

Exposure and Toxicity of Polybrominated Diphenyl Ethers: A Mini Review

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ABSTRACT

Polybrominated Diphenyl Ethers (PBDEs), recognized as persistent organic pollutants by the United Nations Environment Programme, are a class of brominated flame retardants that pose significant environmental and health risks. These compounds, consisting of two aromatic rings with up to 10 bromine atom substitutions, are categorized into penta-BDE, octa-BDE, and deca-BDE based on their bromine content, each exhibiting distinct environmental behaviors. PBDEs with fewer bromine atoms are more volatile and prone to bioaccumulation, raising significant health concerns. These compounds, often added physically to products, can leach into the environment, leading to pollution during production and after the parent polymer degrades. The transformation of higher brominated diphenyl ethers into less brominated forms in the environment further complicates their impact, with mono-brominated BDE-3 being particularly concerning due to its extended atmospheric photolysis lifetime and increased bioavailability. The management of PBDEs is challenging due to their persistence and transformation in the environment. As endocrine disruptors, they are linked to various acute and chronic toxicological effects, including neurodevelopmental toxicity, teratogenicity, and potential carcinogenicity. Their structural similarity to thyroid hormones allows them to disrupt thyroid hormone balance, leading to further health complications. The subject of this review is to summarize the current body of knowledge that is essential to understand their long-term effects on ecosystems and human health and to develop strategies to mitigate their adverse impacts.

INTRODUCTION

Polybrominated diphenyl ethers (PBDEs) are a class of brominated flame retardants that have gained notoriety as significant environmental contaminants. Recognized by the United Nations Environment Programme (UNEP) in 2009 as a new category of persistent organic pollutants (POPs), PBDEs have raised global environmental and health concerns [1]. Structurally, PBDEs are characterized by two aromatic rings, offering 1 to 10 positions for bromine atom substitutions on the diphenyl ether framework. This structure is crucial for their flame-retardant properties [1].

There are 209 possible congeners of PBDEs, each is identified by a specific number, similar to the nomenclature used for polychlorinated biphenyls (PCBs). However, the actual number of congeners present in the environment is somehow limited, and is influenced by the chemical properties and composition of commercial PBDE mixtures [2]. These mixtures

are typically categorized into three main types based on their bromine content, which are penta-BDE, octa-BDE, and deca-BDE. Each type has distinct uses and environmental behaviors [2], however, the numbers of congeners formed are limited due to their chemical properties and composition of the PBDE commercial mixtures. Penta-BDE, primarily used in polyurethane foam for furniture cushioning, has been the focus of environmental studies due to its high potential for bioaccumulation and toxicity. Octa-BDE, commonly added to acrylonitrile butadiene styrene (ABS) plastics, is used in various office equipment and electronic housings. Deca-BDE, the most brominated form, is used in high-impact polystyrene, polyolefin, and polypropylene plastics. These materials are prevalent in a wide range of products, including electronics, automobiles, airplanes, and construction and building materials [2,3].

Polybrominated diphenyl ethers (PBDEs) were a major contributor to environmental and health problems until their supposedly worldwide phase-out in 2004. Problems with PBDE

bioaccumulation and biomagnification in the food chain persist due to the chemicals' persistent nature [4]. Remaining traces of penta- and octa-BDE in recyclable trash are anticipated to persist until around 2030, even with the phase-out process. Deca-BDE is expected to continue being used until 2036 in certain aviation and automotive applications. [5].

PBDEs with fewer bromine atoms are more volatile and have a greater tendency to bioaccumulate in the environment [6,7]. This feature raises significant health concerns since these PBDEs with lower bromination levels are physically added to products instead of being chemically bound. Because of this, they are able to dissolve in water and cause environmental pollution both during production and after the parent polymer evaporates, since they are able to escape the matrix.

Higher bromination diphenyl ethers can decompose into less bromine atom-containing PBDEs when exposed into the environment. The mono-brominated diphenyl ethers (BDEs) are a significant class among these compounds because BDE-3 has an exceptionally extended atmospheric photolysis lifetime in comparison to the other mono-BDEs [8]. The increased bioavailability of BDE-3, the most basic form of mono-BDE and a common degradation product of higher polybrominated diphenyl ethers, makes it a very dangerous substance [9–12]. Because of the increased toxicity and health concerns it may cause, its presence in the environment is worrisome.

