

Air Pollution: An emerging concern on the Cardiovascular System

The incidence of deaths related to air pollution has more than doubled over the past decade. One in eight global deaths are related to air pollution exposure, confirming air pollution as the world's largest single environmental health risk. Exposure to fine particulate matter in the air is the seventh most important risk factor related to mortality. Data demonstrates a link between indoor and outdoor air pollution and cardiovascular diseases; such as ischemic heart disease, arrhythmias, heart failure, and strokes. The leading cause of mortality is cardiovascular disease and air pollution has become an emerging concern on the cardiovascular system. Pollution is known to cause inflammatory effects of the heart and exacerbate existing heart issues, leading to both acute and chronic cardiovascular complications. Results demonstrated the need for acknowledgement on the adverse effects of atmosphere air pollution on human's health, especially the cardiovascular system.