



THE TIMES OF INDIA

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OF INDIA



Less than 12 hours after becoming Sweden's first woman PM, **Magdalena Andersson** quits as her coalition collapses, plunging the country into political uncertainty

Social Democrat **Olaf Scholz** has moved closer to becoming German chancellor after agreeing on a coalition deal that will bring the curtain down on the Merkel era

Despite vaccination, more people in the US have died from **Covid-19** this year than last year, with CDC recording 386,233 deaths in 2021 against 385,243 in 2020

EU public health agency head **Andrea Ammon** says **Covid booster shots** should be considered for all adults

Harmanpreet Kaur has become the first Indian player to be named the Women's Big Bash League Player of the Tournament

TIMES CITY

THE TIMES OF INDIA, LUCKNOW
THURSDAY, NOVEMBER 25, 2021

NOV IS WORLD LUNG CANCER AWARENESS MONTH

Poor air raises COPD risk in non-smokers

BREATHING UNEASY

CAUSES OF COPD

- Tobacco exposure from active smoking or passive exposure to smoke
- Occupational exposure to dust, fumes, or chemicals
- Vehicular and industrial pollution
- Air pollution such as biomass fuel burning or coal/



- twigs for cooking and heating
- Congenital and genetic factors such as poor growth in the womb, prematurity, and respiratory infections in childhood that prevent maximum lung growth
- Asthma in childhood



PREVENTION FROM COPD

- **Quit smoking** and avoid being around smokers
- Monitor **air quality**, as harmful particulate matter and chemicals stay in the air (especially in winter)
- Wear **anti-pollutant masks**—N95—if air quality is bad outside
- Eat a **balanced nutritious diet**
- Avoid **indoor smoke**, coil, cow dung, coal, and twigs
- Get seasonal **flu vaccination**

Vivek Singh Chauhan | TNN

Lucknow: For the last five years, poor air quality due to high pollution levels has emerged as a major contributor to the rising number of non-smokers contracting respiratory diseases.

According to experts, in some cases, it not only leads to chronic obstructive pulmonary disorder (COPD), but also asthma, bronchitis, pneumonia and lung cancer.

With the start of winter season, the city is recording a rise in air pollution levels with the Air Quality Index (AQI) being constantly in poor or very poor category for the last one month. As a result, the footfall of patients with respiratory distress in hospitals has increased.

As November is also observed as Lung Cancer Awareness Month, TOI spoke to experts who said though smoking is the biggest contributor to COPD, the proportion of non-smokers with the disease has witnessed a rise of at least 20% in the last five years. Earlier, non-smokers used to be about 5-10% of total COPD patients, but the share has gone up to 25-45%.

Director of medical education and head of pulmona-

ry medicine department at Era's Lucknow Medical College and Hospital, Prof Rajendra Prasad, in his paper published in the Indian Journal of Chest Diseases and Allied Sciences in July 2021, has concluded that 25-45% COPD cases comprise of non-smokers and the major reason is indoor and outdoor bad air quality. The paper is based on several national and international studies published in reputed journals, including the Lancet.

"Long-term exposure to smoke generated by various sources like biomass fuel burning, mosquito coils, incense sticks and liquidators, among others, has the potential to cause COPD and other lung diseases. We should minimize activities causing air pollution so that we can save future generations from COPD which accounts for 8 lakh deaths every year in India. It is the second leading cause of death. Now, even youngsters and children are being affected," said Prof Prasad.

Five years ago, around 400 chronic pulmonary patients used to come to KGMU for treatment every week. The number has now reached 480-500. Similarly, at

Balrampur and Civil hospitals, the number of weekly COPD patients has increased from 100 to 125 in five years. Likewise, Ram Manohar Lohia Institute of Medical Sciences has recorded a 15% rise from 90 patients five years ago.

Prof Darshan Bajaj of KGMU's respiratory department said, "Analysis of OPD patients shows that nearly 30-40% are non-smokers who got COPD due to outdoor and indoor air pollution. Five years ago, it was 10-15%."

Prof RAS Kushwaha of KGMU's respiratory department said, "Tiny particulate matter, which causes air pollution, comprises acids, organic chemicals, metals, soil and dust. It wades through the lungs and enters the bloodstream to cause COPD, lung cancer, asthma and other cardiovascular ailments."

Senior pulmonologist, Balrampur Hospital, Dr Anand Gupta said, "Mixture of solid and liquid that are emitted largely by vehicles (nitrates), power plants, industries (sulfur dioxide) may appear clean as we cannot see these particles, but they all cause lung inflammation."