



Aircraft noise and cardiovascular disease

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Key Researchers



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Marin Kuntic



Mette Sørensen, Martin Rösli, Mathias Basner



Global Burden of Disease due to Transportation Noise

World Health Organisation and the European Environment Agency



WHO:

The most underrated environmental risk factor
Second most important environmental reason for health problems
At least 1.6 Mio healthy life years are lost every year from traffic-related noise in the western part of Europe
each day nearly 150 million Europeans in towns and cities are exposed to noise levels more than **55 decibels** from road (120), rail (22) and air traffic (4), where adverse health effects are expected

Keeping noise levels < 55 dB Lden (road noise) will save 110.000 lives per year (Mette Sørensen personal communication)

European Environment Agency (EEA):

900,000 cases of hypertension
43,000 hospital admissions
6.5 Mio people suffer from high sleep disturbance
22 Mio people suffer from chronic high annoyance

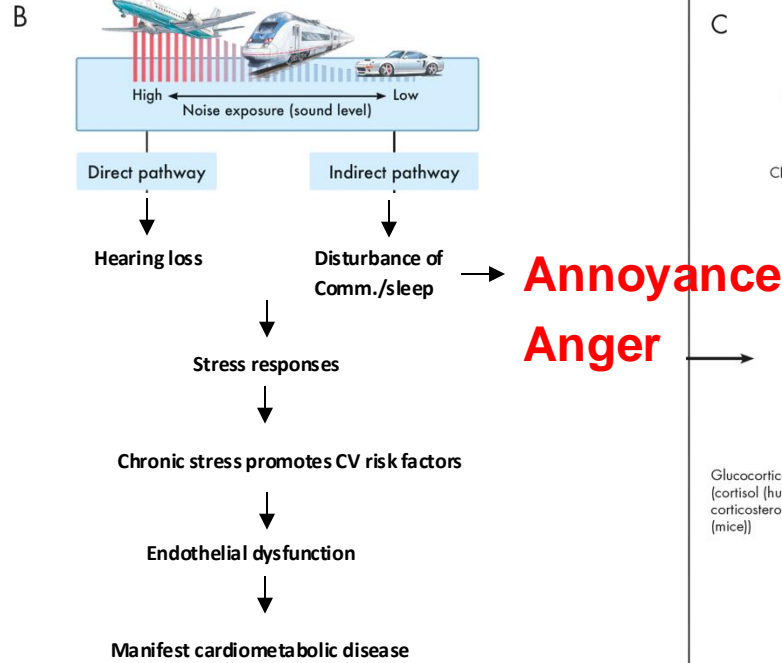
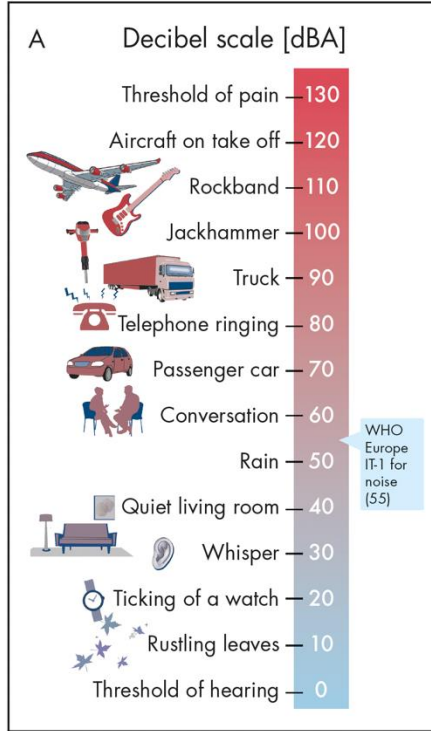


Noise Could Take Years Off Your Life. Here's How.

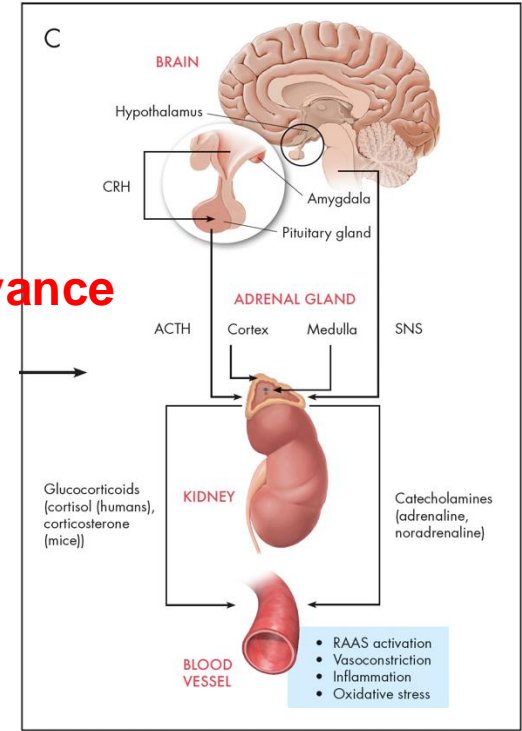
We used a professional sound meter to measure the din of daily life and talked to scientists about the health risks it can pose.



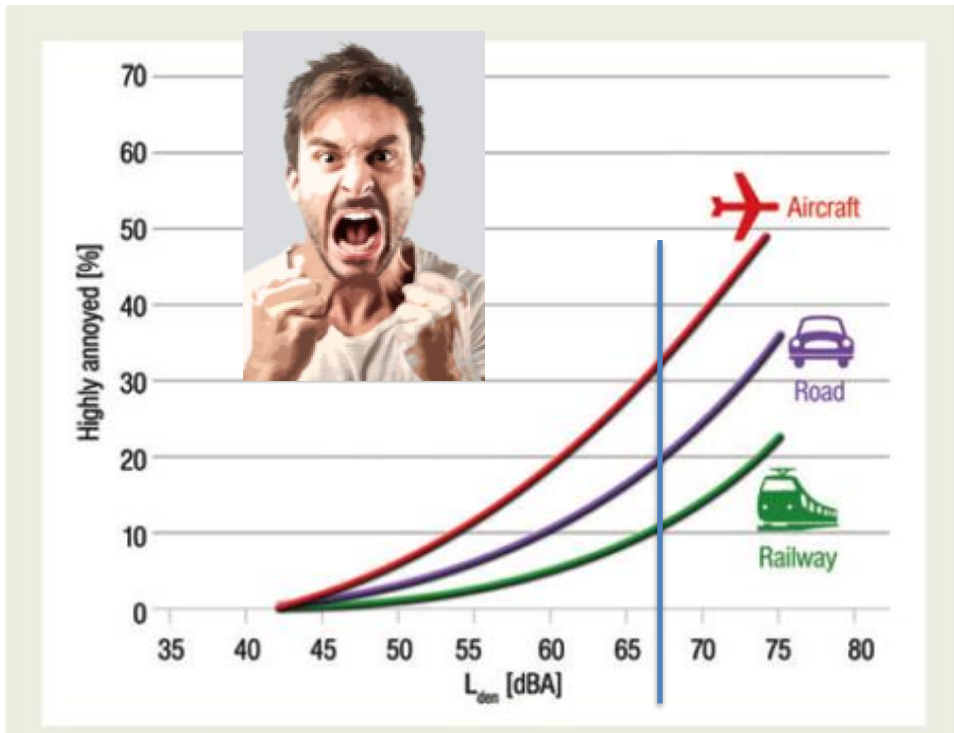
Noise and CVD: Proposed Mechanisms



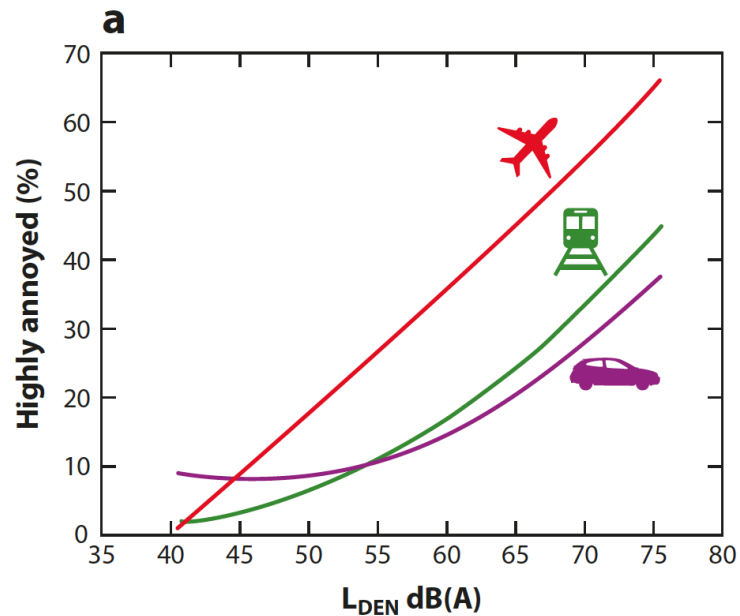
Noise triggers HPA –Axis (Hypothalamic-pituitary-adrenal)



