

(Mail Online) 'Cancer-causing' chemical used in plastics and food containers can also lead to obesity and diabetes, says study (2)

carbohydrates.

If there is too much insulin created, the body can become 'immune' to its effects - leading to weight gain and type 2 diabetes.



Health problems: Exposure to BPA can fool the body into producing fat or creating too much insulin, which can lead to type 2 diabetes

Angel Nadal, a BPA expert at the Miguel Hernandez University in Spain, said: 'When you eat something with BPA, it's like telling your organs that you are eating more than you are really eating.'

His latest research finds that BPA affects the pancreas, the organ that creates insulin. A small amount of the chemical can trigger the release of almost double the insulin actually needed to break down food.

Dr Nadal's team found that a quarter of a billionth of a gram of BPA was enough to start this reaction.

THE POTENTIALLY DEADLY CHEMICAL IN COMMON USE

Bisphenol A (BPA) is an organic compound used in a wide variety of products, mostly plastics.

It is controversial because many studies have shown that it has adverse health affects, while others say it is not a concern.

The World Health Organisation has not limited or banned the use of the chemical in industry, but the EU and Canada has banned its use in baby bottles. In 2010 Canada became the first country to declare BPA a toxic substance.

Various studies have linked BPA to prostate and breast cancer, while another showed it can affect brain function in lab rats.

A 2009 study on Chinese workers in BPA factories found that they were four times more likely to report erectile dysfunction and reduced sexual desire than workers with no heightened BPA exposure.

Studies around the world estimate that 90 per cent of people in developed nations have BPA levels in their blood above the threshold in Dr Nadal's study.

Staying away from plastic bottles or food cans will not be enough to escape BPA.