

Abstract: Have you ever heard of the term microplastics? It's a subject that is becoming of great importance for study and research. There are many scientists working to learn all about the effects of microplastics on humans. Microplastics come from the degradation, fragmentation, and production of all the plastics that we create. Any plastic waste ranging from 5mm to less than 1  $\mu\text{m}$  considered a micro or nano plastic respectively. They are everywhere on earth: in our food, water, and the air. They enter our bodies from eating and drinking and inhaling airborne particles. They go into our blood stream and carry throughout our bodies causing significant damage to our systems. Microplastics have been shown to enter the cell membranes of cells and cause oxidative stress. Studies have also shown that mice that had microplastics introduced into their diet experienced cell death to their gut tissue and showed neurological malfunction. Other research shows that microplastics can be found almost everywhere in the human body. Ongoing efforts to reduce our waste and find ways to dispose of microplastics are crucial. Continued research and work are needed to more fully understand the effects and dangers of microplastics on both humans and the world.