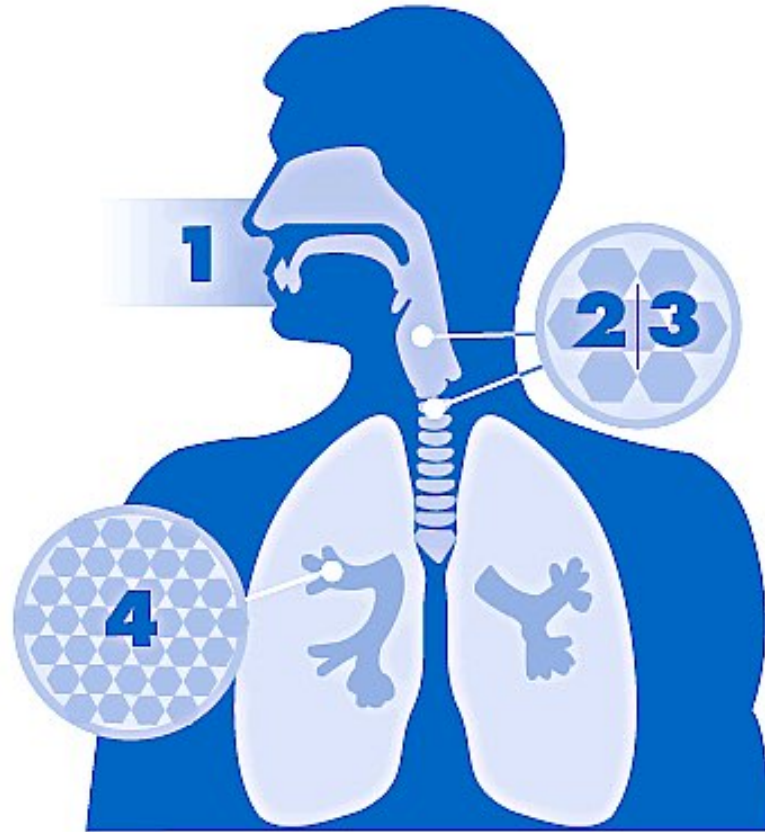


How Particulate Matter Enters Our Body



1 Particulate matter enters our respiratory (lung) system through the nose and throat.

2 | 3 The larger particulate matter (PM₁₀) is eliminated through coughing, sneezing and swallowing.

4 PM_{2.5} can penetrate deep into the lungs. It can travel all the way to the alveoli, causing lung and heart problems, and delivering harmful chemicals to the blood system.

Source: <http://www.co.fairbanks.ak.us/transportation/Pages/What-is-PM2.5.aspx>

Health Consequences of Exposure to PM_{2.5}

Exposure to fine particles is linked to:

- Increased respiratory symptoms, such as irritation of the airways, coughing, or difficulty breathing
- Aggravated asthma
- Development of chronic bronchitis
- Irregular heartbeat
- Non-fatal heart attacks
- Aggravation of heart and lung diseases
- Premature death in people with heart or lung disease
- Possibly linked to lung cancer deaths, infant mortality and developmental problems such as low birthweight in children.

Who is Most At Risk?

People with heart or lung disease:

- Conditions make them vulnerable

Older adults:

- Greater prevalence of heart and lung disease

Children:

- More likely to be active
- Breathe more air per kilo
- Bodies still developing



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