Aircraft Noise Most Annoying



Münzel, Daiber, Basner, Babisch Eur H J 2014



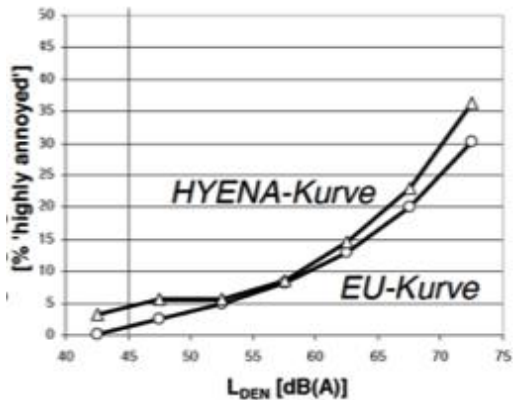
Annu. Rev. Public Health 2020. 41:309–28

Increase in annoyance in response to aircraft noise within the last ten years

Road Traffic Noise



—○— EU —△— Pooled



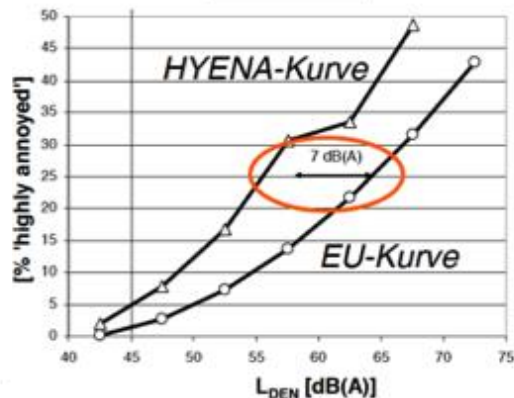
HYENA Study 6 European Airports

% 'highly annoyed'

Aircraft Noise



—○— EU —△— Pooled





ESC

European Society
of Cardiology

European Heart Journal (2019) 0, 1–11
doi:10.1093/eurheartj/ehz820

CLINICAL RESEARCH

Imaging

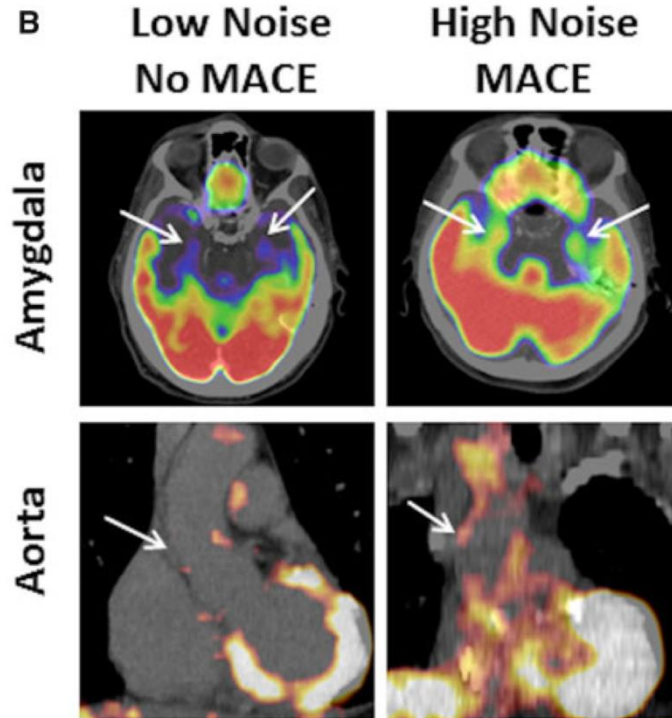
A neurobiological mechanism linking transportation noise to cardiovascular disease in humans

Michael T. Osborne ^{1,2†}, Azar Radfar ^{1,2†}, Malek Z.O. Hassan ¹,
Shady Abohashem ^{1,2}, Blake Oberfeld ¹, Tomas Patrich ¹, Brian Tung¹,
Ying Wang ^{1,3}, Amorina Ishai¹, James A. Scott ⁴, Lisa M. Shin^{5,6},
Zahi A. Fayad ⁷, Karestan C. Koenen ⁸, Sanjay Rajagopalan ⁹,
Roger K. Pitman ⁶, and Ahmed Tawakol^{1,2*}



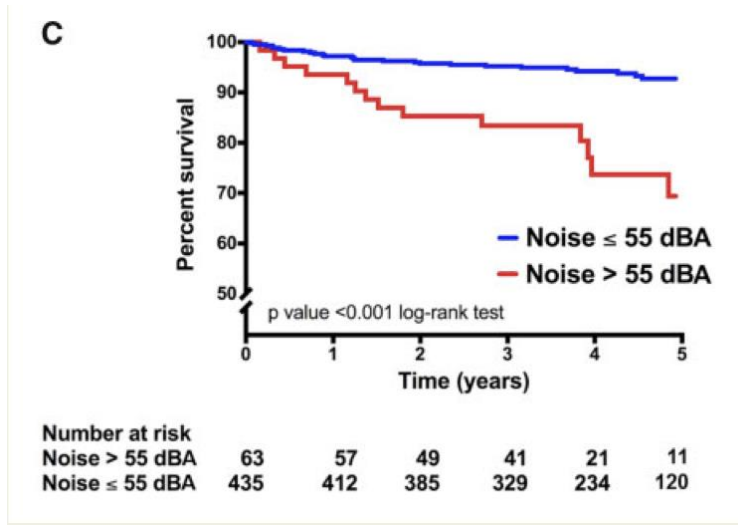
Amygdala, part of the Limbic System

Amygdalar activity correlates with vascular inflammation



- amygdala modulates the fear, anxiety, anger, annoyance response in humans
- 500 subjects
- No CVD or cancer
- 18 Fluorodeoxyglucose PET/CT
- **Increased noise exposure was associated with higher amygdalar activity and, vascular inflammation and MACE (within 5y)**

Higher Annoyance, more vascular inflammation



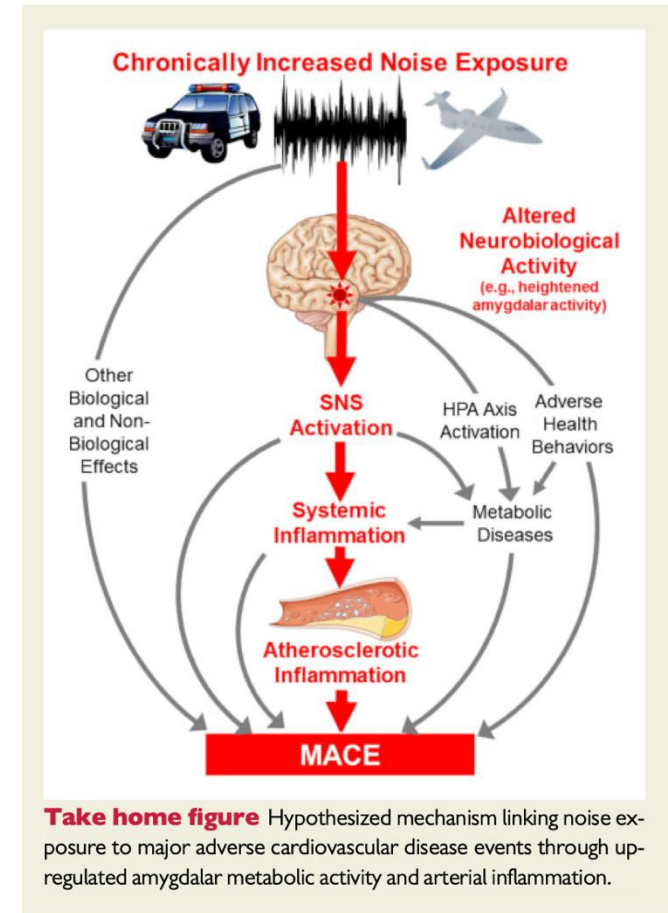
MACE:

CVD Death

Myocardial Infarction

Heart Failure

Coronary and peripheral Revascularization

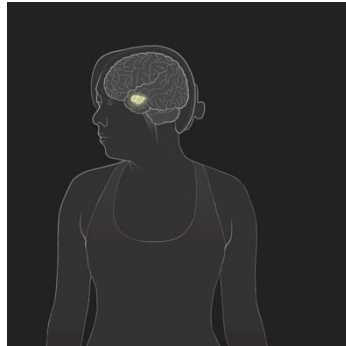


Stresscascade

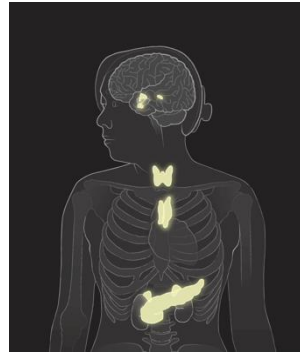
Noise, unwanted sound



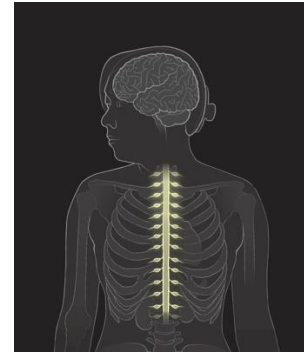
Activation of the Amygdala



Production of Stress Hormones



Sympathetic nerve activation



Vessel inflammation
Myocardial Infarction
Stroke



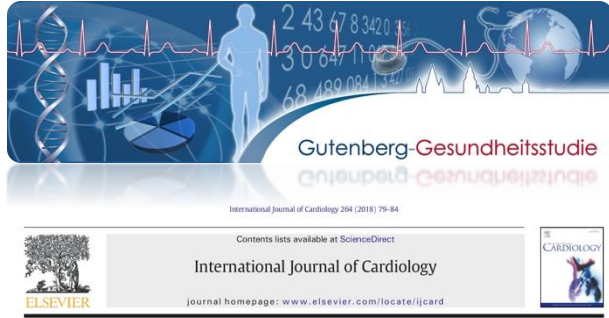
NOISE



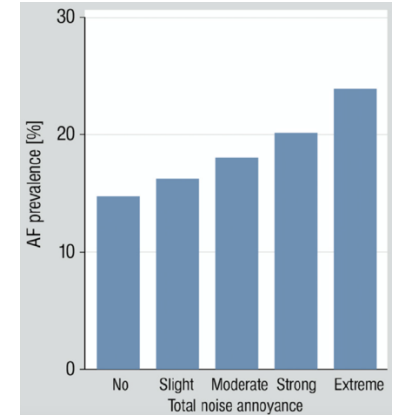
Cardiovascular Disease

New York Times 2023

Annoyance and Arrhythmia and Cerebral Disease



Gutenberg Health Study
Prospective Cohort Trial Mainz
15.000 Participants



Annoyance to different noise sources is associated with atrial fibrillation in the Gutenberg Health Study

Omar Hahad^a, Manfred Beutel^b, Tommaso Gori^a, Andreas Schulz^c, Maria Blettner^d, Norbert Pfeiffer^e, Thomas Rostock^b, Karl Lackner^f, Mette Sorensen^g, Jürgen H. Prochaska^h, Philipp S. Wild^a, Thomas Münzel^{a,*}

RESEARCH ARTICLE

Noise Annoyance Is Associated with Depression and Anxiety in the General Population- The Contribution of Aircraft Noise

Manfred E. Beutel^{1,*}, Claus Jünger², Eva M. Klein¹, Philipp Wild^{3,4,5}, Karl Lackner⁶, Maria Blettner⁷, Harald Binder⁷, Matthias Michal¹, Jörg Wiltink¹, Elmar Brähler¹, Thomas Münzel²



Depression	adj. PR [95% CI]	P-value
Slight annoyance	0.98 [0.81, 1.18]	0.83
Moderate annoyance	1.20 [1.00, 1.45]	0.047
Strong annoyance	1.59 [1.32, 1.91]	<0.0001
Extreme annoyance	1.97 [1.62, 2.39]	<0.0001

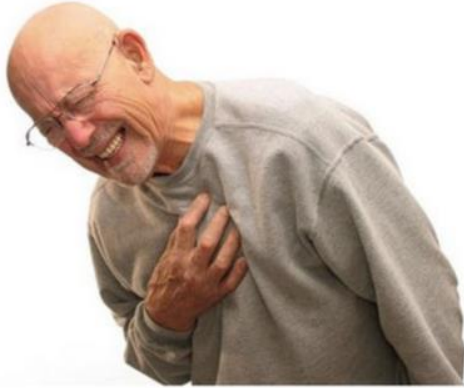
Generalized anxiety	adj. PR [95% CI]	P-value
Slight annoyance	1.18 [0.95, 1.46]	0.13
Moderate annoyance	1.42 [1.15, 1.74]	0.0010
Strong annoyance	1.75 [1.41, 2.16]	<0.0001
Extreme annoyance	2.14 [1.71, 2.67]	<0.0001

Prevalence Ratio

The meaning of annoyance with
respect to cardiovascular health
has to
be strongly upgraded !!



Noise is associated with CVD



For all cardiovascular diagnoses combined, the risk increased by 3.2% per 10 dB(A) higher road traffic noise

ENVIRONMENTAL IMPACTS ON CARDIOVASCULAR HEALTH AND BIOLOGY COMPENDIUM

Transportation Noise Pollution and Cardiovascular Health

Thomas Münzel¹, Michael Molitor², Marin Kuntic³, Omar Hahad⁴, Martin Röösli⁵, Nicole Engelmann, Mathias Basner, Andreas Daiber⁶; Mette Sørensen⁷*

