

NIH News in Health

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Bad Air Day Air Quality and Your Health

In many parts of the country, summer has the worst air quality of any season. When the forecast says it's a code red day for air quality, what does it mean for your health? If you've planned a picnic, a bike ride or even a walk with a friend, should you change your plans?

"The answer depends on a lot of factors. There's no simple 'yes' or 'no' answer for everyone," says Dr. Darryl Zeldin, acting clinical director of environmental health sciences at NIH. He and other NIH-supported researchers have been studying how substances in the air can affect health. Knowing more about air quality and air alerts will help you make smart decisions about spending time outside this summer.

The combination of high temperatures, few winds and breezes, pollution and airborne particles can brew up an unhealthy mixture in the air, just waiting to enter your lungs. These substances can make it hard to breathe and can sap your energy. If the air quality is especially poor, it may take a few days for your body to recover. And if you're regularly exposed to high levels of unhealthy air, the health consequences can linger for months or even years.

One of the most-studied pollutants in summertime air is an invisible gas called ozone. It's created when sunlight triggers a chemical reaction between oxygen-containing molecules and pollution that comes from cars, power plants, factories and other sources.



"Ozone is produced only when you have sunlight and high temperatures or stagnant air, which is why ozone is generally not a problem in the winter," says Dr. Frank Gilliland, an expert in environmental health at the University of Southern California. "High levels of ozone reduce lung function and lead to inflammation, or swelling, in the airways. When the levels are high enough, you can get symptoms like coughing or throat irritation. Your eyes might water. Your chest might hurt when you breathe."

Ozone is a highly reactive molecule that can irritate the lining of your airways and lungs. If you have a lung condition like asthma, the damage can be more harmful. "When people with poorly controlled asthma are exposed to just a little bit of ozone, the amount of inflammation in the lungs goes way up, and the airways become more twitchy," says Zeldin. "As

a result, air passages narrow, which makes it harder to breathe."

Ozone's effects can come on quickly and linger or even worsen with time. "When people hear it'll be a bad air day, most expect their breathing will be affected that day. But in fact, they often feel the effects most strongly the next day or the day after," says Dr. David Peden, an environmental medicine researcher at the University of North Carolina at Chapel Hill. "This is especially true for people with asthma. When there's a bump in ozone levels, asthma usually gets worse or out of control a day or 2 after exposure. We often see an increase in emergency room visits, hospitalizations and use of asthma 'rescue' medications."

Researchers have also been studying particulates—the fine and coarse particles that spew from things that burn fuel, like cars, power plants and wildfires. Particulates, unlike ozone, can cause health problems year-round. Like ozone, particulates have been linked to a worsening of lung problems, especially asthma. Particulates and ozone also are associated with increased cardiovascular events, such as stroke and heart attack.

Studies by Gilliland and his colleagues have found that children living near busy roadways—surrounded by particulate air pollution—are more likely to develop asthma and

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other breathing disorders. "We've found it can affect lung development substantially in children," Gilliland says. "We also found that particulate pollution can affect the development of **atherosclerosis** in adults, and it's associated with cognitive decline in the elderly."

Several NIH-funded research teams have found that **genes** may affect your response to air pollution. At least one gene seems to protect against the harmful effects of ozone. Unfortunately, up to 40% of the population lacks a working copy of this helpful gene, so they're more susceptible to ozone damage. "About 24 hours after exposure to ozone, these people have much more inflammation in the airways compared to those who have a working copy of the gene," says Peden. Researchers are now looking for ways to protect these susceptible people from the damage caused by ozone.

Fortunately, air quality monitors have been set up at over a thousand locations across the country to measure the levels of major pollutants. These daily and sometimes hourly



Definitions

Atherosclerosis

The buildup of cholesterol and fat in the walls of arteries.

Genes

Stretches of DNA, a substance you inherit from your parents, that define characteristics such as how likely you are to get certain diseases.



Web Links

For more information about air quality and health, see our links online:

<http://newsinhealth.nih.gov/issue/Jul2011/Feature1>

measurements are widely reported in newspapers and on TV, radio and the Web. To help make sense of the data, the U.S. Environmental Protection Agency has developed a tool called the Air Quality Index (AQI). The AQI can tell you how clean or polluted the air is in your area so you can make informed decisions about the best way to protect your health.

The AQI assesses different types of air pollution, including ozone, particulates and sulfur dioxide. Depending on the levels, each pollutant is assigned a color-coded AQI category ranging from 0, which is green or "good," up to 300, which is purple or "very unhealthy." Usually the pollutant with the highest levels is reported as the AQI value for that day.