Managing the legacy of persistent organic pollutants like PBDEs is complicated because of their continuous existence and transformation in the environment. To learn how they will affect ecosystems and people in the long run, and to come up with solutions to lessen or eliminate their negative effects, ongoing research and monitoring are required. As a group, PBDEs are considered endocrine disruptors [13,14] besides causing various acute and chronic toxicological effects on organisms such as neurodevelopment toxicity, teratogenicity and potential carcinogenicity [15,16].

Since the chemical structure of PBDE is almost identical to the thyroid hormones (TH), 3,3',5-triiodothyronine (T₃) and 3,3',5,5'-tetraiodothyronine (T₄), they may bind efficiently to thyroid hormone receptors and the transport protein transthyretin, which can upset the equilibrium of thyroid hormones [17]. There are also reports on DNA damage, alterations in gene expression and oxidative stress in earthworms [18]. Additionally, PBDEs have been linked to problems in the reproductive system of male rats [14] and in fishes [19,20].

Brominated flame retardants

There are three types of brominated flame retardants: reactive, additive, and brominated monomers, which are classified according to the method of compound integration. According to [21], In order to make brominated polymers, nonhalogenated polymers are mixed with brominated monomers such as brominated styrene or brominated butadiene. Reactive flame retardants, on the other hand, include tetrabromobisphenol A (TBBPA). The chemical incorporation of hexabromocyclododecane (HBCDD) and polybrominated diphenyl ethers (PBDEs) into polymers increases the likelihood of these chemicals seeping out into the environment, which has recently sparked concerns. [22] found that in 2019, brominated flame retardants generated an estimated 37.2% of total revenue.

In addition to being one of the most widely used families of brominated flame retardants, polybrominated diphenyl ethers (PBDEs) are additive flame retardants [21] it was found that

PBDEs are made by brominating diphenyl ether using a Friedel-Craft catalyst in a solvent like dibromomethane. There are 209 potential congeners since diphenyl ether molecules can hold up to 10 hydrogen atoms, any of which can be swapped out for bromine atoms. Given that PBDEs and PCBs have a structural similarity, the nomenclature founded by [1] is also applied in naming PBDEs. Commercially, PBDEs are categorized according to their average bromine concentration and are produced at three different bromination degrees: pentabromodiphenyl ether (Penta-BDE), octabromodiphenyl ether (Octa-BDE), and decabromodiphenyl ether (Deca-BDE) [23–25]. Plastics for commercial equipment and upholstery foams for cushioning are two main uses for octa- and penta-BDE, whilst deca-BDEs were mostly utilized in electronic enclosures like television cabinets [26].

Before 1995, the United States and Israel were the top two countries producing PBDEs. China started producing PBDEs in the 1980s, with Deca-BDE being the main ingredient. Around the year 2000, China became a major player in the Deca-BDE market. In contrast, Deca-BDE was subject to bans and limitations in 2013, following the end of 2004 for Penta-BDE and Octa-BDE [27,28]. In the years that followed, Europe and Japan reduced their PBDE production to the point that it contributed less than 10% of the global total [30].

The phase out of flame retardants was accompanied by an increase in the use of organophosphate flame retardants such as TDCIPP and TCIPP, and the commercial FR mixture Firemaster 550 (FM550), which comprises TPHP, isopropylated triaryl phosphates (ITPs), 2-ethylhexyl-2,3,4,5- tetrabromobenzoate (EH-TBB) and bis(2-ethylhexyl)-tetrabromophthalate (BEH-TEBP) [29,30]. Using NBFR or other flame retardants poses a risk, though, that additional additives will be added, removed, or substituted, leading to an endless loop of chemical additives that are difficult to remove and could be even more harmful than their original congeners [5].

