

## Bisphenol-A in Baby Bottles

The chemical called Bisphenol-A has received a fair amount of publicity in the media lately<sup>1</sup>. Commonly referred to as “BPA”, Bisphenol-A is a chemical compound that is used in the making of plastics. According to Wikipedia<sup>2</sup>, BPA is used in a type of plastic called Polycarbonate. Polycarbonate is very durable and widely used for making of baby bottles.

Latest research has shown that BPA is harmful. It disrupts the endocrine system by mimicking oestrogen<sup>3</sup> and has shown to cause cancer, miscarriage and a whole host of other health problems. You’ll no doubt find a lot of such information if you do a simple search on the internet.

BPA has been shown to leach under high heat or scrubbing<sup>4</sup> – things which we no doubt do in an effort to keep our babies germ-free by washing and steaming their bottles. In fact, Canada has banned baby bottles containing BPA<sup>5</sup> and there are talks to do the same in other countries.

In Singapore, the Agri-Food & Veterinary Authority (‘AVA’) has confirmed that BPA is present in safe levels in baby bottles sold here.<sup>6</sup> Nonetheless, parents are worried, and rightly so. There are a whole host of studies that show that BPA are present in harmful levels in baby bottles. Many concerned parents are not willing to take the regulators at their word and choosing bottles that do not contain BPA as a precautionary measure.

A great reference is a website called Z Recommends<sup>7</sup>, which conducted a detailed study into different bottle companies and their approach towards the use of BPA in baby bottles. They even have a detailed rating of each company and the products they carry.<sup>8</sup>

What is troubling is that most popular brands in Singapore have high levels of BPA in their bottles which leach into the milk, according to the studies conducted by Z Recommends. BPA-free bottles are not easy to find, but many concerned parents are willing to purchase them from overseas, or purchase from the limited brands available in Singapore. Other safer options include the use of glass or stainless steel feeding ware.

We encourage parents to read up on effects of BPA, so that an informed decision can be made on the choice of feeding ware for their babies. We only carry BPA-free baby bottles at Baby Wishes, so please feel free to browse our “Feeding” section for more details on these products.

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<sup>1</sup> <http://www.reuters.com/article/email/idUSTRE4BE63120081215>

<sup>2</sup> [http://en.wikipedia.org/wiki/Bisphenol\\_A](http://en.wikipedia.org/wiki/Bisphenol_A)

<sup>3</sup> <http://www.time.com/time/health/article/0,8599,1711398,00.html>

<sup>4</sup> <http://www.washingtonpost.com/wp-dyn/content/story/2008/04/18/ST2008041803545.html>

<sup>5</sup> <http://www.washingtonpost.com/wp-dyn/content/story/2008/04/18/ST2008041803545.html>

<sup>6</sup> <http://www.ava.gov.sg/NR/rdonlyres/1D945E30-7381-41B1-9760-030C3E0C599A/19874/STBabybottlessafeuse.pdf>

<sup>7</sup> <http://zrecs.blogspot.com/2007/07/z-report-bisphenol-in-polycarbonate.html>

<sup>8</sup> <http://www.zrecsguide.com/products/category/bottles/adiri/376/316>