



## HEAT ADVISORY: PROTECTING HEALTH ON A WARMING PLANET

**Alan H. Lockwood, MD**

Climate change affects not just the planet but the people who live on it. In this book, physician Alan Lockwood describes how global warming will be bad for our health. Drawing on peer-reviewed scientific and medical research, Lockwood meticulously details

the symptoms of climate change and their medical side effects.

Our global ecosystems create webs of interdependence that support life on the planet. Lockwood shows how climate change is affecting these ecosystems and describes the resulting impact on health. For example, rising temperatures create long-duration heat waves during which people sicken and die. Climate change increases the risk for certain infectious diseases, including malaria, dengue fever, West Nile Disease, and Lyme Disease. Extreme weather and poor soil conditions cause agricultural shortfalls, leading to undernutrition and famine. There is even evidence that violence increases in warmer weather—including a study showing that pitchers throw “beanballs” (balls thrown with the intention of hitting the batter) significantly more often in hot weather.

Climate change is real and it is happening now. We must use what we know to adapt to a warmer world and minimize adverse health effects: make city buildings cooler with air conditioning and “cool roofs,” for example, and mobilize resources for predicted outbreaks of disease. But, Lockwood points out, we also need prevention. The ultimate preventive medicine is the reduction of greenhouse gas emissions and replacing energy sources that depend on fossil fuels with those that do not.

### **Advance praise for Heat Advisory**

In clear language accessible to any layman, Dr. Lockwood meticulously documents the destructive impact of climate change on human health and makes a compelling case for how action today can avert still greater suffering for generations to come. **Michael Brune**, Executive Director, Sierra Club

Dr. Alan Lockwood makes the reality of climate change clear for health professionals with evidence about the multitude of health consequences that this reality is thrusting upon our planet and its inhabitants. With a physician's healing intent, he gives us a prescription for survival. **Christine K. Cassel MD**, Planning Dean, Kaiser Permanente School of Medicine

Dr. Alan Lockwood has prepared a sweeping synthesis of recent research documenting the profound health effects we face from climate change, along with a prescription for preventing them. His work is a timely and important resource for policymakers, health professionals, and concerned citizens alike. Climate change is happening now, so read Heat Advisory! **Trip Van Noppen**, President, Earthjustice

**Alan H. Lockwood, M.D.**, is Emeritus Professor of Neurology and Nuclear Medicine in the Jacobs School of Medicine and Biomedical Sciences at the University at Buffalo, a Senior Scientist at Physicians for Social Responsibility. He is the author of *The Silent Epidemic: Coal and the Hidden Threat to Health* (MIT Press)

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