



The Consequences of Aggression to Nature on Human Health: What will the Near Future (If Any) Be Like?

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Editorial

Countries in general have great challenges to face with regard to public health problems. While in the underdeveloped countries there are great sufferings resulting from shortages of all kinds, which evolve to malnutrition and several other deficiency syndromes, infectious and parasitic diseases related to precarious living conditions, developed countries face the consequences of overeating and sedentary lifestyle, which evolve to obesity, glucose metabolism disorders, hypertension, metabolic syndrome, with the frequent outcomes of cardiovascular and cerebrovascular events, causing high morbidity and mortality. Since the Adult Treatment Panel III of the US National Cholesterol Education Program defined Metabolic Syndrome as the set of cardiovascular risk factors (hypertension, glucose metabolism disorders, dyslipidemia, increased abdominal circumference), this condition has taken on relevance in the context of clinical care, and approaches aimed at the treatment of risk factors as a whole, aiming at the reduction of cardiovascular risk have been implemented, however there has been no significant impact in terms of public health. The impact of these chronic diseases on the population's health has a high cost. Several studies have been published in the last decade on the relationship between the economy and investment in the treatment of health problems. In a study on the population of Brazil, Rivelatze et al. [1] concluded that - in the absence of adequate intervention - the costs of treating diseases related to overweight and obesity should increase substantially between 2010 and 2050. As a consequence of this increase, there was an estimate that costs for the treatment of coronary heart disease and cerebrovascular disease will more than double between 2010 and 2050 - reaching \$180 million for coronary heart disease and \$23 million for stroke; in relation to costs for the treatment of arterial hypertension, an increase of 445 million dollars in 2010 to 657 million dollars in 2050 was forecast. Also in the same study, Diabetes Mellitus would correspond to the highest cost in terms of assistance to the population, being projected an increase from US \$5 billion in 2010 to US \$8.7 billion in 2050. There was no intervention measure with sufficient impact to improve the population's health indexes in terms of metabolic syndrome and cardiovascular and chronic-degenerative diseases. Instead, we have been haunted day by day with news of aggression to nature. The Amazon rainforest has been devastated by attitudes of aggression to the environment that cut down trees, cause dramatic fires, cause injuries and deaths to thousands of animals with huge damage to the biome of unimaginable proportions. The Instituto Nacional de Pesquisas Espaciais - INPE (National Institute for Space Research) of the Ministério da Ciência, Tecnologia e Inovações (Ministry of Science, Technology and Innovations) discloses on its website that the rate estimated by the PRODES Project - (project for monitoring deforestation in the Legal Amazon by Satellite) -, corresponds to 7,900 km² of shallow cut in the period of August 2017 to July 2018. In similar terms, according to a local publication on the Câmara dos Deputados (Chamber of Deputies) website, INPE estimates that the area burned in the Pantanal corresponds to about 23% of its territory, and that there was an increase of almost 200% of the areas burned in that region between 2019 and 2020. These are catastrophic examples of aggression against Nature, which are reproduced to some extent elsewhere on the Planet, and whose damage to the environment and human health is incalculable. The recent publication by the Center for Disease Control summarizes the health effects, resources and examples of adaptation of health departments financed by the CDC's Climate and Health Program. In addition to severe problems that are likely to occur as direct consequences of rising air and water temperatures, changes in the rhythms of rain, rising sea levels with invasion of inhabited coastal areas, compromised quality and quantity of drinking water reserves are expected, threatening the safety of water and food that are consumed by populations. Increases in the events of illness and death are also expected as a consequence of heat, both by the direct increase in body temperature and by the effects of heat on other organs and systems with an increase in the number of events of illness and death from cardiovascular causes. The World Health Organization is already warning countries about the possibility that heat waves

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should overload health and emergency services. Extreme heat should also cause an increase in demand for water that will be increasingly scarce, increase demand on energy and transport, resulting in power outages or even blackouts. In the same sense, the demand for food should occur in a scenario of scarcity, due to the loss of crops due to the decrease in rainfall and the increase in heat [2,3]. Finally, the costs that will be demanded from Public Services for secondary prevention and treatment or recovery of the problems that will arise, are at this point incalculable. In an intelligent way, societies have the obligation to preventively take care of Nature, avoiding the criminal devastation of natural resources, protecting the flora, fauna and water of the Planet. This is the only chance we have (if any) to protect Nature - and with it our very existence.

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