



## It's High Time for Community Food Testing Laboratories for Better Health

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Clinical laboratories are now popular among the public at large. It is an integral part of the health care system; biological samples like blood, urine, and stool are regularly checked at the request of the patient. However, there are many diseases that are caused by environmental pollution. In other words, the pollutants are causative factors for several diseases. For example, pesticide application is commonly performed to increase agricultural production to feed an increasingly populous mankind. Pesticide kills the pest, but its residues stay in the food and food products and are consumed by human beings innocently without knowing that, along with food, they are also consuming some form of poison. Ideally, there should be a total ban on pesticides. Nevertheless, a complete ban is not feasible as that may reduce food production and exacerbate hunger in masses. So, the regulators are banning the more harmful pesticide, but the awareness and enforcement of such recent regulations are yet to be fully explored [1]. Consequently, pesticide residues are occasionally being reported to be detected in food items in scientific studies [2,3]. The identification of pesticides in foodstuffs in scientific reports is just the tip of the iceberg. It appears the real problem of slow pesticide consumption may be much more prevalent, as there is no public awareness in this field [4]. Pesticides are reported to cause several diseases, like Diabetes Mellitus [5]. When diabetes mellitus happens, blood sugar levels rise, and then we go to clinical laboratories to confirm diabetes. But prevention is better than cure. So, it is better for individual public

to go for food testing at regular intervals, and youngsters should start up in developing food laboratories where pesticide and other pollutant testing in food can be done at reduced cost for public service. Nowadays, easy-to-do tests are available for pollutants that can readily be done [5]. We have to develop a habit of getting our food material frequently tested in laboratories and develop such laboratories for us. We believe that this endeavour will be a sustainable strategy for reduction of the load of work in the clinical laboratory and prevention of several diseases. Creation of food laboratories in the community for the public at large will enable the masses to get the food checked for the presence of common pollutants like pesticides. These institutions are not completely absent. Government organizations routinely test consumer goods. However, in developing nations, private food laboratories are not available. Now it is high time to build such institutions, as it will prevent disease burden among us.

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