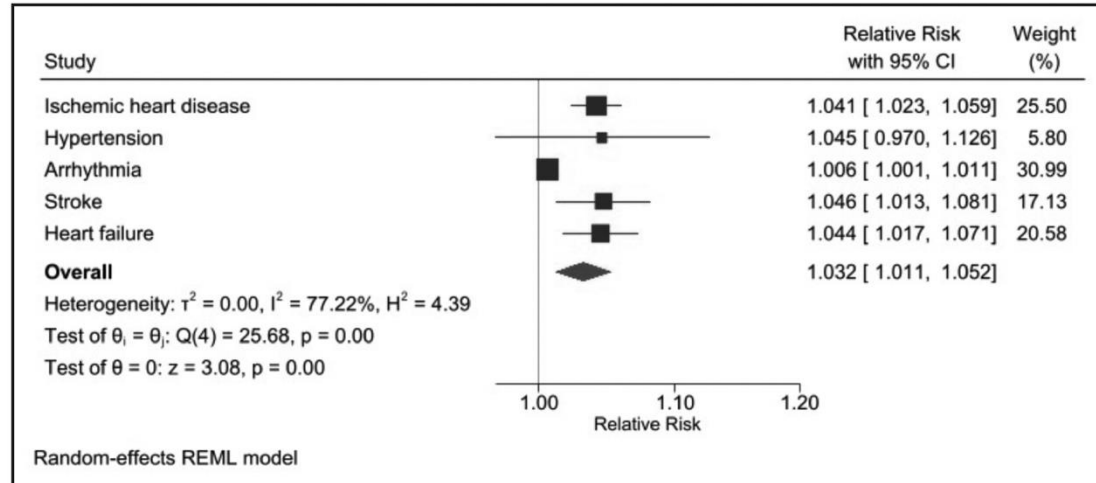


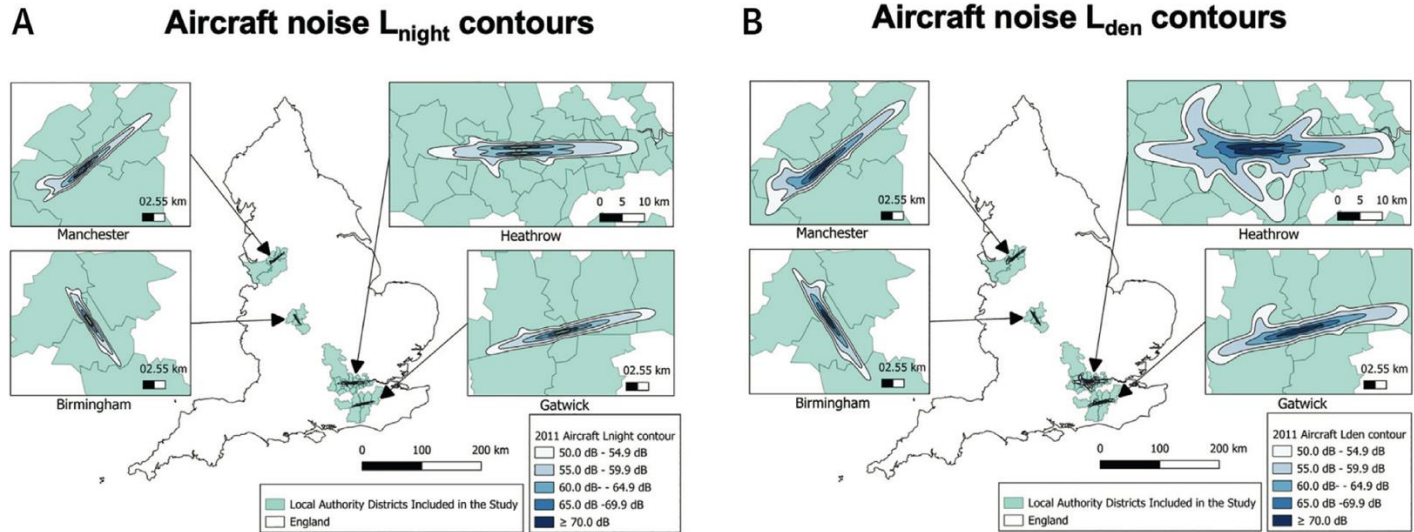
Figure 2. Relative risks obtained in meta-analyses of a Umbrella+ review from 2023 estimating the association between road traffic noise and cardiovascular disease.¹⁹

Higher Aircraft Noise Exposure Is Linked to Worse Heart Structure and Function by Cardiovascular MRI

Constantin-Cristian Topriceanu, MD,^{a,b,c,*} Xiangpu Gong, PhD,^{d,e,*} Mit Shah, MBBS, PhD,^{f,g} Hunain Shiwani, BMBS,^{b,c} Katie Eminson, BSc,^{d,h} Glory O. Atilola, PhD,ⁱ Calvin Jephcote, PhD,^d Kathryn Adams, BSc,^d Marta Blangiardo, PhD,ⁱ James C. Moon, MB BCH, MD,^{b,c} Alun D. Hughes, MBBS, PhD,^{a,b} John Gulliver, PhD,^j Alex V. Rowlands, PhD,^{h,k} Nishi Chaturvedi, MD,^{a,b} Declan P. O'Regan, MBBS, PhD,^{f,g} Anna L. Hansell, MB BCHIR, PhD,^{d,e,h,i,†} Gabriella Captur, MD, PhD^{a,b,l,†}

Airports

FIGURE 1 Aircraft Noise Contours Around the 4 UK Major International Airports



Local authority districts surrounding the 4 UK major airports (London Heathrow, London Gatwick, Manchester, and Birmingham), along with the noise contours provided by the UK Civil Aviation Authority, are presented for (A) nighttime aircraft noise levels (L_{night}) and (B) 24-hour day-evening-night aircraft noise levels (L_{den}) in 2011.

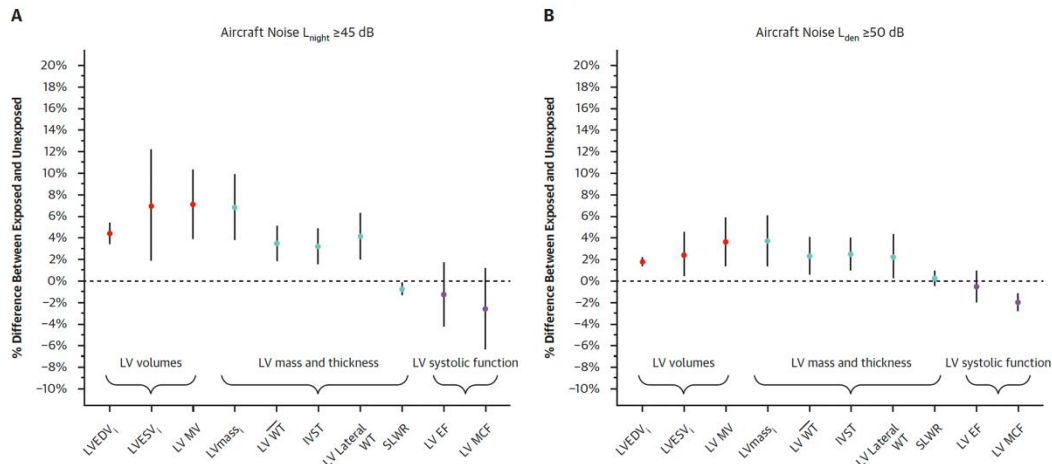
Study design :

- 26.658 study participants had an MRI 2014
- Higher L_{night} (>45dB) or higher L_{den} (>50 dB) were experienced by 2.9% and 8.4% of participants, respectively.
- Out of the 3,635 study participants included, 2,532 (70%) did not move home from recruitment up until 2022
 - NONMOVERS (for 11 years), important for long-term risk calculation
- Noise levels provided from 2011
- 3y noise exposure

Results 1:

LV mass and Volumes

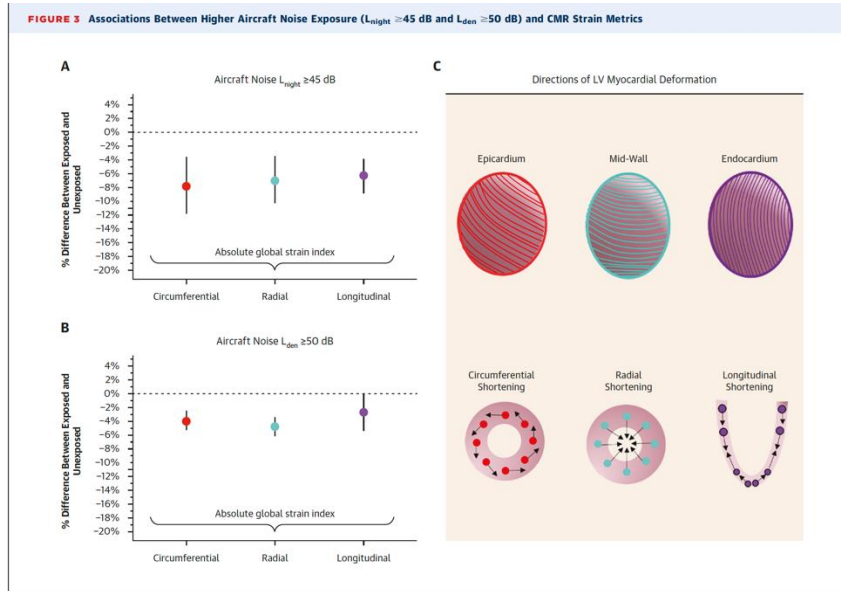
FIGURE 2 Associations Between Higher Aircraft Noise Exposure ($L_{night} \geq 45$ dB and $L_{den} \geq 50$ dB) and CMR Heart Structure and Function Metrics



- > 45 dB L_{night} \rightarrow 7% greater left ventricular (LV) mass 4% thicker LV walls
- a 7% greater LV mass associates with a 32% greater risk of MACE.