PBDE characteristics, application and routes of exposure

PBDEs bind readily to soil or sediments but have little solubility in water because they are hydrophobic and fat-soluble. This allows them to float through the air by clinging to particles in the air, but they are unable to travel freely through underground water sources [23]. Noncovalent bonding to plastics and textiles allows PBDEs to selectively release them into the environment over the products' lifespan, unlike PCBs [31]. These chemicals seep into the environment via waste disposal leachates, recycling facilities, emissions from manufacturing processes, and the volatilization of many PBDE-containing items [23,32,33]. In addition to that, the number of bromine atoms influences the volatilization of PBDEs from the soil surfaces in which higher brominated PBDEs demonstrates lower volatilities [26]. [23] suggests that lower brominated congeners lacked the binding capacity of higher brominated congeners to soil and sediment particles.

Household dust is a common place to find higher-brominated PBDEs because of their lengthy half-lives, sorption characteristics, and high persistence [34]. Sediments, soil, and sewage sludge are likely to retain PBDEs to a high degree since these contaminants are less soluble in water, which limits their redistribution. Manufacturing locations and e-waste recycling centers had the highest concentrations of PBDEs, while less developed places and rural areas had lower concentrations [26]. The routes of exposure of PBDEs include inhalation, oral exposure, or dermal contact with contaminated products [35]. [26] mentioned that PBDE deposits in soil and water expose fish

and benthic organisms to these pollutants, making the food chain the primary source of environmental exposures. To support this statement, [36] reported that fish consumption was the primary pathway for PBDE exposure for the people of Hong Kong compared to dust ingestion while another study showed that humans were likely exposed to PBDE through seafood [37,38]. [38] also brought attention to comparable results, where the PBDE level in food consumption was 931 ng/kg bw/day, which was greater than the 18.1 and 1.2 ng/kg bw/day levels in adults and children, respectively, due to dust ingestion.

Biomagnification happens when higher-ranking predators consume their prey's accumulated PBDE concentrations [39,40]. PBDEs are expelled from the human bodies primarily through blood and sweat and no data was obtained for excretion of PBDEs through urine [41]. Therefore, blood and sweat can be efficient biomonitoring tools to evaluate the mode of elimination of this persistent organic pollutant. A mindmap of PBDE's application and routes of exposure is summarized below (Fig. 1).

