

Editor's Desk



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CLIMATE CHANGE & HEALTH.

ARE WE DECIDEDLY IGNORING IT? OR OVER SENSITIVE ABOUT IT?

We are constantly exposed to information connected to climate change in Social and news media for yonks. Buzz words like carbon foot print, CFC, CHC, Ozone layer, Co2 emissions, acid rains, global warming, atmospheric pollution and similar expressions keep deafeningly hitting our ears. News media coverage about climate change and it's control, various summits and agreements linked with this subject, public protests in various places, attempt to attract us for our involvement and contributions. Even so, does it reach the masses universally is a question. This correlates particularly with economically and intellectually challenged sections of society. Among various causes for climate changes man made causes play a vital role.

Fossil fuel usage, vehicular Carbon emissions, animal related sources, industrial fumes and effluents and similar situations promote global warming. Atmospheric pollution leads to unhealthy air quality. Deforestation, use of plastics, waste generation and disposal of various kinds lead to global warming, extreme heat, glaciers melting, sea levels rising, breach of ozone layer, capricious weather and various natural disasters like floods, hurricane, fragile eco systems, air and water pollution, bush fires, heat waves etc. The impact on health is massive and includes Asthma, COPD exacerbations, allergies, Cancer, mental illness, and various insect vector borne diseases and other infections. Global warming adversely affects agricultural yield and the nutrition content of the crops. Extreme heat can lead to heat stroke, heat exhaustion, heat cramps, dehydration particularly in vulnerable sections of society like children, elderly, pregnant women, outdoor workers and residents of tropical countries. Breach of ozone layer promotes easy penetration of SUN UV radiation leading to many skin related illnesses including cancer. So can we afford to be apathetic, play possum or disregard it. It affects us all. Though governments have a role to play in taking preventing measures we as society and individuals should exercise our participation towards climate change attenuation. We should have honest and realistic conversation, not be affected by decision fatigue and not be emotionally dead.

A rising tide floods all houses and green planet is better than warm planet. Education of the public is essential as is inclusion of the subject in the curriculum of schools and universities. Plastic use should be cut drastically, renewable energy sources like solar, wind farms and nuclear reactors generated power should displace fossil fuel energy. Planting of trees, preventing deforestation, use of electric vehicles, minimizing air travel, reducing red meat and use of Plant based foods should be encouraged. Walking, cycling, pooling and sharing of vehicles, use of Park and ride facilities to avoid congestion of vehicles in cities and utilizing public transport wherever possible will reduce pollution as well as help maintain health of individuals. Some cities in the world have introduced congestion charges for vehicular entry



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inside city centers. Diesel vehicles should be phased out. So friends and colleagues let us all contribute to climate auditing, set alarm bells ringing, to at least safeguard our posterity by adopting individual responsibility and educating the society collectively as well.

Best wishes

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