Results 2:

Left ventricular dynamics



Caused by:

- They also had worse LV myocardial dynamics (eg, an 8% lower global circumferential strain
- which associates with a 27% higher risk of MACE).
- **Mediation analysis:**
- mediated by an increased **body mass index and high blood pressure** — factors that can be associated with **chronic stress and sleep disturbances** caused by noise.

Conclusions:

- “This study clearly and unequivocally shows, once again, that aircraft noise is not just a nuisance but a serious health risk.”
- In particular, the significantly more pronounced side effects caused by nighttime aircraft noise call for a consistent noise-free night from 10 p.m. to 6 a.m.

The High Stakes of High Decibels

The Cardiovascular Fallout From Aircraft Noise

Thomas Münzel, MD,^a Marin Kuntic, PhD,^a Paul Stamm, MD,^a Frank Schmidt, MD,^b Sanjay Rajagopalan, MD,^c
Andreas Daiber, PhD^a

How does noise damage the vasculature ?



Frank Schmidt



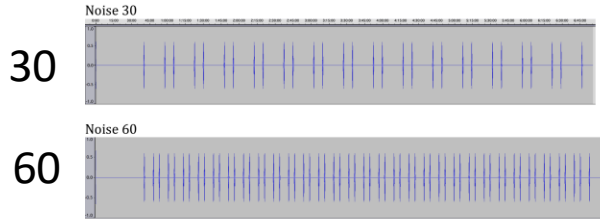
Ascan Warnholtz



Mathias Basner

Methods:

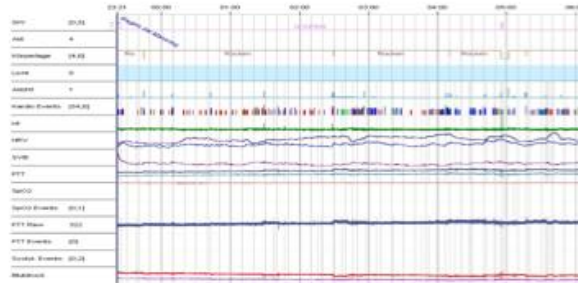
Simulated nighttime aircraft noise



MP3 Player

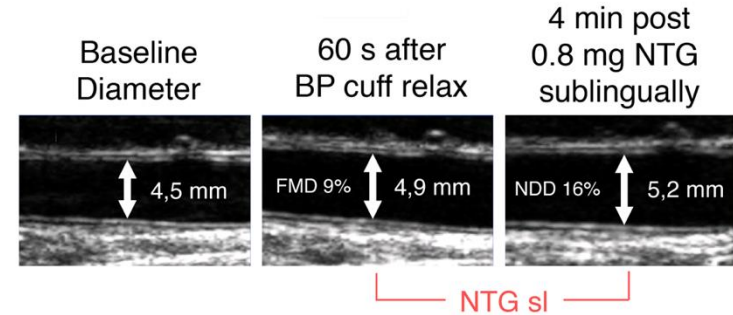
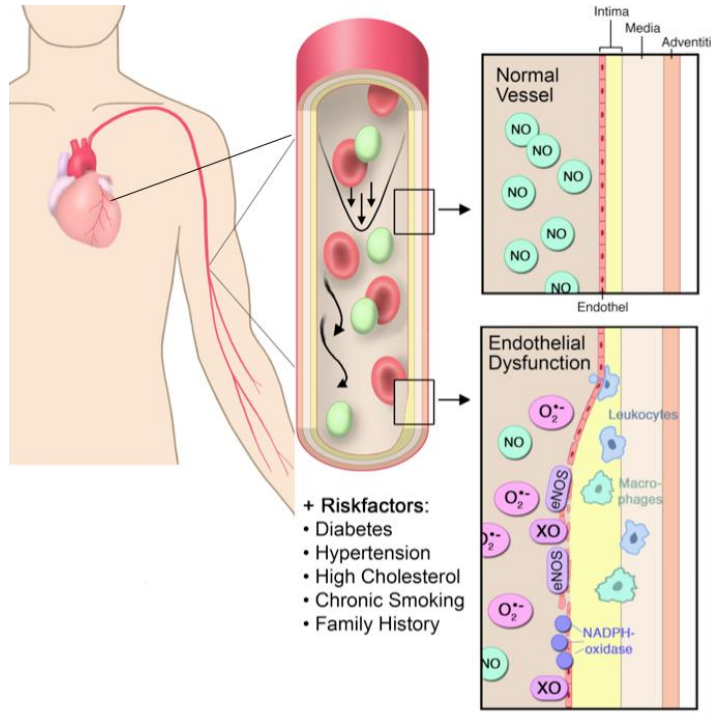


Polygraphic screening devices (SOMNOWATCH PLUS)

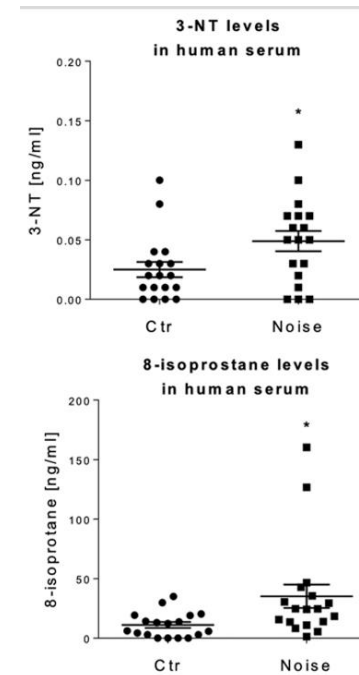
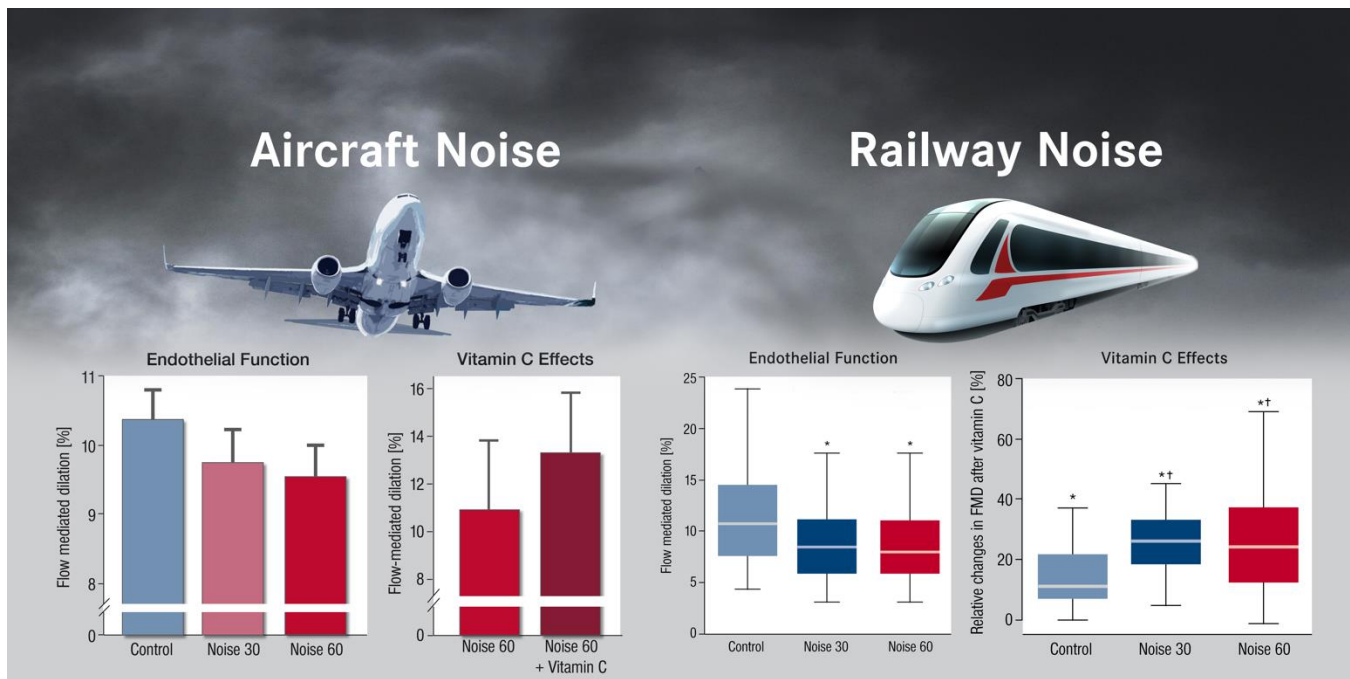


