

# Cardiac Health and Climate Change

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**Received** Dec 10, 2021; **Accepted** Dec 19, 2021; **Published** Dec 31, 2021

## Perspective

The earth's climate is shifting, and large swaths of the planet are experiencing increasing amounts of ambient heat. Anthropogenic greenhouse gas emissions have a significant role in this shift. Climate change has a lot of detrimental health effects, one of which is heart health. People with pre-existing medical conditions, such as heart illness (including heart failure), those who work physically demanding jobs, and the elderly, are more vulnerable. The evidence base for the heart health implications of changing climate conditions is assessed in this study, with an emphasis on increased heat exposure and the possibility for future ramifications. As a result of human actions, the climate of our world is changing.

Climate change is exacerbated by increased atmospheric concentrations of energy-trapping gases (greenhouse gases) produced by burning fossil fuels such as coal, oil, and natural gas, as well as methane exhaled by ruminant agricultural animals such as cows and sheep. The average world temperature climbed by 0.85°C throughout the twentieth century, with the majority of this warming occurring since 1975.

Global warming has increased at a rate of over 0.18°C every decade for nearly the last 30 years. Because the most trustworthy model output of climate change is changing temperature, any substantial health effects

associated to ambient temperature may be evaluated with certainty, other climate change consequences, such as more severe and extreme weather events, rising sea levels, and a lack of water and food in large areas, are relevant to population health, but they are not as directly linked to heart health as rising temperatures. This study will look at the effects of increased ambient heat on cardiac health. Climate change is to blame for a wide range of health-related hazards and their repercussions. Climate change in a certain location could, of course, have an impact if a health concern is influenced by climate.

The chief causes of heart disease are extreme heat and hunger. Reduced exposure to extreme cold may help prevent heart disease, but the link between cold and health is stronger for respiratory diseases, and the areas of the world where the effects of cold on health are occurring have a much smaller population than tropical areas where extreme heat is already a serious health issue. Even in the "best-case scenario," ongoing climatic changes are due to anthropogenic activities (at least in part) and are expected to continue. Environmental conditions do influence cardiac health, and there is a well-defined U-shape curve association between temperature and cardiac event outcomes. An increase in cardiac events has been related to increased heat exposure as a result of climate change. The elderly, those with pre-existing heart conditions, and those who engage in physically demanding jobs are among the most vulnerable. It's worth noting that very little study has been done on the impact of daily climate on cardiac health in extremely hot places, particularly during the warmest hours of the day and during the summer (i.e. in the Tropics).

The U-shaped relationship between temperature and the occurrence of cardiac disease will be dominated by increasing events at the hot end of the spectrum in such settings. In these hotter parts of the planet, the bulk of the world's population lives and works. With more harsh heat waves lasting longer, death from myocardial infarction, as well as excesses in mortality and hospitalisation of HF patients, should be expected. Some of the preventive initiatives that could help limit the expected implications of climate change on heart health include enhanced patient knowledge, social networking, increased access to air-conditioned venues, physician and hospital preparation, and heat-wave alert response systems. Such tactics, however, have a limited positive influence in the long run. Changes in travel patterns, reduced consumption of meat from cows and sheep, and architectural solutions to indoor space warming will all have cardiac cobenefits and present an opportunity to change lifestyle habits on a large scale.