In general, any time the AQI is forecast to hit above 100—that means code orange, red or purple—consider adjusting your activities to reduce exposure to air pollution. "On orange days you should limit prolonged outdoor activities if you have an underlying lung condition like asthma or are in a sensitive group, including children and older adults," says Zeldin. "On red alert days you should avoid being active outdoors during peak ozone hours, even if you're in pretty good health. If you can, put off mowing the yard or going for a run until later in the evening—or even go first



Wise Choices AQI and Your Health

Each category represents a different level of health concern:

- **Green (Good).** Air pollution poses little or no risk.
- **Yellow (Moderate).** A moderate health concern for a very small number of people.
- **Orange (Unhealthy for Sensitive Groups).** Most people are unlikely to be affected, but older adults and children are at increased risk. People with lung disease are at a greater risk when ozone reaches this level. Those with heart and lung disease are at increased risk when particulates reach this level.
- **Red (Unhealthy).** Everyone may begin to experience some adverse health effects. Sensitive groups may have more serious effects.
- **Purple (Very Unhealthy).** This category triggers a health alert, meaning everyone may have more serious health effects.

Adapted from the U.S. Environmental Protection Agency

thing in the morning before sunrise and all the traffic starts." Ozone levels tend to peak between mid-afternoon and early evening.

If you want to exercise outside on days when you're at risk, consider reducing the time and intensity of your workout. If you usually jog for 45 minutes, try walking for a half-hour instead. Avoid jogging or biking on roads with heavy traffic. Of course, the best way to reduce exposure to outdoor air is to exercise indoors, at home or in a gym.

If you plan to be outside, track air quality in your area by checking newspapers, listening to the radio or visiting online sites like www.airnow.gov. If you have asthma or other lung conditions, you need to be extra cautious when air quality is poor. ■

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A Breakdown in Breathing

The Complexities of Cystic Fibrosis

Cystic fibrosis (CF) is an inherited illness that ravages the lungs and many other organs in the body. Fifty years ago, children with CF generally died by about age 10. But wide-ranging research has led to dramatic improvements in treatment. Today, the life expectancy for CF patients in the U.S. has risen to about 37 years. Some with CF live into their 40s, 50s or even older.

CF affects 30,000 people in the U.S. and 70,000 worldwide. A main symptom is thick mucus that clogs the lungs and leads to repeated infections, scarring (fibrosis) and gradual deterioration.

“When we breathe, mucus is there to keep us protected, trapping particles and bacteria and moving these away from the lungs,” says Dr. William B. Guggino, a researcher with the Johns Hopkins Cystic Fibrosis Center. But in CF, “the mucus gets sticky, and bacteria grow on sticky mucus.”

Because CF also affects other organs, such as the pancreas, it interferes with the body’s ability to digest food. This is a special concern for children and youths. Breathing, growth and development are all affected by the disease.

CF is caused by abnormal changes in a gene called CFTR. More than 10 million people in the U.S. carry an abnormal version of the gene, but most probably don’t realize it because they have no symptoms. To have CF, a person must inherit 2 defective copies of the gene—one from each parent.

Yet it’s not that simple. Some people have a relatively mild form of the disease, while others have a more severe form. NIH-funded researchers are studying what causes these differences.

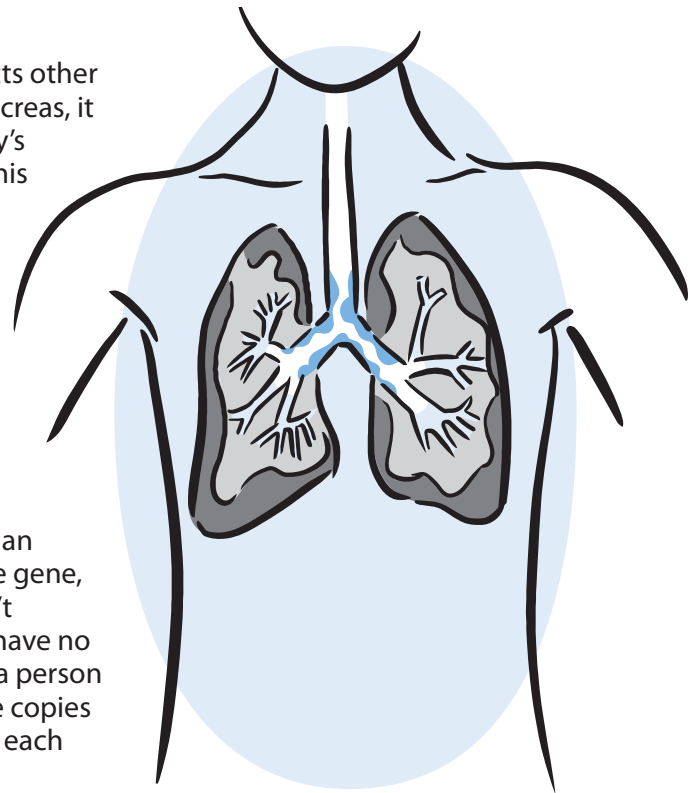
One team of researchers is looking at identical twins with CF. In general, twin studies can tease apart certain factors, such as how variations in genes and environment affect survival. If both twins have CF and one fares better than the other, are certain genes affecting the way the disease is activated? If these twins live separately, do different environments affect their lungs?

