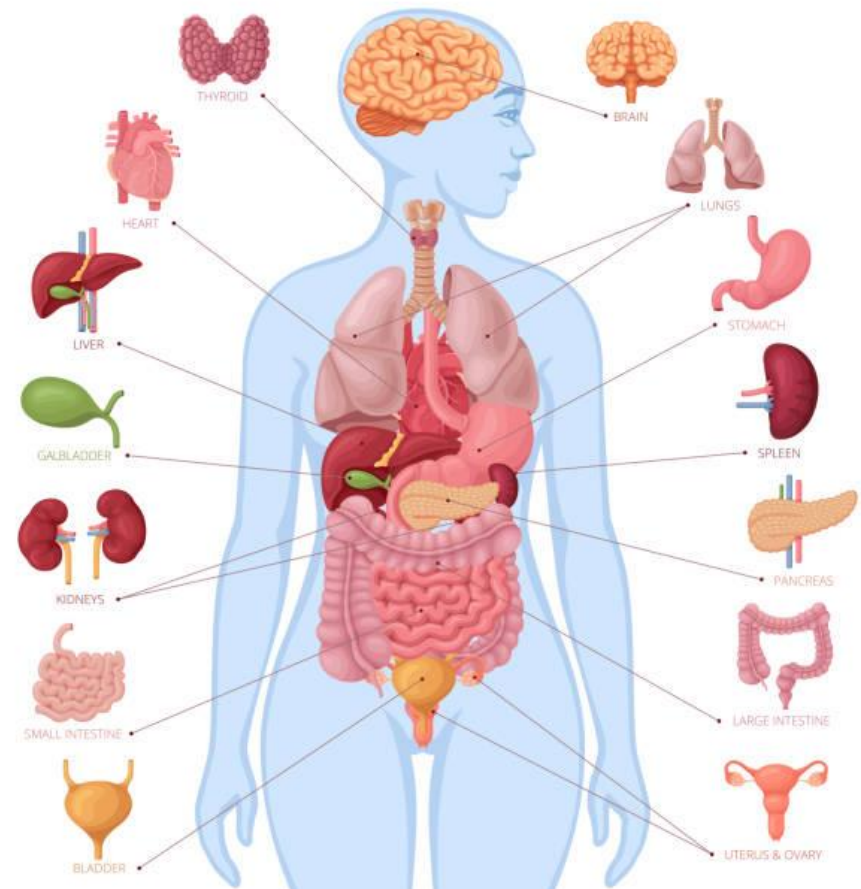
Input

- Airways
- Oral
- Skin



Output

- Metabolism
- Urine, digestive system, sweat, breath
- Storage in tissues



Exposed everywhere

- Environment
- Workplace
- Home
- Food
- Personal preferences



Environment

- **Air**
- NO_x, SO_x, PM 2,5, combustion, heavy traffic
- indoor from materials, furniture, moulds, asbestos
- **Water**
- Tap water
- **Soil**
- Radon, heavy metals



Ostrava-Přívov

Solution as a individual



Solution



As a member of society

- Public election



As a member of society

- Public election
- Demonstration



Workplace / home

- Chemicals
- Particles
- Food

- Optical profesion
- microplastics, debrits, organic solvent, vapours

Make a choice, educate yourself

- Baking soda, vinegar
- Glass containers
- Cast iron, carbon iron pan
- Paper, cotton, linen bags

- Avoid plastic materials, teflon
- BPA-Bisphenol A
 - Monomer for polycarbonate



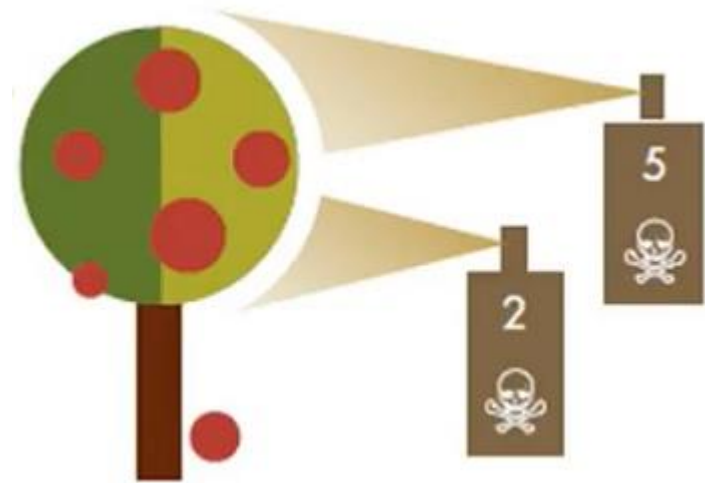
Protection

- Gloves
- Fume hood
- Opened windows
- Cleaning workplace regularly
- Air purifier
- Respirators
- Masks with fume filters
- Shields, protective glasses
- Protection of environment



Food

- Additives
 - Antibiotics
 - Pesticides
 - Microbe toxins
-
- Food containers, coatings



Medication

- Regular checkups



Personal preferences

- Unhelathy diet
- Drugs legal / no legal



Thank you for your attention