



THE IMPACT OF ENVIRONMENTAL PROBLEMS ON HUMAN HEALTH

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ABSTRACT	KEYWORDS
In the modern world, environmental protection measures are coming to the fore. The consequences of insufficient attention to the problem related to the environmental situation can be catastrophic for the entire planet. It is not only about the well-being of humanity, but also its survival. It is especially alarming that the deterioration of the natural environment may be irreversible.	Ecology, nature, toxic gases, radioactive substances, industrial waste.

Introduction

Today, humanity is on the verge of a worldwide ecological catastrophe, for the prevention of which practically nothing is being done. Many environmental problems are becoming international in nature and joint efforts of different countries are needed to solve them.

Water pollution damages human health and fish stocks. The decline of agriculture and the destruction of agricultural land leads to drought and soil erosion in many countries, including Russia. Air pollution is causing more and more tangible damage to human health. Mass destruction of forests negatively affects the climate and reduces biodiversity, the gene pool. One of the serious threats to the modern world is the "Greenhouse effect". Changes in the Earth's climate and global warming lead to catastrophic consequences. Finally, accidents at enterprises associated with radioactive and toxic substances, not to mention the testing of nuclear weapons, cause enormous damage to human health and nature.

Environmental protection is one of the most pressing problems of modern society. The state of the environment in Russia is extremely unfavorable, and in some areas and large cities of our country has even acquired the character of an ecological disaster.

Research methods: observation, analysis, comparison, study and generalization.

Environmental factors can act as stimuli that cause adaptive changes in physiological functions; as limiters that make it impossible for certain organisms to exist in these conditions; as modifiers that determine morpho-anatomical and physiological changes in organisms. Organisms are affected not by static unchanging factors, but by their modes – a sequence of changes over a certain time.

Classifications of the main environmental factors:

By the nature of the impact:

Directly acting – directly affecting the body, mainly on metabolism;

Indirectly acting – influencing indirectly, through a change in directly acting factors (relief, exposure, altitude, etc.).

By origin:

A) Abiotic - factors of inanimate nature:

climatic: annual sum of temperatures, average annual temperature, humidity, air pressure;

edaphic (edaphogenic): mechanical composition of the soil, air permeability of the soil, soil acidity, chemical composition of the soil;

The approximate contribution of various factors affecting the health of the population is estimated according to four positions: lifestyle, human genetics (biology), the external environment and health care. The data show that lifestyle has the greatest impact on health. Almost half of all cases of diseases depend on it. The second place in terms of the impact on health is occupied by the state of the human environment (at least one third of diseases are determined by adverse environmental influences). Heredity causes about 20% of diseases. A healthy body constantly ensures the optimal functioning of all its systems in response to any environmental changes, for example, temperature changes, atmospheric pressure, changes in oxygen content in the air, humidity, etc.

The preservation of optimal human life activity in interaction with the environment is determined by the fact that for his body there is a certain physiological limit of endurance in relation to any environmental factor and beyond the limit this factor will inevitably have a depressing effect on human health. For example, as tests have shown, in urban conditions, factors affecting health are divided into five main groups: living environment, production factors, social, biological and individual lifestyle. When assessing the health of the population, such an important factor of regional particularity is also taken into account, which consists of a number of elements: climate, relief, degree of anthropogenic loads, development of socio-economic conditions, population density, industrial accidents, catastrophes and natural disasters, etc. It is of great concern that at present the Russian Federation consistently occupies one of the last places among industrially developed countries in terms of mortality and average life expectancy. The main factors that have a negative impact on health are chemical and physical pollution of the environment. Human activity is increasingly becoming the main source of pollution of the biosphere. Gaseous, liquid and solid waste products are entering the natural environment in increasing quantities. Various chemicals in the waste, getting into the soil, air or water, pass through ecological links from one chain to another, eventually getting into the human body.

It is almost impossible to find a place on the globe where pollutants would not be present in one concentration or another. Substances polluting the natural environment are very diverse. Depending on their nature, concentration, time of action on the human body, they can cause various adverse effects. Short-term exposure to small concentrations of such substances can cause dizziness, nausea, sore throat, cough. Ingestion of large concentrations of toxic substances into the human body can lead to loss of consciousness, acute poisoning and even death. An example of such an action can be smog formed in large cities in calm weather, or emergency emissions of toxic substances by industrial enterprises into the atmosphere.

Biologically highly active chemical compounds can cause a long-term effect on human health: chronic inflammatory diseases of various organs, changes in the nervous system, an effect on the intrauterine development of the fetus, leading to various abnormalities in newborns. Doctors have established a direct link between the increase in the number of people suffering from allergies, bronchial asthma, cancer, and the deterioration of the environmental situation near the place of residence. It has been reliably established that such waste products as chromium, nickel, beryllium, asbestos, and many pesticides are carcinogens, that is, causing cancer. Even in the last century, cancer in children was

almost unknown, and now it is more and more common. As a result of pollution, new, previously unknown diseases appear. The reasons for them can be very difficult to establish.

Conclusion

The problem of ecology we still do not realize the significance and globality of the environmental protection problem facing humanity. People all over the world strive to reduce environmental pollution as much as possible. But, of course, not all ways to overcome this problem are solvable, and we must independently take care of the environment and maintain a natural balance in which a person can exist without harming his health.

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