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Our daily use chemical products the enemy we trust phthalates, parabens and bisphenol A, risks and challenge to avoid an update!

Our Literature Review Study Reflects: The light on some chemical substances which are widely used in many and different aspects of our children daily practices and try to get the answers for the following important questions. Do these chemicals that our children are widely exposed to since even their prenatal period and throughout their lives have real high risks and dangers on their health? Is the use of these chemicals essential for our kids or we can avoid and replace them with other non-risky substances and hazardous chemical free products...!! Recently, a lot of systematic review studies have been done to investigate the possible relations between the most common chemical substances that we use daily and possible risks and health problems that may affect our children. Among the chemicals that have been studied intensively in the last few years are phthalate, bisphenol A and parabens which are known endocrine disruptors due to their anti-androgenic and/or estrogenic effects!

The Purpose & Objectives of Our Study: The main objective of this study are to provide an overview of some widely and commonly used chemicals that are introduced to many of the products essentially used by our children daily, and the possible relations between their use and some of the common health problems and disorders that affect children in order to raise the awareness among parents and health care providers regarding their potential health impacts on children and to provide a proper guidance that help to minimize the avoidable exposure to these risky chemicals and replace them with hazardous chemicals free products till we get enough studies that prove or disprove their risks and effects.

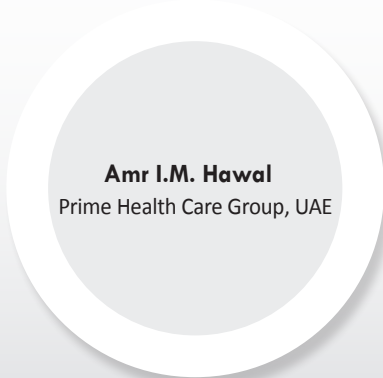
Methods & Results: Our study tries to search through, emphasis on and spot the light on the use of three chemical substances (paraben, phthalates and bisphenol A) that are commonly and widely used in most of our children life aspects, searches for their possible risks and hazards on our kids' health, tries to get relations and connections between these substances and common pediatric health problems and disorders. In our study we reviewed the data collected from many evidences based systematic reviews and Cohort studies have dealt with these hazardous substances and stated the high incidence of their risks and their bad impacts on our kids' health and prove the relation of these chemicals to certain respiratory problems specially wheezing in childhood, ADHD, some atopic conditions and endocrine disruptions among children.

Recommendations: Our study concluded and suggested that it is better to eliminate exposure to these chemicals as evidences are rising against their safety. It's very important to increase the awareness among parents and health care providers regarding the possible risks of these chemicals and provide them the most proven practical tips for their avoidance. Further epidemiological studies should be conducted in the future to enhance our knowledge in this area.

Biography

Dr. Amr Hawal is a Pediatrician and Neonatologist whose experience in the field spans 20 years, backed by a higher education degree from Ain Shams University in Egypt, one of the oldest and top-ranking universities in the MENA region. He is known for his astute skills in evaluation and strong passion for improving healthcare and wellbeing. He is pioneering an open and contextual evaluation model based on constructive responses, which has led in the creation of new methods to improve pediatric healthcare, neonatology and pediatric nutrition.

6amr106@gmail.com



Amr I.M. Hawal

Prime Health Care Group, UAE

Co-Author

Alia Malak A H

Prime Health Care Group, UAE