

# Air Pollution and Respiratory Health in Urban Areas

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**Abstract.** This article examines the impact of air pollution on respiratory health in urban settings. It discusses the sources and types of pollutants, including particulate matter and nitrogen oxides, and their effects on respiratory diseases. The study highlights the importance of regulatory policies and public awareness in mitigating these health risks. By analyzing epidemiological data and case studies from major cities, the paper provides recommendations for improving air quality and protecting public health.

**Keywords:** Air Pollution, Respiratory Health, Urban Areas, Policy, Epidemiology

## Introduction

Air pollution is a significant environmental health issue, particularly in urban areas where industrial activities and vehicular emissions are concentrated. This paper explores the relationship between air pollution and respiratory health, focusing on the prevalence of diseases such as asthma and chronic obstructive pulmonary disease (COPD). The study analyzes various pollutants, including particulate matter (PM<sub>2.5</sub> and PM<sub>10</sub>) and nitrogen oxides, and their contribution to respiratory morbidity and mortality. The paper also discusses the role of government regulations and community initiatives in reducing pollution levels and enhancing public health outcomes. By fostering collaboration between policymakers, scientists, and the public, we can develop effective strategies to combat air pollution and improve respiratory health in urban populations.

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## References

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