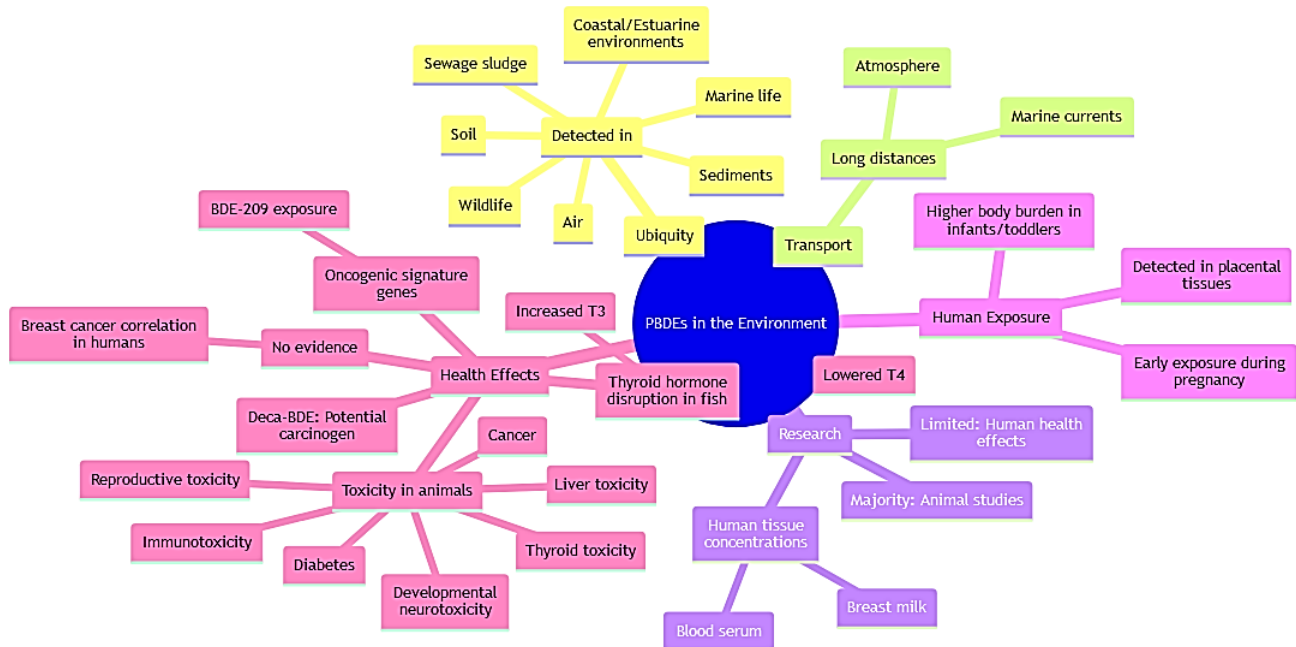


Fig. 1. A mind map of PBDE's impact on the environment through route of exposure visualized and summarized using the Mermaid Chart software (v 10.6.1).

PBDE toxicity in humans and animals

PBDEs have been found in many different parts of the environment, including sewage sludge, air, soil, sediments, estuaries, wildlife, and other marine life [23,26,42]. The environmental persistence of PBDEs is explained by the fact that they can be carried quite large distances (> 1,000 km) by air and ocean currents. Little is known about the impact of PBDEs on human health, and the vast majority of study on the topic has been conducted on animals as summarized in **Table 1**. Nevertheless, a fair number of articles were published in relation to PBDE levels in human tissues, such as blood serum and breast milk [29,43,44].

The body burden of PBDEs in infants 9 and toddlers are three to ninefold higher compared to adults [45]. Furthermore, it has been found that PBDEs can be found in human placental tissues, which implies that children may be exposed to brominated flame retardants during pregnancy [46]. Deca-BDE is a potential carcinogen as suggested by [26]. Conclusive data on the carcinogenic potential of PBDEs is still an active area of research, suggested by [47]. Regardless, the study succeeded in drawing attention to the link between BDE-209 exposure and the enrichment of oncogenic hallmark genes in human embryonic kidney cells. Changes in expression were found to be strongly associated with different types of cancers. Animal studies have linked PBDE toxicity to a variety of health problems, including neurotoxicity during development, reproductive issues, immunotoxicity, thyroid issues, diabetes, liver problems, and cancer [48–52].

Besides that, PBDEs have also interrupted thyroid hormone homeostasis by lowering thyroxine (T4) levels while increasing triiodothyronine (T3) levels in fish [53]. In contrary to animal studies, serum levels of BDE-47, BDE-100 or BDE-153 provided no evidence with regards to its correlation with breast cancer in humans [44].

4-bromodiphenyl ether (BDE-3) is the photodegraded product of higher brominated polybrominated diphenyl ethers (PBDE) which is collectively known as brominated flame retardants additive [60]. The utmost safe level for protecting aquatic organisms in freshwater environments that was recommended by the United States Environmental Protection Agency (USEPA) was 6.2 µg/L [61].

Toxicity studies on BDE-3 is scant and past studies on BDE-3 were mostly performed on rats, mice, roundworm, and seedlings as outlined in **Table 2**. BDE-3 was used to evaluate the reproductive toxicity in mice treated intragastrically. As a result of the experiment, the sperm count of mice was dose-dependently reduced while increase in the number of abnormal sperm production was recorded [60]. The previous study also proposed that the tyrosine, purine and riboflavin metabolism might be able to provide explanation for the toxicity metabolism of BDE-3.

Table 1. The effect of PBDEs on morphological and metabolic activity of different human test specimen.

