

Pollution and Chemical Impacts on the Environment and Human Health

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Description

Toxic substances in the environment are unavoidable. They are present in the food we consume, the water we drink, the air we breathe and the in the everyday household goods. Because they are mostly undetectable, most go unreported and are safe provided exposure is kept to a minimum. However, the size and complexity of human exposure to environmental toxins have changed substantially due to increased industrial manufacturing, fossil fuel usage, and chemical-intensive agricultural farming. Exposure to environmental toxins can cause health concerns ranging from moderate skin irritation to fatal sickness.

Dealing with the threat that environmental toxins pose to public health, is not as easy as detecting and preventing harmful toxins. Items and activities that contribute to pollution are necessary parts of contemporary life and efforts to reduce their usage are hampered by a dearth of knowledge of their impacts as well as tremendous economic factors.

Environmental toxins are chemicals and organisms that harm one's health. Poisonous chemicals and chemical compounds, physical things that disturb biological processes and disease-causing organisms are among them. The consequences of being exposed to environmental pollutants are numerous. Carcinogens, as well as chemicals that influence cardiovascular, endocrine and pulmonary functioning, are major risks.

Some people associate the phrase "environmental toxin" with pollution caused by humans, yet naturally occurring compounds can be just as dangerous. Humans are poisoned by cyanobacteria (blue-green algae), as well as some animal venoms, mushrooms and moulds. Wood preservatives, insecticides, feed additives, and materials used to produce car batteries and semiconductors are all examples of arsenic, a naturally occurring metal that is extensively dispersed in the Earth's crust. Arsenic is also extremely poisonous. It can harm important organs and cause death if consumed in high enough quantities.

Limiting exposure to compounds known or suspected of causing cancer, disrupting hormone production, contributing to respiratory and cardiovascular illness or lowering birth rates is unquestionably wise. In practise, however, efforts to do so confront significant obstacles:

- The assessment of materials and energy sources in regards to various pollutants is essential. Modern pesticides and fertilisers increase food yields for a rising population dependent on scarce arable land, while fossil fuels (petroleum, natural gas and coal) still account for the great bulk of primary energy usage.
- Assessing environmental effect is difficult. While there is a lot of evidence relating to various environmental toxins and their specific health risks, it's difficult to measure current consequences and make predictions of those risks. If investigations are equivocal or inconsistent, environmental rules are unlikely to be established.

Public Health Improvements

The first step in developing educated policies that can shape laws is to measure the effects of environmental pollutants and other health concerns on populations. More urgent needs are addressed by educating those populations about the hazards they face and ensuring equitable access to health care. Such initiatives are especially crucial when it comes to servicing underrepresented groups and reducing health inequalities.

Specialists in community health examine local health issues; especially those connected to environmental variables and detect healthcare inequities.

Disaster management professionals seek to avoid incidents and reduce their effects.

Epidemiology practitioners' study contributes to our understanding of the influence of environmental variables on health.

People equipped to face these problems in public, corporate, not-for-profit, and academic sectors are critical in ensuring a healthy future.

How to cite this article: Serrano, Evelyn. "Pollution and Chemical Impacts on the Environment and Human Health." *J Environ Anal Toxicol* S8 (2021): 003.

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Received: November 03, 2021; Accepted: November 17, 2021; Published: November 24, 2021