- Diseases

Air pollution causes lifetime of ill health

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THE well-established links between air pollution and severe health issues – including increased rates of lung and heart disease, reduced life expectancy, and a higher risk of dementia – are deeply concerning. Recent research has further illuminated the profound impact of air pollution across the lifespan.

New findings indicate that air pollution can dramatically decrease the likelihood of a live birth following IVF treatment by as much as 38%. Another study reveals that particulate matter present in polluted air can alter the crucial brain development of unborn children.

The detrimental effects continue throughout childhood. Growing up in polluted environments severely harms young, developing lungs, often leading to chronic, lifelong conditions like asthma.

For those who survive a lifetime of compromised health and elevated cancer risk in our polluted urban areas, a recent report delivers yet another blow: air pollution significantly reduces the chances of maintaining an independent life in older age. This is an unsurprising consequence, considering the cumulative burden of decades of pollution endured from the very beginning of life.

Therefore, the next time you find yourself stuck in traffic, remember your role in creating that congestion. If you are driving into towns and cities, please consider the alternatives: could you use public transport or the park and ride facility?

For those living in our urban areas, why not use active and sustainable travel options for short journeys to work, shops, or school? Walking, cycling, or taking the bus benefits your health and the well-being of our entire community.

THIS Easter Bank Holiday weekend, why not try something a little different? Start with a hearty lamb stew, perfect for a family meal, topped with fluffy rosemary and cheddar dumplings that melt in the mouth.

For a lighter option, a courgette and goat's cheese galette is an ideal choice – crispy, golden pastry with creamy cheese and fresh veggies.

Finally, end the meal on a sweet note with a twist on the traditional hot cross bun – chocolate hot cross bun bread and butter pudding. Rich, indulgent, and comforting, it's the perfect dessert to round off the holiday celebrations.