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**Les microplastiques**

**Les accumulations de plastiques**

Dans le cerveau, le foie et les reins: Nihart, A.J., Garcia, M.A., El Hayek, E. *et al.* Bioaccumulation of microplastics in decedent human brains. *Nat Med* 31, 1114–1119 (2025).

<https://www.nature.com/articles/s41591-024-03453-1>

Au niveau du coeur et des vaisseaux sanguins en général: **Hyman et al (2025)** Phthalate exposure from plastics and cardiovascular disease: global estimates of attributable mortality and years life lost.

<https://www.thelancet.com/journals/ebiom/article/PIIS2352-3964%2825%2900174-4/fulltext>

Les modeles animaux pour demontrer le role causal des microplasques: da Silva Brito, W., Mutter, F., Wende, K. *et al.* Consequences of nano and microplastic exposure in rodent models: the known and unknown. *Part Fibre Toxicol* 19, 28 (2022).  
<https://doi.org/10.1186/s12989-022-00473-y>

**Les produits alimentaires ultra-transformés**

Lane MM, Gamage E, Du S, Ashtree DN, McGuinness AJ, Gauci S, et al. Ultra-processed food exposure and adverse health outcomes: umbrella review of epidemiological meta-analyses. *BMJ*. 2024;384:e077310. DOI: 10.1136/bmj-2023-077310. PMID: 38418082; PMCID: PMC10899807

**Les études clés sur l'eau en bouteille**

Ravanbakhsh, M., Ravanbakhsh, M., Jamali, H.A., Ranjbaran, M., Shahsavari, S. & Jaafarzadeh Haghighi Fard, N. (2023) The effects of storage time and sunlight on microplastic pollution in bottled mineral water. *Water and Environment Journal*, 37(2), 206–217. <https://doi.org/10.1111/wej.12829>

Kazi Albab Hussain, Svetlana Romanova, Ilhami Okur, Dong Zhang, Jesse Kuebler, Xi Huang, Bing Wang, Lucia Fernandez-Ballester, Yongfeng Lu, Mathias Schubert, and Yusong Li **Assessing the Release of Microplastics and Nanoplastics from Plastic Containers and Reusable Food Pouches: Implications for Human Health.** *Environmental Science & Technology* 2023 57 (26), 9782-9792. DOI: 10.1021/acs.est.3c01942

**L'impact du lave vaisselle**

Sol D, Menéndez-Manjón A, Carrasco S, Crisóstomo-Miranda J, Laca A, Laca A, Díaz M. Contribution of household dishwashing to microplastic pollution. *Environ Sci Pollut Res Int*. 2023 Mar;30(15):45140-45150. doi: 10.1007/s11356-023-25433-7. Epub 2023 Jan 26. PMID: 36701065; PMCID: PMC10076389.