- Field study
- 30 or 60 Flights per night
- Peak sound pressure levels: 60 dBA
- Mean sound pressure levels: 43 and 46 dBA
- Noise from the Düsseldorf Airport

The endothelium regulates vascular tone



Nighttime noise causes endothelial dysfunction



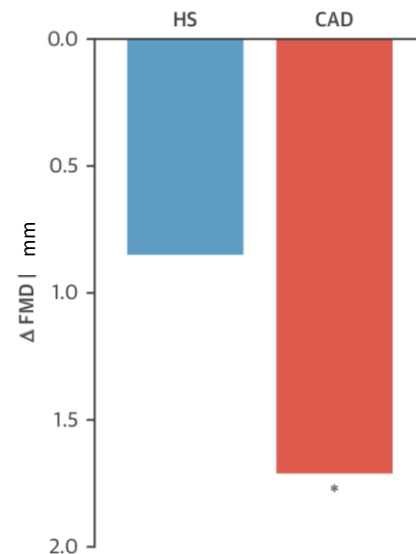
REVIEW TOPIC OF THE WEEK

Environmental Noise and the Cardiovascular System

Thomas Münzel, MD,^a Frank P. Schmidt, MD,^a Sebastian Steven, MD,^a Johannes Herzog, MD,^a Andreas Daiber, PhD,^a Mette Sørensen, PhD^b



FIGURE 1 Impact of Aircraft Noise Exposure on Endothelial Function of Healthy Subjects and Patients With Established Coronary Artery Disease



REVIEWS

Check for updates

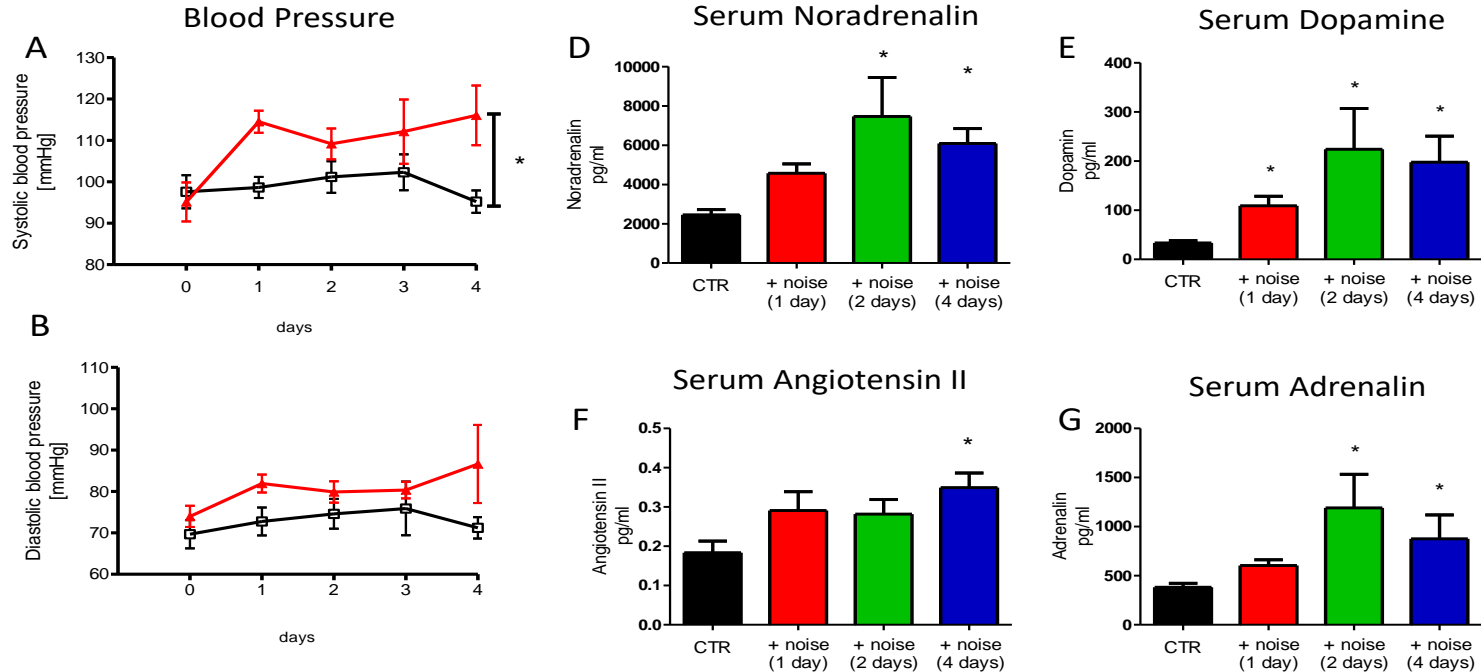
Transportation noise pollution and cardiovascular disease

Thomas Münzel^{1,2}, Mette Sørensen^{3,4} and Andreas Daiber^{1,2}

- Aircraft : Peak Decibel Level, 85 dBA, mean SPL 72dBA
- Noise for 1,2 and 4d
- For comparison: Identical mean sound pressure levels of white noise

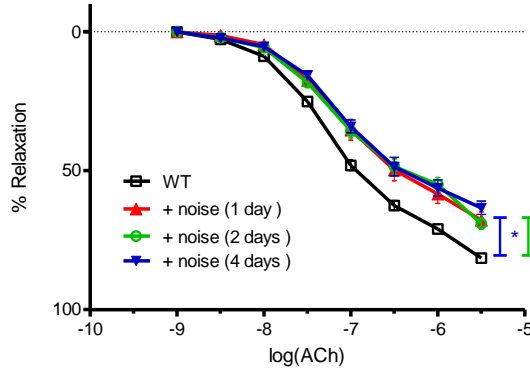


Effects of noise on vascular function, oxidative stress, and inflammation: mechanistic insight from studies in mice

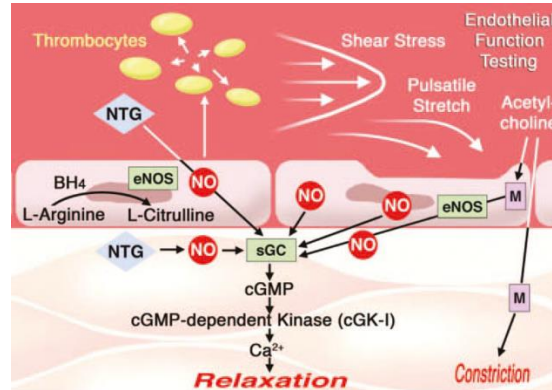
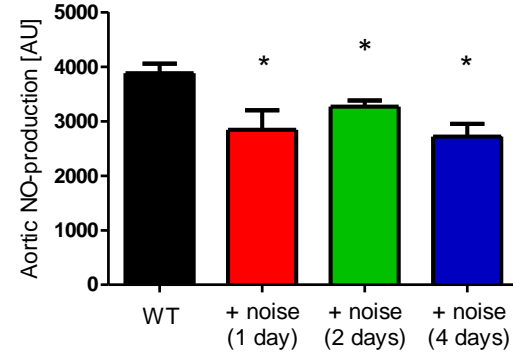


Vascular function, NO production:

