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## Plastic Bottle Cancer Risk – BPA

# Plastic Bottles - Potential Cancer Risk

In recent studies, it has been found the certain plastic reusable bottles may be a cancer risk. The risk is due to a chemical called BPA (Bisphenol A) that can be released when the bottle is washed, heated, and/or re-used. This impacts adults as well as children. Here are a very ways to limit the risk of BPA in plastic bottles:

**Look for "BPA-free" claims on** toys, baby bottles and containers. A lot of companies are starting to roll out BPA free baby bottles, bottle liners, and re-usable containers.

**Avoid polycarbonate and PVC** (polyvinyl chloride) plastics, both of which contain BPA. At the bottom of the plastic, there should be a recycling code. Anything with code 7 is at risk. Alternatives include polyethylene plastic (also labeled PETE) and containers marked with recycling code 1, 2 (HDPE) and 4 (LDPE). Polypropylene (recycling code 5, or PP) are also safe.

**If you use hard polycarbonate plastics** (Nalgene bottles, baby bottles, sippy cups), do not heat or use them for warm or hot liquids. This includes running in the dishwasher. Nalgene just recently did a recall around a lot of their bottles.

**Do not wash polycarbonate** plastic containers in the dishwasher with harsh detergents.