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**Chronic pesticides environmental contacts can lead to human's multi system impairment****Shiva Samsamshariat**

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One of the most harmful chemicals in our environment today is pesticides they go by a variety of names like insecticides, herbicides, fungicides and bactericides and are found in almost every public place and often in our house. Most people are not even aware that they are exposed to these toxic substances. Pesticides are harmful and have powerful disruptor in many organs of our body that mentioned in this letter. In reproductive system, they may disrupt the hormonal function of reproductive system and ovarian cycle which may lead to negative effects on this system infertility and abortion during pregnancy. In fetus, infants and growing baby pesticides have some risks during pregnancy that depends on pesticide and the time that mother and the baby are exposed. Fetus and baby's nervous system and organs are developing rapidly and more sensitive to the toxic effects of pesticide. Some pesticides have shown up in analyses of infant's cord blood proving that such toxins are indeed transferred into the baby's body and can causes many problem like congenital heart diseases, musculoskeletal defects, neural tube defects, hypospadias, cryptorchidism and endocrine disruption and also cause various degrees of physical and mental developmental delays in growing baby. In nervous system the chief target organ of pesticides is the brain because they seek out lipids and the brain is highly lipid. Neurotransmitters aim the brain that is responsible for numerous functions within the mind and body. When neurotransmitters are not functioning properly then a variety of conditions developed like Alzheimer's, Parkinson's, degeneration of the retina, autism, clinical depression, anxiety disorders, hyperactivity, insomnia or disrupted sleep and attention deficit. In hematologic system there are some reports indicating that some pesticides can alter the complement function, subpopulation levels, cell proliferation, cytokine secretion, surface markers, chemotactic migration, phagocytosis, antigen presentation and apoptosis induction. In endocrine system some Pesticides have been shown to alter thyroid gland function and reduce circulating thyroid hormones level that can compromise the catalytic activity of hepatic cytochrome P450 mono-oxygenases resulting in an altered hepatic androgen metabolism. Malfunctioning of adrenal glands leads to cortisol imbalance, excessive fatigue, sweating, inability to handle stress, unstable blood sugar and electrolyte and a variety of other debilitating symptoms. They can interrupt male sex hormone and can lead to prostate cancer. In musculoskeletal system, muscle weakness, cramp and pain and loss of muscle control, impaired mobility, uncontrollable shaking and trembling. So it is important to understand that any chemical that is designed to kill a living creature or plant, will be harmful to all living things, we offer the use of non-toxic and healthy alternatives to kill weeds, bugs, bacteria and fungus, characterizing patterns of exposure to the pesticides among the licensed pesticide applicators before use, take shoes off before entering the home, because shoes pick up pesticides everywhere the person go. Avoid places where they sprayed. Ask people and offices to notify when they use pesticides or herbicides and make sure windows are closed during the application and for a couple weeks after. Eat organic foods. Do not live in an agriculture area and recommended to TV commercial to airplay teaching programs.

**Biography**

Shiva Samsamshariat is an Emergency Medicine Specialist and works at unique toxicology hospital and center in Isfahan, Isfahan Medical University, Iran.

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