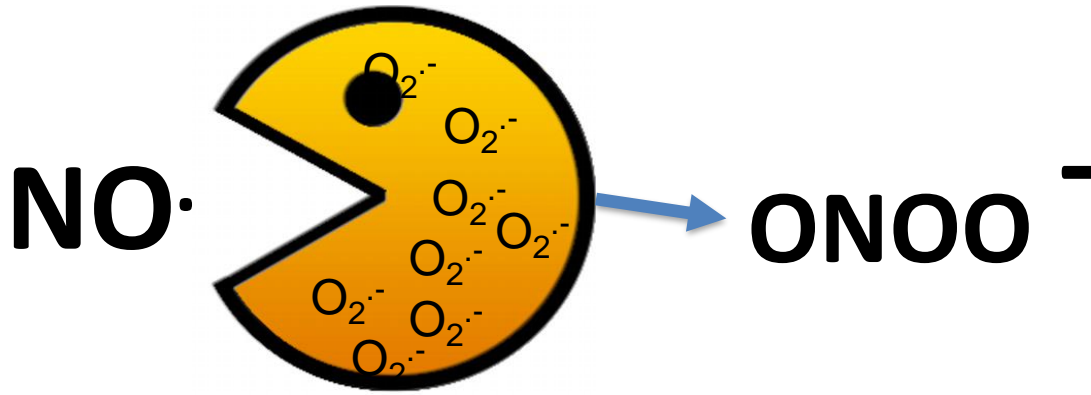
Endothelial function



Aortic NO production

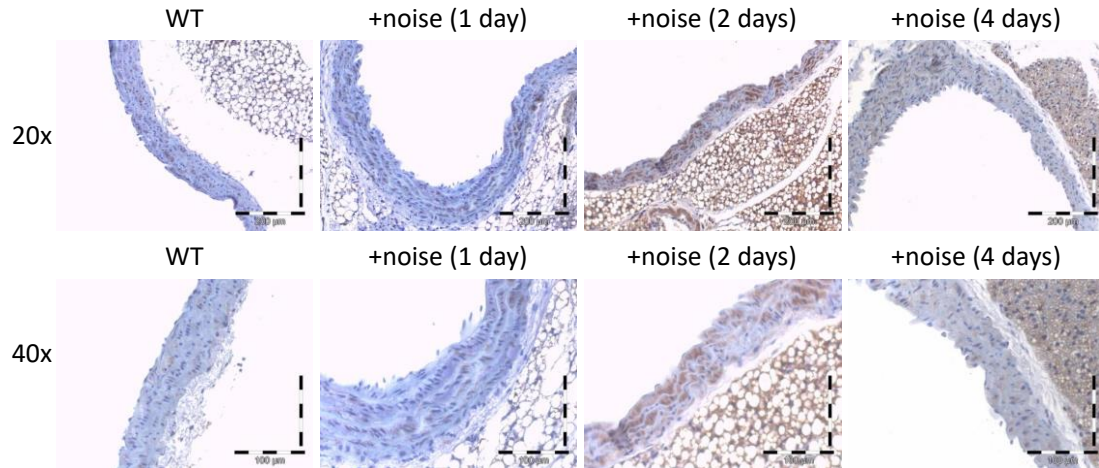
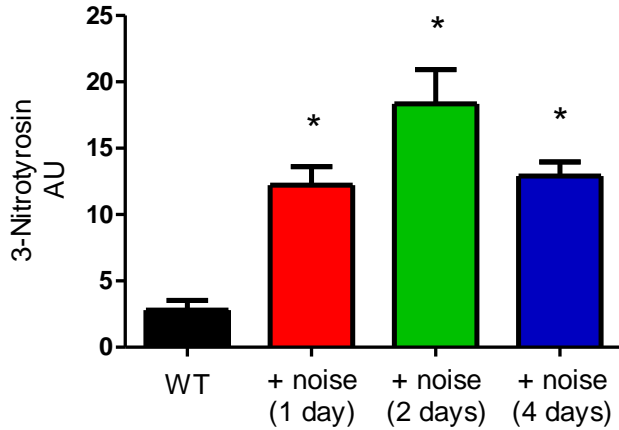


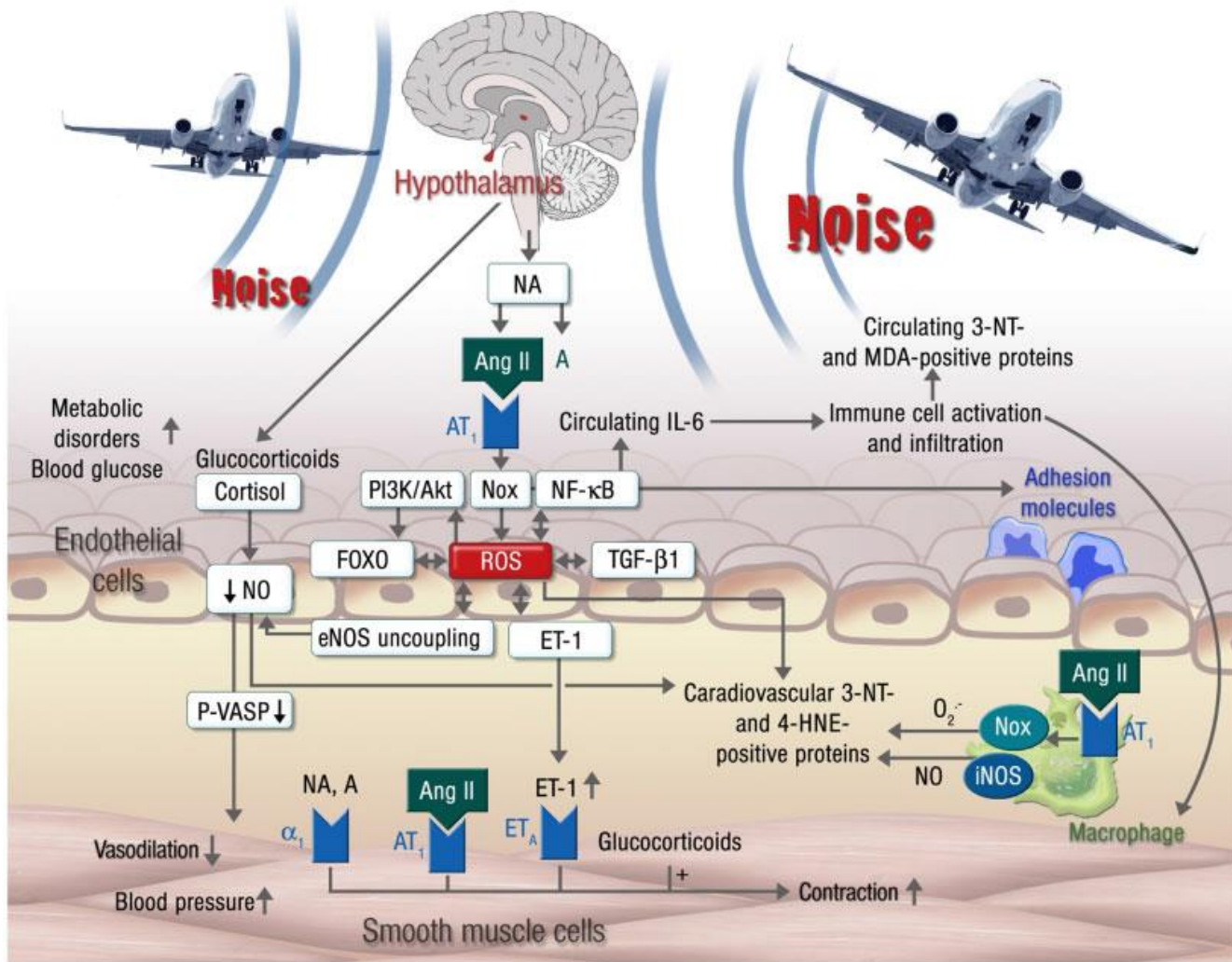
Noise causes oxidative Stress



Diabetes
Hypertension
Smoking
High Cholesterol

Nitrotyrosine







Nighttime Noise in Particular Damaging !



