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THE COMPOSITION OF ATMOSPHERIC AIR
AS A FUNDAMENTAL FACTOR AFFECTING THE QUALITY OF LIFE

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Alcohol, smoking, drugs, sexually transmitted diseases, sedentary lifestyle and other problems that are actively raised in society by world communities remind us of their importance. But it would seem that a person does not smoke, does not use drugs, human is good at sports and does not drink alcohol, and coming to the doctor still sees a list of diseases that directly affect the quality of his life. The main question arises: “From where?”.

A well-known international organization – the World Health Organization - and the IHME Global Burden of Disease Studies have published their estimates of deaths, as it turned out, caused by poor indoor air, environmental pollution, which are attributed to anthropogenic and natural sources of air pollution. Estimates were 7 million and 6.7 million deaths per year, and a decrease in the life expectancy of any person by an average of 2, 2 years. For Belarus, this figure is 133.8 people per 100,000 population and our country ranks 87th in the air quality rating. Air pollution is a mixture of particles and gases of different sizes, which can reach harmful concentrations and cause various ailments: decreased performance, drowsiness, shortness of breath, anxiety, asphyxia, irritation of the mucous membranes, cough, etc.

Increasingly, people began to hear such diagnoses as asthma, chronic bronchitis (chronic obstructive pulmonary disease), emphysema, pulmonary fibrosis, coronary heart disease and other diseases of the respiratory and cardiovascular systems. According to scientists, asthma is the main non-communicable disease affecting both children and adults, and is the most common chronic disease among children, asthma affected 262 million people in 2019 and caused 455,000 deaths.

Air accompanies all our actions every second, a person who smokes and drinks alcohol can live for decades, but will not live without air for 5 minutes. So why do we hear more often about the dangers of smoking, and not about the importance of installing purifiers and humidifiers.