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IMPACT OF AIR POLLUTION ON RESPIRATORY DISEASES

Summary

Numerous studies have confirmed negative impact of air pollution on the health leading to dozens of deaths a year in Poland. Its sources include traffic-related emissions, inadequate heating of households and coal boilers. This results in the release into the atmosphere of substances such as particulate matter PM_{10} and $PM_{2.5}$, nitrogen oxides, sulfur oxides, polycyclic aromatic hydrocarbons (PAHs), carbon monoxide. Referring to current knowledge, air pollution is responsible for more frequent visits to a primary care physicians and admissions to the Hospital Emergency departments, due to diseases of the respiratory and circulatory system, increased intake of medicines, absence from school or work and increased overall mortality. Polluted air is a proven risk factor for the development and exacerbation of respiratory diseases. Long-term exposure may be associated with an increased risk for development of lung cancer, asthma, cancer of the head and neck, breast, bladder or urinary tract, and aggravation of chronic obstructive lung disease (COPD).