Specimen/life stage	PBDE	Findings	Reference
<i>Psetta maxima</i> / embryo-larval stages	BDE-47 and BDE-99	Embryonic abnormalities, pericardial edema, skeletal deformities, and decreased hatching success (larvae). It was shown that BDE-47 was more hazardous than BDE-99.	[49,54]
<i>Danio rerio</i> /adult	6-OH-BDE-47 and 6,6'-diOH-BDE-47	T3 and T4 levels throughout the body rose, causing severe delays in development and morphological abnormalities.	[55]
Male Harlan Sprague Dawley rat	BDE-47, BDE-209, *HBCD, TBB, TBPH, TBBPA-DBPE, BTBPE, DBDPE, HCDBCO	While PBDE-47 upregulated transcripts from the Nrf2 antioxidant pathway, total thyroxine (TT4) concentrations decreased and hepatocellular toxic endpoints were disrupted.	[56]
Male and female Wistar Han rats/ utero/postnatal/adult	DE-71 (PBDE-99 (41.7%), PBDE-47 (35.7%), PBDE-100 (10.4%),	Researchers observed carcinogenic effects in male rats' thyroid and pituitary gland tumors, as well as in female rats' uterus (stromal polyps/stromal sarcomas).	[57]
Male and female B6C3F1 mice/ adult	PBDE-154 (3.6%), PBDE-153 (3.3%), and PBDE85 (2%)	It is possible that hormone balance disruption, oxidative damage, and molecular and epigenetic alterations in target tissues contribute to PBDE carcinogenic activity.	[57]
Long-Evans rats/ pregnant adults	DE-71	The developmental neurotoxicity of PBDEs may be due to changes in energy metabolism and processes associated with neuroplasticity and growth	[58]
Human fibroblast cell line HS68	BDE-209, BDE-47 and BDE-99,	Chemicals increased the likelihood of DNA damage, cellular cycle protein modifications, oxidative stress, apoptosis regulation, energy imbalance, and cell proliferation/transformation risk.	[59]

*1,3,5,7,9,11-Hexabromocyclododecane (HBCD), 2-ethylhexyl-2,3,4,5-Tetrabromobenzoate (TBB), Bis(2-ethylhexyl) tetrabromophthalate (TBPH), Tetrabromobisphenol A-bis(2,3-dibromopropyl ether) (TBBPA-DBPE), 1,2-bis(tribromophenoxy)ethane (BTBPE) (Firemaster 680), Decabromodiphenylethane (DBDPE), Hexachlorocyclopentadienyl-dibromocyclooctane (HCDBCO).

Table 2. The toxicity effect of BDE-3 on various test specimens according to previous studies.

Specimen	Dosage of BDE-3	Duration	Findings	Reference
<i>Populus tomentosa</i> Carr seedlings	0 mg/L, 3 mg/L and 30 mg/L	23, 47 and 58 days	Damage to and changes in the anatomy of leaves, stunted growth, chlorosis, and necrosis; caused disruption of photosynthesis and developmental processes in plants.	[63]
<i>Triarrhena sacchariflora</i> seedlings	0.3 mg/L, 3.0 mg/L, 30.0 mg/L and 300.0 mg/L	28 days	The seedlings suffered damage and did not develop adventitious roots. At higher dosages, browning or withering of the leaves was noted.	[64]
<i>Caenorhabditis elegans</i> roundworm	Multiple dosages	24 hours and long-term exposure from L4 stage until death 21 days	Life expectancy reduced, fertility reduced, and egg laying delayed.	[18]
Male Sprague Dawley rats	0, 50, 100, and 200 mg/kg body weight/day		Less testosterone in the blood, halting the formation of Leydig cells via inhibiting activation of AKT, ERK1/2, and AMPK, and then producing reactive oxygen species (ROS).	[62]
Mice	0.0015, 1.5, 10 and 30 mg/kg	42 days	Changes in the epididymides and seminiferous tubules, a drop in sperm count and an increase in the percentage of aberrant sperm	[48]

Other than that, BDE-3 was also said to induce programmed cell death in *Caenorhabditis elegans* as a result of elevation in the reactive oxygen species that ultimately damaged DNA [18], implying the possibilities of developing reproductive dysfunction. In addition to that, BDE-3 was also associated with lowered life spans, hampered fecundity, and delayed egg laying. Not only was BDE-3 tested in mice and worms, but it was also used to study effects in plants. [62] investigated the effects of BDE-3 on adventitious root differentiation and biomass at concentrations of 3.0 mg/L; however, seedlings of *Triarrhena sacchariflora* exhibited inhibitory effects and damage symptoms at a higher dose of 30.0 mg/L.

In addition, BDE-3 was found to have detrimental effects on the microscopic structure of the roots, stems, and leaves in an experiment with *Populus tomentosa* Carr seedlings. Additionally, at low concentrations of BDE-3 treatments, the leaf color became shallow, and at higher concentrations, albinism was visible. When exposed to quantities lower than 30 mg/L, BDE-3 had a beneficial effect on adventitious root differentiation and biomass, just as it has in earlier studies [63]. A mindmap of PBDE's toxicity is summarized below (Fig. 2).

