

# Cardiovascular and renal effects of long-term particle exposure

Epidemiological studies of long-term particle exposure and atherosclerosis, renal injury and chronic kidney disease

Particles are everywhere. A pedestrian on an ordinary city street inhales millions of fine particles with every breath. In some workplaces, these numbers are orders of magnitude greater. How do they affect our health?

More than half a century of research has shown that cleaner air leads to substantial health benefits. Yet key questions remain unanswered. This thesis sets out to investigate two of these: Do inhaled particles contribute to narrowing the heart's arteries? Can they cause kidney disease?

As the population ages and becomes increasingly urbanised, preventing illness caused by inhaled particles is more important than ever. Exploring these questions is therefore essential for understanding how particles affect our health, accurately assessing their full impacts, and guiding effective mitigation.



Karl Kilbo Edlund is a physician and researcher in environmental epidemiology, fascinated by how real-world data can reveal the interconnections between the environment, society and human health.

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