

## ENDOCRINE DISRUPTORS-A CURRENT PROBLEM FOR THE HUMAN BODY

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**Introduction.** Endocrine disruptors are chemical substances that cause adverse effects in an organism or its offspring, leading to morphological and physiological changes and contributing to the deterioration of functional capacities. In the human body, hormones link the nervous system to the body's functions. Endocrine disruptors are present in many products and environments of our daily lives, and the impact on the human body is complex.

**Materials and Methods.** Sources from the relevant literature, the results of scientific studies, articles published in specialized journals, recommendations of international organizations, regulations stipulated in the legislation of the European Union were evaluated.

**Results.** Today, the problem of endocrine disruptors is attested at a global level. Currently, the action of these products on the human body in the Republic of Moldova is under-researched. Of the extremely large number of chemical substances produced and used at the moment, approximately 1000 of them possess properties with an impact on the endocrine system. Exposure to endocrine disruptors occurs through ingestion of food and water, inhalation of airborne particles, and through the skin. Endocrine disruptors act similarly to natural hormones by either mimicking their action or blocking it, leading to confusion in the system and disrupting not just one, but multiple hormonal systems and endocrine functions. This results in drastic consequences for biological processes and may even have genetic effects. The effects caused by an endocrine disruptor may sometimes be observed long after exposure. General morbidity and mortality in the Republic of Moldova in recent years has been recorded at a high level, being conditioned by non-communicable diseases. The prevalence of endocrine, nutritional and metabolic diseases is constantly increasing, from 2014 to 2023, the prevalence indicator increasing from 200.8 thousand cases to 312.6 thousand cases.

**Conclusions.** Endocrine disruptors are omnipresent chemical substances that can have significant negative effects on health. From reproductive and developmental issues to autoimmune diseases and metabolic disorders, they represent a serious threat to human health. It is essential to be aware of the presence of these substances in our environment and to take measures to minimize exposure.

**Keywords:** human body, endocrine disruptors, health, morbidity, exposure.