

# Study finds air pollution and noise pollution increase cardiovascular risk

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Both fine-particle air pollution and noise pollution may increase a person's risk of developing cardiovascular disease, according to German researchers who have conducted a large population study, in which both factors were considered simultaneously.

"Many studies have looked at [air pollution](#), while others have looked at [noise pollution](#)," said study leader Barbara Hoffmann, MD, MPH, a professor of environmental epidemiology at the IUF Leibniz Research Institute for [Environmental Medicine](#) in Germany. "This study looked at both at the same time and found that each form of pollution was independently associated with subclinical atherosclerosis."

The research will be presented at ATS 2013.

"This study is important because it says that both air pollution and noise pollution represent important health problems," said Dr. Philip Harber, a professor of public health at the University of Arizona who was not involved in the research. "In the past, some air pollution studies have been dismissed because critics said it was probably the noise pollution that caused the harm, and vice versa. Now we know that people who live near highways, for instance, are being harmed by air pollution and by noise pollution."

Using data from the Heinz Nixdorf Recall study, an ongoing population study from three neighboring cities in the Ruhr region of Germany, Dr. Hoffmann and her colleagues assessed the long-term exposure to [fine particulate matter](#) with an aerodynamic diameter

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