

Debunking Bad Science:

BPA AND BLOOD PRESSURE

A new study published in the American Heart Association's journal, *Hypertension*, makes some over-sized claims based on the research. The authors' hyperbolic conclusions aren't justified by their own research, including:

- Drinking or eating from cans or bottles lined with Bisphenol A (BPA) may raise your blood pressure.
- Because BPA use is widespread, this increase in blood pressure may pose a substantial health risk.

The study does not support these wide-reaching conclusions.

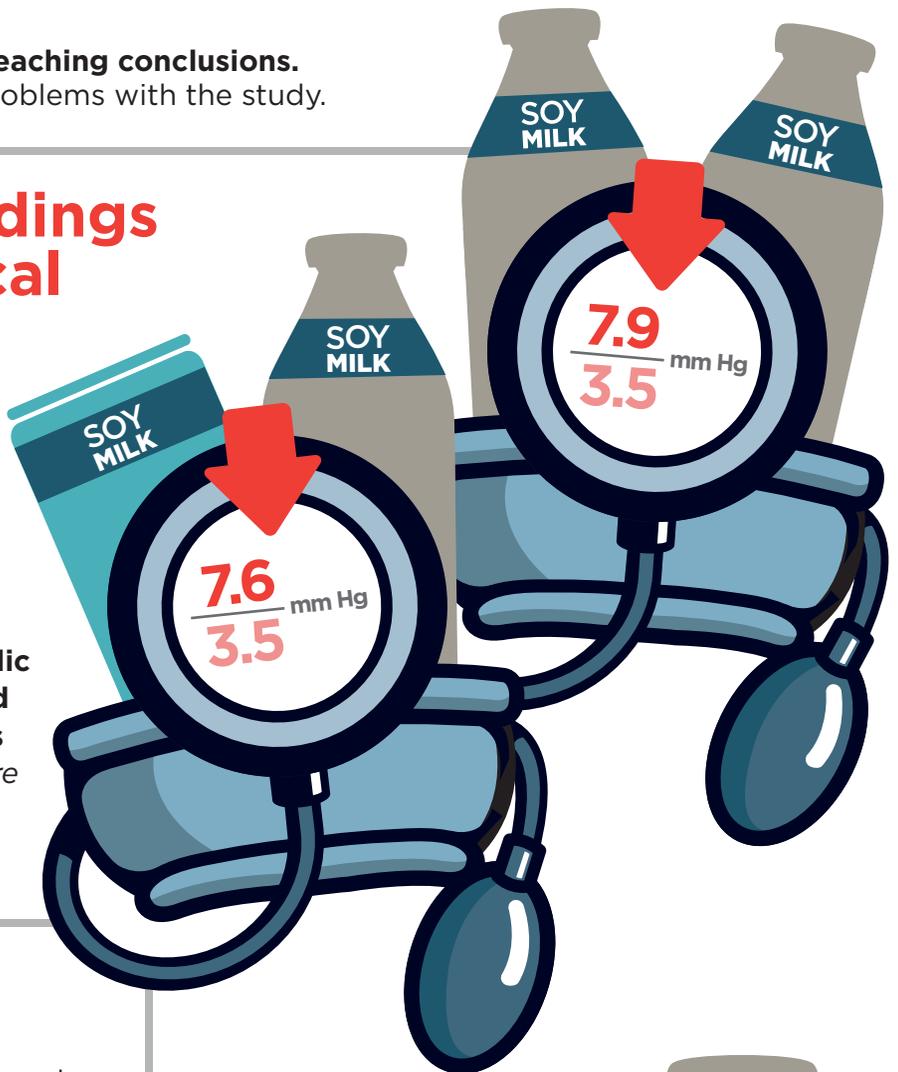
Below, we've identified a handful of key problems with the study.

Blood Pressure Readings Were Nearly Identical

(Regardless of BPA Level)

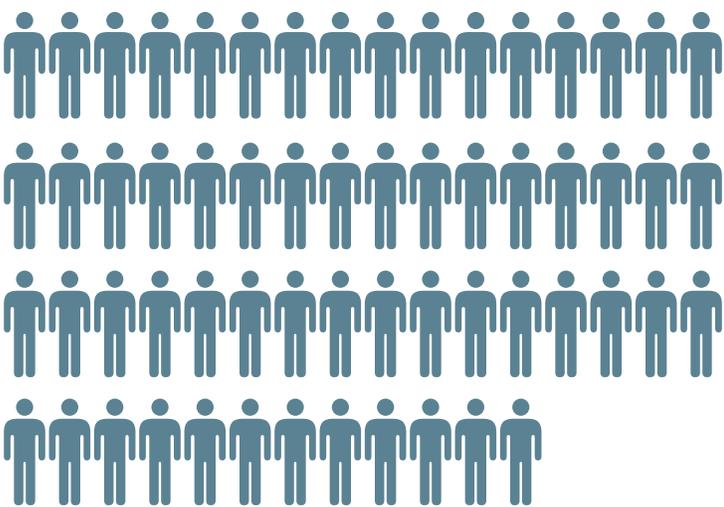
The data show that after consuming two glass bottles of soy milk, **systolic blood pressure measurements decreased** by an average of 7.9mm Hg and **diastolic measurements decreased** by an average of 3.5mm Hg.

After a mix of glass/canned soy milk, **systolic blood pressure measurements decreased** by 7.6mm Hg and **diastolic measurements decreased** by 3.5mm Hg. *The readings were virtually identical though BPA levels were much higher in participants who drank canned soy milk.*



Small Sample Size

The study was performed on a mere 60 volunteers in South Korea—mostly women and all the same ethnicity. That's much too small of a sample size to conclude BPA's impact on blood pressure may be a substantial health risk. Researchers also failed to take a baseline reading of participants' BPA levels, making it difficult to determine how much BPA was ingested orally due to the beverage containers and how much was already in the body.



Reliance on Soy Milk



Researchers only gave participants soy milk in either glass bottles or cans and said they used soy milk because "it has no known ingredient that elevates blood pressure."

However, studies indicate that compounds in soy can act like estrogen in the body, which can have an effect on blood pressure.



Blood Pressure After Drinking Milk was Lower than Baseline

The researchers note: "In the present study, we observed that the BP_{after} was generally lower than BP_{before}, and this might be the effect of soy milk." What this means is that they didn't find a slight increase in blood pressure among individuals who drank canned beverages; *instead they found that blood pressure readings just didn't decrease quite as much after drinking canned soy milk compared with soy milk from a glass bottle.*



To take the modest findings of this study and argue that BPA in canned beverages may "pose a substantial health risk" is highly disingenuous. There are thousands of studies of BPA's safety, and researchers have consistently found that low-dose exposure to BPA does not present a health risk—a finding recently confirmed by the U.S. Food and Drug Administration.