

2<sup>nd</sup> World Congress on

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## Air pollution impact on children health knowledge into action

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**Background:** Air pollution is a major risk factor and is responsible for 8 million deaths globally. Airway allergies are the global health epidemic where women and children suffer more. 50% of Indian cities are critically polluted and 13 of the world's 20 worst cities are in India. It is imperative we need to clean our air pollution as a priority.

The SPM – 2.5-micron traverses to lower respiratory tract and cross the lung tissue in a minute and enter the blood stream and circulate all over the body producing various severe diseases by oxidative stress. They have an impact from womb to tomb 30% premature birth and small for date infants.

### Impact of particulate air pollution on Health

- **Respiratory system: inflammatory/ Allergic diseases of:**
  - Upper respiratory tract
  - Lower respiratory tract
  - Parenchyma and interstium
- **Cardiovascular:**
  - Increase coagulation of blood • Hypertension • Strokes • Heart attacks
- **Effect on other organs from oxidative stress:**
  - Insulin resistant Diabetes • Decrease cognitive function • Attention deficit • Over activity • Autism in children • Dementia • Cancer.
- **Behavior problem on polluted days:**
  - Increase crime rate • Impaired judgment • Worst test scores on polluted days • Reduced productivity at work.

### Knowledge into Action

Doctors are the strongest link to mitigate air pollution between - Scientists, researchers and technocrats and society, policy makers, service clubs and social clubs.

What have we achieved?

1. Bringing legislation in banning leaded petrol – 1999
2. Bringing face mask to traffic police people - 1999
3. Appointing Bhurelal Committee
  - to clean up megacities in India - 2004
  - Look for school environment
4. Banning tobacco smoke
  - at Century Club - 1995
  - in Karnataka - 2001
  - In India (Supreme Court) - 2003
5. Restricting the use of firecrackers - 2017-2018
6. Reducing the burden of school bags - 2018.

### Speaker Biography

H Paramesh is the Founder member & Past Chairman for Respiratory chapter of IAP, and the Founder President of IAP Environment chapter, Allergy and Immunology chapter, Indian Medical Association Bangalore east. He serves as a Visiting Professor at Divecha Center for Climate Change, Indian Institute of Science (IISc). He is the Founder member and advisor of Thalassemia society Bangalore. In addition to that he is the Adviser to WHO, UNICEF, COMHAD & Alliance for Global Health, GENEVA. He presented 622 – Invited Scientific papers/talks; Oration Awards – 40; and many chapters in 31 textbooks; 81 – Publications in National and International Journal. He obtained I.C.A.A.I. Prof. Shivapuri Memorial Oration Awardee in 2011. He served as the Past National President of Indian Academic of Allergy and Past National President of Pediatric Association of India in 2015. He received many Local, State, National & International Awardee for his work in Environment and Health.

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