Doctors as active advocates for clean air

Prof. (Dr.) Arvind Kumar
Chairman, Centre For Chest Surgery
Director, Institute of Robotic Surgery
Sir Ganga Ram Hospital
Founder Trustee, Lung Care Foundation
New Delhi
President Elect – Association of Surgeons of India
Partner : Health Care Without Harm

www.lcf.org.in
30 Years Of Chest Surgery: A Chest Surgeon’s Perspective
On clean air

About the Department:

Located at a 700 Bed Hospital
Dedicated Team of 10 Specialised Chest Surgeons
India’s largest Chest Surgery (Thoracic) Department
Treating 1000+ Chest Patients/Year
Why is a Doctor Talking About Air Pollution?
Healthy Pink Lungs

Diseased Black Lungs

Toxins deposited in our Lungs Cannot be Cleaned
Teenager: Born n brought up in Delhi, Average annual PM 2.5 > 150 Goes above 999 also
Mr. Ashish Jain*

32 Years, Male
Shopkeeper
Married With 2 Young Kids
Non-Smoker

Diagnosed With Stage 2 Lung Cancer

*name changed
Mrs. Simran Kaur*

34 Years, Female
Housewife
Married With 3 Kids
Non-Smoker

Diagnosed With Stage 4 Lung Cancer

*name changed
30 Years Of Chest Surgery: A Chest Surgeon’s Perspective

1988

• 90% Lung Cancers: Smokers
• 10% Non Smokers
• Average Age Of Lung Cancer: 50-60
• Almost No Women
• Colour of Lungs: Pink in non-smokers; Black in Smokers
• No Bronchodilators.

Based on Analysis of Patient Records

2018

• 50% Lung Cancers: Smokers – 50% Non Smokers
• Average Age Of Lung Cancer: 30-40
• 40% Women Patients
• Colour of Lungs: Black in non-smokers as well as Smokers
• 100% Bronchodilators: Even young patients.
Why is Lung Cancer increasing in non smokers and women and occurring at younger age?
‘THERE IS NO NON-SMOKER IN INDIA’. The whole country, on an average, smokes 5-7 cigarettes a day, including NEWBORNS!

22 μg/m³ = 1 Cigarette*

*According to A Berkley Earth Study on Equivalence of Air Pollution and Cigarette
51 New-born Smokers Per Minute
THE AIR YOUR CHILD BREATHES IS LIKE SMOKING 20 CIGARETTES/DAY

Each 22μg/m³ of PM2.5 = 1 cigarette/day

Source: http://www.lcf.org.in/air-pollution
Air-pollution-equivalence

Picture Credits: Health Care Without Harm

www.lcf.org.in
27th October 11:00AM
Avg. AQI: 350+
350/22 -> 16 Cigarettes

Breathing Kills!

Source: http://aqicn.org
It is a “Slow”- long term Bhopal Gas Tragedy Existing Across The World
It affects everyone from Hon’ble PM Modi to A Child in Mother’s Womb
Life of

Billions of People Across The World

Is At Risk
What Is The Magnitude Of The Health Impact Of Air Pollution?
Internal organs

Pharynx
Larynx
Heart
Arteries
Muscles
Liver
Gallbladder
Kidneys
Skeleton
Intestines
Brain
Lymph nodes
Lungs
Spleen
Bone marrow
Stomach
Veins
Pancreas
Urinary bladder

If You Are Breathing
You are under the attack of air pollution.

Breathing Kills!

You & Your loved one’s
Life is at risk because you breathe!
Compare and make your Choice

Pink Lung
Teenager with black spots
Non Smoker Adult

www.lcf.org.in
Success Stories From India

Healthcare Advocacy
#MyRightToBREATHE

A Citizens’ Movement Against Air Pollution

Citizen Groups – Doctor Collectives - Mothers Group
Health Advisories - Media Attention - NGO Collectives
Doctors can be the Most Powerful Advocates for Clean Air?

See the “Human Suffering”: first hand MOTIVATED

Treat the Patients: Position of Power BEST MOTIVATOR

LUNG CARE FOUNDATION, INDIA
1. Advocacy To And Through Children
   Started May 2015

   15,000+ Addressed
   500+ Active Volunteers
   250,000+ Reach
2. Advocacy Through Videos

Combined Reach of Online Doctors Videos On Ill-Effects of Air Pollution: 5 Million+
3. Advocacy Through Studies / Media outreach

Community outreach / Court case interventions.

- Gets Media Attention
- Highlights Ill-Effects to Public
- Helps create a case to Policy Makers & Legislators
- Recent Supreme Court decision on crackers
4. Guinness World Record For Largest Human Image of An Organ

5003 School Children of 35 Schools of Delhi-NCR Highlight Ill-Effects of Air Pollution

100,000 + FB Live Views

51 Million+ Impressions on Twitter

Appreciated by Hon’ble President of India and Hon’ble Prime Minister of India

Supported by Many celebrities

Featured on UN India website
Doctors For Clean Air

A Network of Doctors Passionate about Clean Air
(Surgeons/Physicians/ Pulmonologists/ Paediatricians)

Across India To Highlight Health-Ill-Effects of Air Pollution

& Support Various Groups Working On Air-Pollution
Choice is Ours!
Progress with Pollution  
Children wearing masks

Progress without Pollution  
Freedom To Play
Gift of Clean Air

We owe it to them!
Although the world is full of suffering, it is also full of the overcoming of it.

“Alone We Can Do So Little, Together We Can Do So Much”

Helen Keller