

ADVERTISEMENT

Subscribe to the Agents of Change podcast featuring environmental justice leaders [**READ MORE**](#)



[SUBSCRIBE](#)

[DONATE](#)

EHN EN ESPAÑOL



Get our newsletter in your inbox - FREE!

The hidden hazards of microplastics in our blood

By EHN Curators

Mar 08, 2024

1 min read



Print | PDF | Email

Researchers uncover a disturbing link between microplastic pollution and an increased risk of cardiovascular diseases.

[lan Sample reports for *The Guardian*.](#)

In short:

- A study in Naples discovered microplastics in the blood vessels of patients with arterial disease, suggesting a link to higher risks of stroke and heart attack.
- Researchers found that individuals with microplastics in their blood were almost five times more likely to experience such cardiovascular events.
- Despite the correlation found, further research is needed to establish if microplastics directly cause cardiovascular issues.

Key quote:

"Our data will dramatically impact cardiovascular health if confirmed because we are defenceless against plastic pollution."

— Dr. Raffaele Marfella, University of Campania Luigi Vanvitelli

Why this matters:

This latest research joins mounting evidence of plastic's harm to our health. While the full health implications are not yet clear, there is worry that microplastics could lead to inflammation, genotoxicity, or carry harmful pollutants into our bodies, posing risks to our immune and reproductive systems, among other health effects.

Writing in the [New England Journal of Medicine](#), [Phil Landrigan, M.D., responded](#) to the research results by urging health professionals to encourage patients to reduce their plastic use, support [reduction of plastics in health care settings](#) and support the United Nations Global Plastics Treaty.

Get our newsletter in your inbox - FREE!



EHN Curators

Articles curated and summarized by the Environmental Health News' curation team. Some AI-based tools helped produce this text, with human oversight, fact checking and editing.



Get top news, hand-picked by our editors and researchers, delivered straight to your inbox. We offer a host of daily and weekly options.

SUBSCRIBE

SELECT YOUR NEWSLETTERS

ADVERTISEMENT

Get our newsletter in your inbox - FREE!