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ВРЕДНОЕ ВОЗДЕЙСТВИЕ ПАРФЮМЕРНЫХ ПРОДУКТОВ НА ЗДОРОВЬЕ ЧЕЛОВЕКА

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HARMFUL PERFUME EFFECT ON HEALTH

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Резюме. Ученые стали обращать внимание на резкое увеличение числа эндокринных нарушений, снижение фертильности, рост онкологических заболеваний, которые не всегда связаны с вредными условиями труда, проблемами с экологией и наследственностью. Постепенно медицина пришла к пониманию, что ряд заболеваний возникает из-за использования химических продуктов, тканей, продуктов питания и, особенно, парфюмерии.

Ключевые слова: парфюм, аллергия, недомогание, онкология.

Resume. Scientists have paid their attention to the severe increase in endocrine impairments, decrease in fertility and rapid growth of oncological diseases that are not always caused by harmful working conditions, poor environment and heredity. Gradually medicine has come to the understanding of the fact that a range of diseases appear because of the use of chemical products, fabrics, food and, surprisingly, perfume products

Keywords: perfume, allergies, malaise, oncology.

Relevance. The world is changing around us rapidly. The mass media reports regularly about new discoveries, in particular, about the emergence of new chemical substances. At first, we rejoice in the benefits they bring, but suddenly we figure out much more information about their harmful effect that prevail over their advantages. This idea is also relevant to the perfume industry. Dozens of new fragrances appear every year, various chemicals are used to produce them. Scientists have paid their attention to the severe increase in endocrine impairments, decrease in fertility and rapid growth of oncological diseases, that are not always caused by harmful working conditions, poor environment and heredity. Gradually medicine has come to the understanding of the fact that a range of diseases appear because of the use of chemical products, fabrics, food and, surprisingly, perfume products.

The idea of harmful effect of the perfume has not appeared overnight. The first research was made in 2005 by "Greenpeace". The independent laboratory carried out an analysis of 36 products. Almost all of them included phthalates, alkylphenols, synthetic musk-like substances.



Fig. 1 – The emblem of Greenpeace

Aim: to educate the society, especially young generation of students, about the harmful effect of perfume products on our health.

Objectives:

1. To figure out the harmful effect of particular substances on human health.
2. To observe the awareness of people of the problem.
3. To learn how to choose right perfume products.

Materials and methods.

1. Observation of people habits of choice and use of perfume products.
2. Survey of 133 people aged from 17 to 25. All of them, men and women, are either studying at higher educational institutions or have already received higher education.
3. Comparison of foreign and domestic perfume brands.

Results and their discussion. Most famous foreign perfume companies widely use harmful substances, so we decided to examine the main Belarusian perfume brand “DILIS”. The company was established in 1991. It uses French technologies of perfume production and fragrance compositions of such brands as S.A.S, Floressence, F. Mane Filis, Jean Niel, which are located in the capital of world perfumery – Grass (France). The company produces 150 types of perfumes, toilet waters and colognes. From this variety, we have chosen the line “EXTRA”. The ingredients are alcohol, parfum, limonene, linalool, citral, hexyl cinnamal, geraniol, benzyl benzoate. It is clear that all ingredients except from limonene are safe. Limonene provides us with a sweetish flavor of lemon and even though it causes some bad side effects such as some damage to organs such as heart, liver and lungs, provoke fatigue, headaches, skin irritation, nerve damage. It is important to note that from all the list of substances used for production of this line only one appeared to be harmful. So, we can't help but mention that Belarusian perfume is not only unique, but also quite safe.



Fig. 2 – The emblem of Dilis company

In order to assess the extent of the problem of perfume use, we decided to conduct a study in the form of a survey.

We interviewed 133 people aged from 17 to 25. All of them, men and women, are either studying at higher educational institutions or have already received higher education.

The first question was whether they use perfume or not. 95,5% of participants use perfume products.

It shows us how actual the problem is. Moreover, 80,5% of them use it on daily basis. What is more, 18,5% use perfume 2 times a day, while 79,8% do it once.

17,3% of interviewed read the composition of the perfume while choosing it. Unfortunately, 63,9% of people are not familiar with potentially harmful effects of products. Furthermore, 47,3% of participants have not heard about toxic components of perfume. Surprisingly, 21,8% can name one and even more harmful perfume substances. 19,5% felt bad after using perfume. It includes headaches, nausea, nasal stuffiness, cough and tearfulness. 10 people out of 133 are allergic to perfume products.

On the contrary, 4,5% participants do not use perfume at all. Most of them just are not in favor of feeling smells and some of them see no point in using it.

One of the most important questions for us was what characteristics guide the participants in choosing perfume products. The most common answer was that the choice is based on how much people like the smell itself, also a significant number of people are guided by the price. None of the respondents choose a perfume product based on its chemical composition.

Conclusion. Having investigated the composition of the most popular perfume products of both foreign and national brands, conducting a survey of the young generation of our country, revealing the harmful effects of chemicals on the human body, we can understand how relevant the problem is. Every day people use either foreign or national perfume products containing poisonous ingredients which can cause late onset health problems. The study aims at raising awareness of the use of perfumes by educating the population about the negative side effects of harmful ingredients. To summarize, it is worth mentioning that the choice of perfume products should be approached not only from the point of view of taste, but also from such aspects as skin type, acidity, age, and sometimes it is even worth consulting a specialist. In fact there have been identified only one harmful

substance in perfume products of national manufacturers, while in foreign more. Do not forget the fact that we are in society, we may be often surrounded by people with respiratory diseases and allergies, so let's be more attentive to the use of perfume.

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