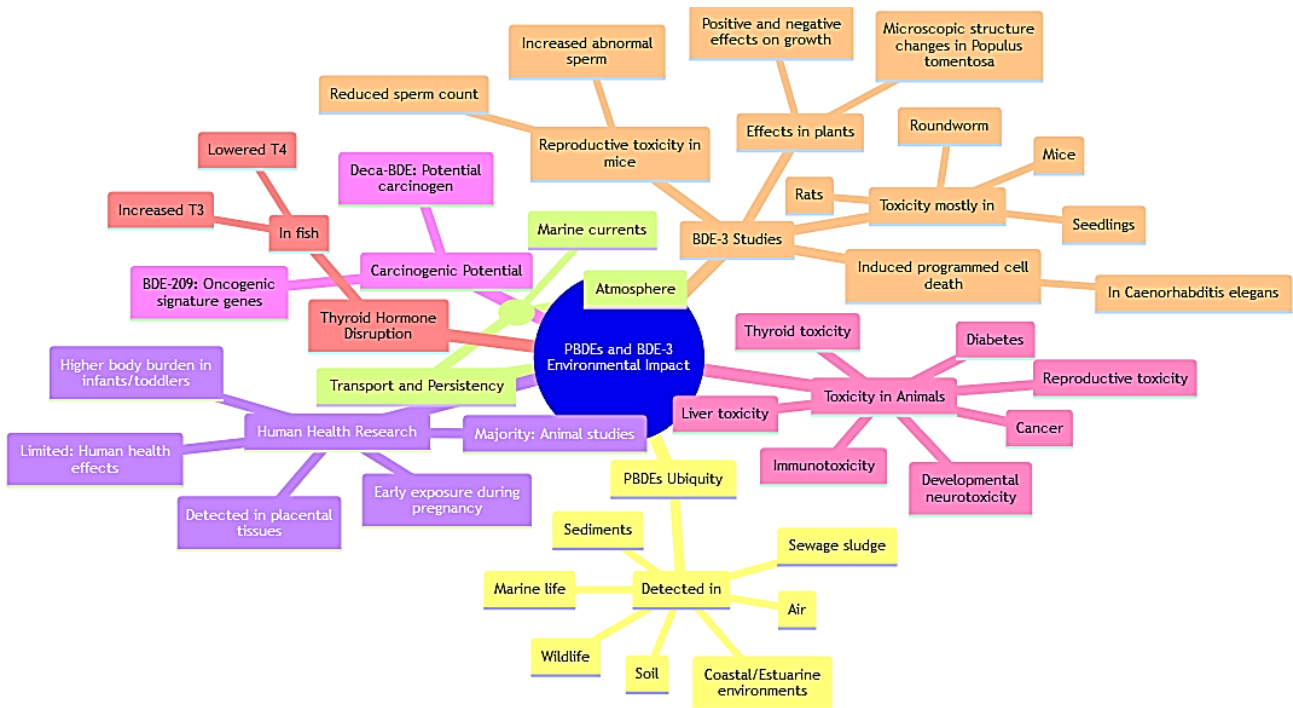


Fig. 2. A mind map of PBDE's toxicity to humans and other organisms visualized and summarized using the Mermaid Chart software (v 10.6.1).

CONCLUSION

In conclusion, Polybrominated Diphenyl Ethers (PBDEs), a class of brominated flame retardants, present significant environmental and health challenges. Identified as persistent organic pollutants, their environmental persistence and bioaccumulation potential, especially those with fewer bromine atoms, raise major concerns. PBDEs' affinity for fat and soil, and their ability to bioaccumulate and biomagnify through the food chain, expose humans and wildlife to various health risks. Despite efforts to phase out certain PBDEs, their legacy persists, with continuous environmental and biological impacts. Their interference with thyroid hormone functions and potential carcinogenic effects underscores the urgent need for ongoing research and effective management strategies to mitigate their long-term consequences on ecosystems and human health.

CONFLICTS OF INTEREST

The authors declare no conflict of interest.

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