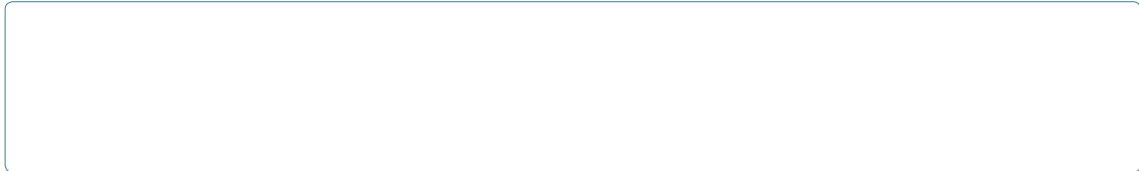


The Impact of Environmental Factors on Immune Health: From Pollution to Lifestyle Choices

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Keywords: Immunology; Environmental Health; Pollution; Lifestyle; Air Quality; Disease Prevention

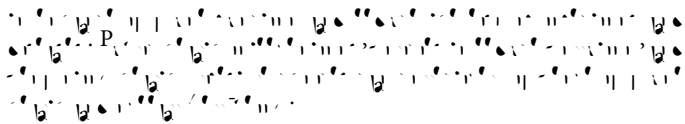
Introduction

The relationship between environmental factors and immune health is a complex and multifaceted one. This article explores the impact of various environmental factors, including pollution and lifestyle choices, on the immune system. We will discuss how these factors can either weaken or strengthen the immune system, and we will provide practical advice on how to maintain a healthy immune system in the face of environmental challenges.

Pollution and immune health

Air pollution is a major environmental factor that can have a significant impact on immune health. Particulate matter (PM), ozone (O₃), and nitrogen dioxide (NO₂) are some of the most common pollutants. These pollutants can irritate the respiratory system, leading to inflammation and a weakened immune response. Long-term exposure to air pollution has been linked to a variety of respiratory and cardiovascular diseases, including asthma, chronic obstructive pulmonary disease (COPD), and heart disease.

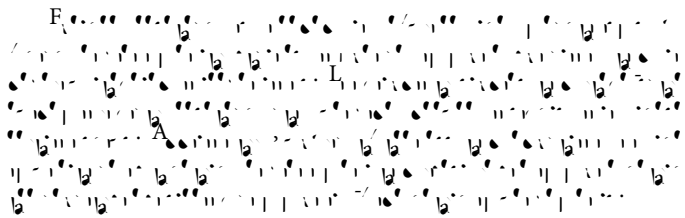
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targets

Future directions

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References