

蔬菜中重金屬暴露累積之潛在健康風險評估-越南案例之研究

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摘要

人類健康在世界各地被視為全球性問題，並逐漸引起社會關注。發展越迅速，就有更多的健康問題需要解決。這些問題可能導致於許多不同的因素，例如病毒、細菌、飲食、飲酒、吸煙和化學物質有關，尤其是重金屬，不但非人體所必需，而且還會對危害人體健康，儘是小含量也可能引起急性或慢性效應。攝入累積重金屬的食物是造成重金屬進入人體的主因，其中都市污水污染灌溉水源的蔬菜也是主因之一。重金屬影響人體的研究和評估已經進行了很長一段時間。不過，健康風險的評估在過去幾十年，仍然處於逐步發展。在2000年之後，環保主管機關的風險評估原則與做法，可資為建立個別風險評估之參考，也可做為個別組織單位發展其風險評估程序之背景。這些原則包括四個步驟：危害辨別、劑量反應評估、暴露評估和風險特徵。這是主要的研究方法。此外，本研究應用健康風險評估方法評估潛在健康風險，從蔬菜中累積重金屬暴露越南 Vinh Quynh-Thanh Tri-Hanoi 區域得到一些成果。對於非致癌作用，成人與兒童的所有危害指數值均大於1，尤其是兒童。風險之上信賴界限指出砷暴露具有致癌性的影響，在研究地區每10000人就有一位是死於癌症。簡而言之，該研究地區的蔬菜中累積重金屬是該地區的人潛在健康風險來源。關鍵詞：健康風險評估、都市污水、重金屬、蔬菜、累積。

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目錄

ABSTRACT	iii
中文摘要	iv
ACKNOWLEDGEMENTS	v
CONTENTS	vi
LIST OF FIGURES	viii
LIST OF TABLES	ix
LIST OF ABBREVIATIONS	xi
Chapter 1. INTRODUCTION	1
1.1 Overview of study	1
1.2 Objective of study	2
1.3 Scope of study	3
1.4 Brief description of study area	3
1.4.1 Natural condition	3
1.4.2 Socio-economic conditions	4
Chapter 2. LITERATURE REVIEW	6
2.1 Heavy metals	6
2.1.1 Overview of heavy metals	6
2.1.2 Effects of some heavy metals	7
2.1.3 Some major disasters caused by heavy metal contamination in food	11
2.1.4 Potential health risk assessment in some countries	12
2.2 Sources of heavy metals accumulated in vegetables	18
Chapter 3. METHODOLOGY	32
3.1 Overview of risk assessment	32
3.2 Health risk assessment	34
3.2.1 Definition	34
3.2.2 The importance of health risk assessment	34
3.2.3 Health risk assessment methodology	35
3.2.3.1 Hazard identification	37
3.2.3.2 Dose-Response assessment	39
3.2.3.3 Exposure assessment for the relevant population	41
3.2.3.4 Risk characterization	43
Chapter 4. RESULT AND DISCUSSION	45
4.1 Hazard identification	45
4.2 Dose – Response Assessment	50
4.3 Exposure Assessment	51
4.4 Risk Characterization	57
Chapter 5. CONCLUSION AND SUGGESTIONS	64
5.1 Conclusion	64
5.2 Suggestions	65
REFERENCES	68
APPENDIX A	75
APPENDIX B	78
1.Ali, D. Y. (2010). Toxic Elements in the Food Chain: Exposure Pathways to Infants in Selected Areas of Limpopo Province. Thesis of Master Degree. University of South Africa.	
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