Although CF has no cure, research has yielded new and effective medications. These help thin the mucus, open the airways, fight

infection and aid digestion.

A daily routine of good self-care is also essential. This often includes repeated rounds of chest physical therapy, also called chest clapping or percussion. Patients must sit or lie in a position to help drain the mucus from their lungs. Then a therapist, family member or friend claps them rhythmically on the back to help loosen mucus so it can be coughed up. A mechanical vest can also be used to vibrate the chest and clear the airways.

Couples with a family history of CF should speak with their health care provider about newborn screening when planning or expecting a baby. “Even in infants only a few months old, the disease is often silent, and the disease quickly progresses,” says Dr. Susan Banks-Schlegel, who oversees a CF research program at NIH. “Newborn screening is very important so we can intervene early.” Early diagnosis and treatment can help raise the life expectancy for people living with CF. ■



Wise Choices

Living with Cystic Fibrosis

In between checkups, practice good self-care and follow a healthy lifestyle:

- Wash hands often to lower your risk for infection.
- Exercise regularly and drink lots of fluids.
- Talk to your doctor about appropriate food choices.
- Don’t smoke. Try to avoid secondhand smoke.
- Do chest physical therapy (as your doctor recommends).
- Consider joining a patient support group.



Web Links

For more about cystic fibrosis, see our links online:

<http://newsinhealth.nih.gov/issue/Jul2011/Feature2>



Health Capsules

For links to more information, see these stories online:
<http://newsinhealth.nih.gov/issue/Jul2011/Capsule1>

Study Raises Doubts About Virus and Chronic Fatigue

A virus previously tied to prostate cancer and chronic fatigue syndrome (CFS) is unlikely to be responsible for either, new research shows. The virus, called XMRV, appears to have arisen in the laboratory. The link to human disease was probably due to contamination of samples.

XMRV is a mouse-related virus. It was first found in samples from a human prostate tumor in 2006. Then in 2009, a study found XMRV in the blood of nearly 70% of people with CFS. However, several research teams questioned the results. When they conducted their own tests, they couldn't detect XMRV in samples from people with prostate cancer or CFS.

To take a closer look, a team of

scientists led by NIH investigators looked for the origins of XMRV in human samples. Cancer researchers often study the biology of human tumors by growing them on mouse tissues in the laboratory. The NIH team suspected that XMRV might have originally come from the mice and then contaminated the human samples.

A series of experiments confirmed that the original samples of human prostate tumors didn't contain XMRV. But the virus was found in tumor samples after they had been grown on mice and then regrown to make more tumor cells. XMRV seems to have infected the human cells while they were in mice.

A related study could find no link

between XMRV and CFS, even in the same patients from the 2009 study. The scientists concluded that the earlier results likely stemmed from laboratory contamination.

"Taken together, these results essentially close the door on XMRV as a cause of human disease," says study co-author Dr. John Coffin of Tufts University School of Medicine. Some evidence still suggests that these diseases may arise from viruses, but not from XMRV. ■

Managing Food Allergies

Most of us eat without a thought that something so important to life might also harm us. But if you're allergic to one or more foods, every mouthful can be a worry. Some allergic reactions to food can be mild, but others may be severe or even life-threatening.

If you have food allergies, knowing more about the condition can make it easier to discuss your diagnosis and care with your doctor. A new online booklet is now available on the NIH website to help. This simple and informative 32-page publication can help patients, families and caregivers understand how to manage their food allergies.

The new booklet is actually an easy-to-read summary of a longer and more technical document that was released last year to help doctors diagnose and manage food allergies in their patients. The technical document, called *Guidelines for the Diagnosis and Management of Food Allergy in the United States*, was based on the most up-to-date scientific and clinical information. Make sure that your doctor knows about the guidelines so you can work together to manage your food allergies.

To learn more about the patient summary and download a copy, go to www.niaid.nih.gov/topics/foodAllergy/clinical/Pages/patients.aspx. ■



Featured Website NIHSeniorHealth

<http://nihseniorhealth.gov>

A wide range of health and wellness information especially for older adults. Buttons at the top of each page can make the text bigger, change text color or read the text aloud. You can even watch health videos on a variety of topics.

The screenshot shows the NIH Senior Health website with a navigation bar at the top containing 'Text Size', 'Contrast', and 'Speech' options. Below the navigation bar is a header with the NIH Senior Health logo and links for 'Home', 'Site Index', and 'Contact Us'. A main content area features a welcome message and a 'Find a health topic by:' section with a 'First letter' dropdown menu (A-Z) and a 'Categories' list including 'Bones and Joints', 'Cancer', 'Diseases and Conditions', 'Healthy Aging', 'Heart and Lungs', 'Memory and Mental Health', 'Treatments and Therapies', and 'Vision and Hearing'. A 'Featured Topic' section highlights 'Long-Term Care' with a small image of an elderly person.

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