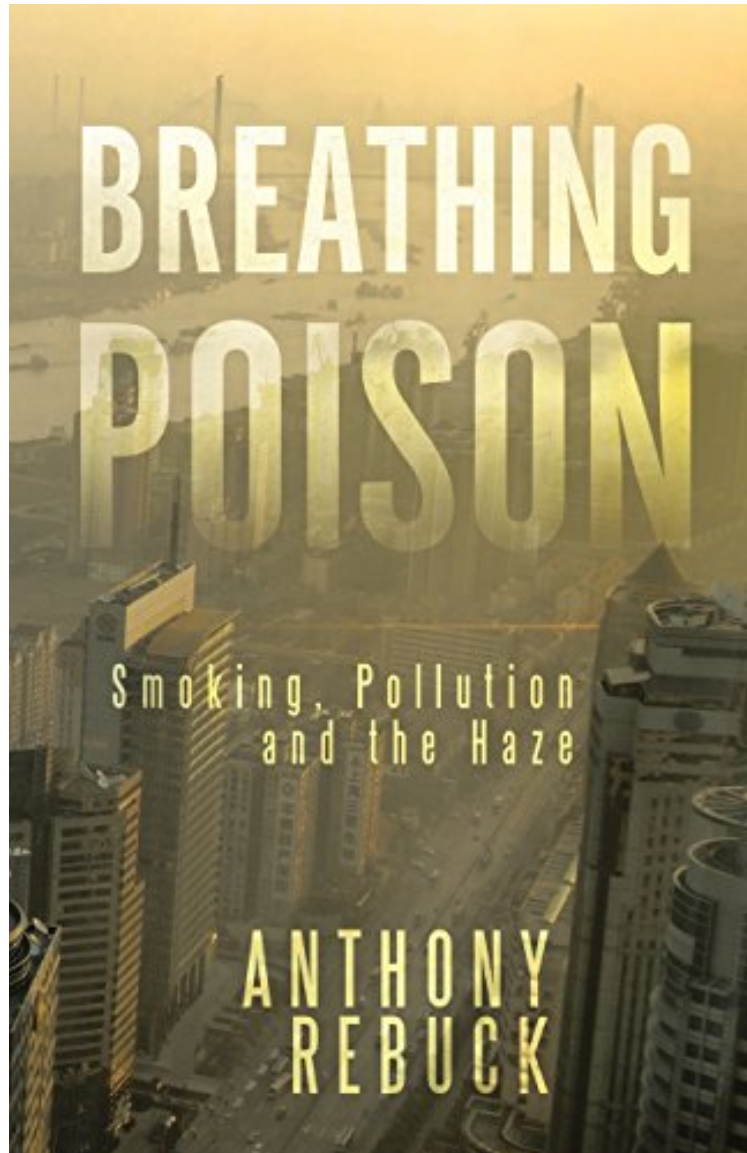


[Download] Breathing Poison: Smoking, Pollution and the Haze

Breathing Poison: Smoking, Pollution and the Haze

Anthony Rebeck

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Anthony Rebeck : Breathing Poison: Smoking, Pollution and the Haze before purchasing it in order to gage whether or not it would be worth my time, and all praised Breathing Poison: Smoking, Pollution and the Haze:

0 of 0 people found the following review helpful. Five Stars from Blue Ink By Anthony Rebeck STARRED REVIEW Breathing Poison (Reviewed: September 2014) Chronic Obstructive Pulmonary Disease (COPD), a severe lung condition, is rising at an alarming rate worldwide. This concise and informative book explains the causes and

which populations are most affected and expounds on the need to educate the public and take steps to rein it in. Anthony Rebeck, who has practiced respiratory medicine at the University of Toronto and the Toronto Lung Clinic, currently manages clinical research projects in the Asia/Pacific region. He notes that COPD is predicted by the World Health Organization to be the third leading cause of death and disability by 2020, and already is responsible for more than 2.5 million deaths annually. Using evidence-based information (backed by 30 pages of documentation), Rebeck details health problems that are particularly worrisome in Asia, where cigarette smoking, car and industrial pollution and the uncontrolled "slash and burn" method of land clearing in Indonesia are a triple threat to its population. The author carefully explains how such exposure damages the lungs, how COPD is currently treated, what research is being done and how best to thwart the causes of this disease. Rebeck has done a terrific job packing many explanatory details into a concise package. His book is written clearly enough to be understood by lay people as well as those in the medical community. Critical and often alarming information is included to back up the author's concerns. He notes, for example, that not only is poisoned air leading to cancer and shortened life expectancies, it is stripping marine life from huge sections of the seas around China. In short, this outstanding book fulfills its promise as a critical wake-up call regarding the perilous rise of airborne poisons and the need to take action quickly to save lives. It deserves wide readership from the general public and all those who can affect changes.

0 of 0 people found the following review helpful. Rebeck's warning should not be ignored. By WDC Anthony Rebeck's "Breathing Poison" is a description of important environmental and personal insults that represent a huge public health disaster in the making. The author highlights the additive triple insults of air pollution, environmental haze (a problem most pervasive in Asia), and cigarette smoking. "Breathing Poison" exposes a number of reasons for the collective effects of these problems - the most worrisome being that the governments of the countries affected are not paying sufficient attention to these issues. Rebeck also demonstrates that the treating physicians in the affected countries are not without blame in that shocking percentages of patients are not sufficiently treated even after the correct diagnosis is made. The incidence of asthma, chronic obstructive bronchitis, and emphysema is growing and the course of these disorders is ticking public health bomb that is largely being ignored. This problem will haunt these countries until the root causes are addressed. "Breathing Poison" is a short book that should be read by anyone interested in public health, lung disease in an industrial world, or health economics of the leading Asian economies. It is a very accessible read and an important one. Rebeck's warning should not be ignored.

1 of 1 people found the following review helpful. Breathing poison is an apt and shocking title. By Michelle This is a fascinating book, on many levels. Firstly it is immediately accessible. The style is straightforward, engaging, and draws in the reader. Even if you have no interest in the subject, do not live in Asia, do not have Asthma, and do not smoke. What the writer has, is an eye for the individual, and a way of feeding curiosity that makes it easy to learn. The second layer is the universal concern about our environment. It is hardly credible that we are suffocating ourselves, but the author writes a compelling argument. The world should beware. A third level is the complexity of pharmacology. This is for the clinicians, and shows a deep level of knowledge, research and experience. On all three levels this book should be read, and be an impetus for action to save our environment and limit the suffering of individuals.

There is a triple threat in the Asian air to human health and well-being. First, we are going to see an increase in tobacco-attributable deaths as more and more people smoke. Much of this mortality, as well as crippling chronic lung disease, can be prevented if smokers stop smoking. Secondly, additional suffering, disability and premature death from lung disease can be prevented if pollution - Asian pollution being the worst in the world - can be reduced. And lastly, the coughing, wheezing and attacks of bronchitis caused by the uniquely Asian problem of the haze would be eliminated if the illegal practice of slash burn is prohibited.

About the Author Anthony Rebeck is a former professor of medicine, epidemiology, and biostatistics. He practiced respiratory medicine at the University of Toronto and at the Toronto Lung Clinic before moving to Singapore in 1999. Since that time he has been involved in managing clinical research projects in the Asia Pacific region.