European Heart Journal (2011) **32**, 1484–1492
doi:10.1093/eurheartj/ehr007

CLINICAL RESEARCH
Prevention/epidemiology

Sleep duration predicts cardiovascular outcomes: a systematic review and meta-analysis of prospective studies

**Francesco P. Cappuccio^{1*†}, Daniel Cooper¹, Lanfranco D'Elia², Pasquale Strazzullo²,
and Michelle A. Miller^{1†}**

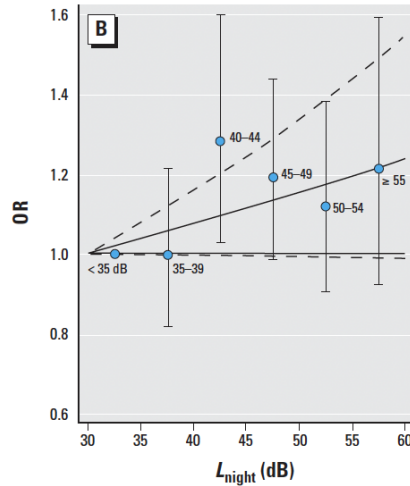
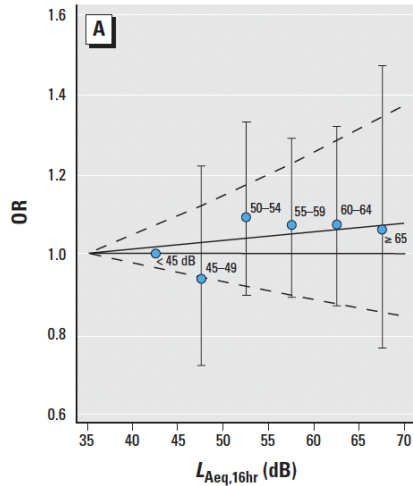
¹Warwick Medical School, University of Warwick, CSB Building, UHCW Campus, Clifford Bridge Road, Coventry CV2 2DX, UK; and ²Department of Clinical and Experimental Medicine, Federico II Medical School, University of Naples, Naples, Italy

Received 7 August 2010; revised 13 December 2010; accepted 13 January 2011; online publish-ahead-of-print 7 February 2011

Hypertension and Exposure to Noise Near Airports: the HYENA Study

Lars Jarup,¹ Wolfgang Babisch,² Danny Houthuijs,³ Göran Pershagen,⁴ Klea Katsouyanni,⁵ Ennio Cadum,⁶ Marie-Louise Dudley,¹ Pauline Savigny,¹ Ingeburg Seiffert,² Wim Swart,³ Oscar Breugelmans,³ Gösta Bluhm,⁴ Jenny Selander,⁴ Alexandros Haralabidis,⁵ Konstantina Dimakopoulou,⁵ Panayota Sourtzi,⁷ Manolis Velonakis,⁷ and Federica Vigna-Taglianti,⁶ on behalf of the HYENA study team

¹Department of Epidemiology and Public Health, Imperial College London, St Mary's Campus, Norfolk Place, London, United Kingdom; ²Department of Environment and Health at the Federal Environmental Agency (UBA), Berlin, Germany; ³National Institute of Public Health and Environmental Protection (RIVM), Bilthoven, the Netherlands; ⁴Institute of Environmental Medicine (IMM), Karolinska Institutet, Stockholm, Sweden; ⁵Department of Hygiene and Epidemiology, National and Kapodistrian University of Athens, Athens, Greece; ⁶Environmental Epidemiologic Unit, Regional Agency for Environmental Protection (ARPA), Piedmont Region, Grugliasco, Italy; ⁷Laboratory of Prevention, Nurses School, National and Kapodistrian University of Athens, Athens, Greece



- **Nighttime noise:** significant increase blood pressure
- **Daytime noise:** no significance
- Per 10 dBA/Odds ratio Night: 1.14 !

Nighttime noise: more risk for hypertension ?

Environment

ORIGINAL ARTICLE

Is aircraft noise exposure associated with cardiovascular disease and hypertension? Results from a cohort study in Athens, Greece

Konstantina Dimakopoulou,¹ Konstantinos Koutentakis,¹ Ifigeneia Papageorgiou,¹ Maria-Iosifina Kasdagli,¹ Alexandros S Haralabidis,¹ Panayota Sourtzi,² Evangelia Samoli,¹ Danny Houthuijs,³ Wim Swart,³ Anna L Hansell,^{4,5} Klea Katsouyanni^{1,6}

the night. Specifically, the OR for hypertension per 10 dB increase in L_{night} aircraft noise exposure was 2.63 (95% CI 1.21 to 5.71). Doctor-diagnosed cardiac arrhythmia was significantly associated with L_{night} aircraft noise exposure, when prevalent and incident cases were considered with an OR of 2.09 (95% CI 1.1 to 4.08). Stroke risk was also increased with increasing,

Environment

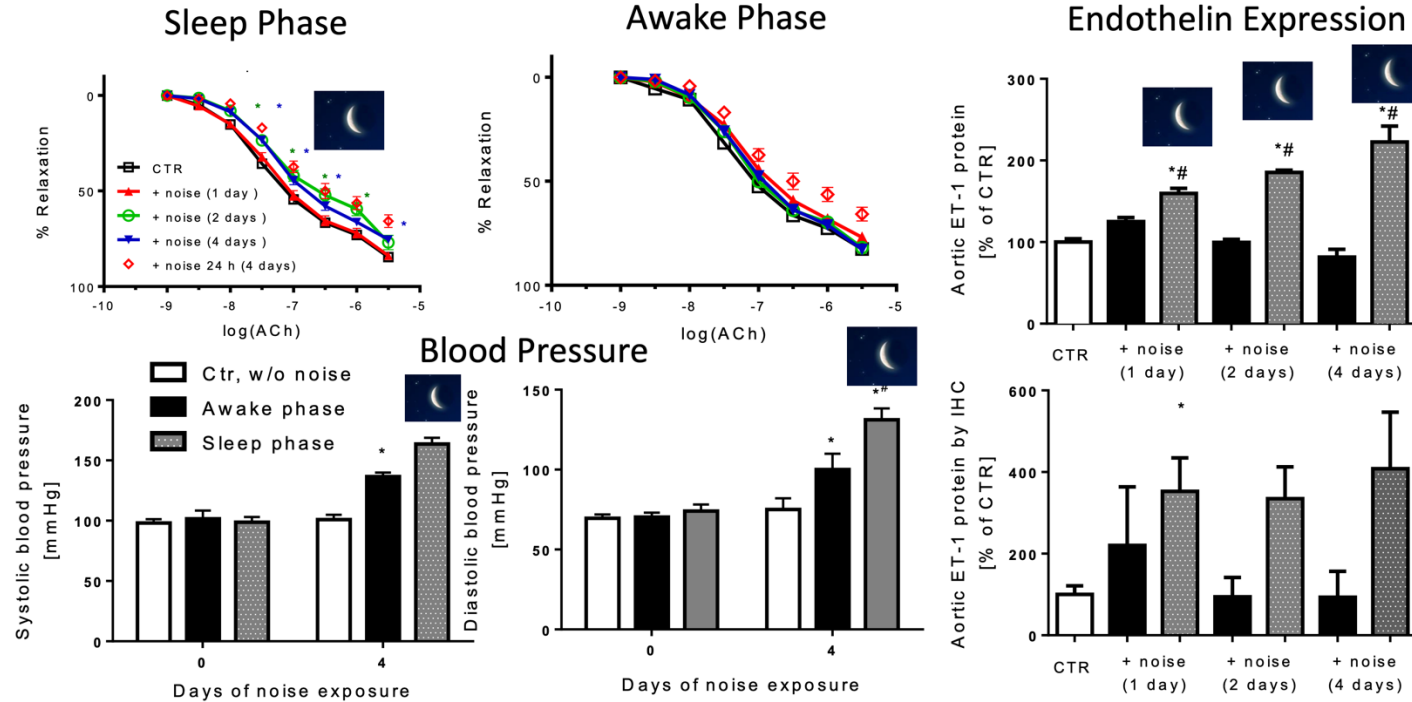
ORIGINAL ARTICLE

Does aircraft noise exposure increase the risk of hypertension in the population living near airports in France?

Anne-Sophie Evrard,¹ Marie Lefèvre,¹ Patricia Champelovier,² Jacques Lambert,^{2,3} Bernard Laumon⁴

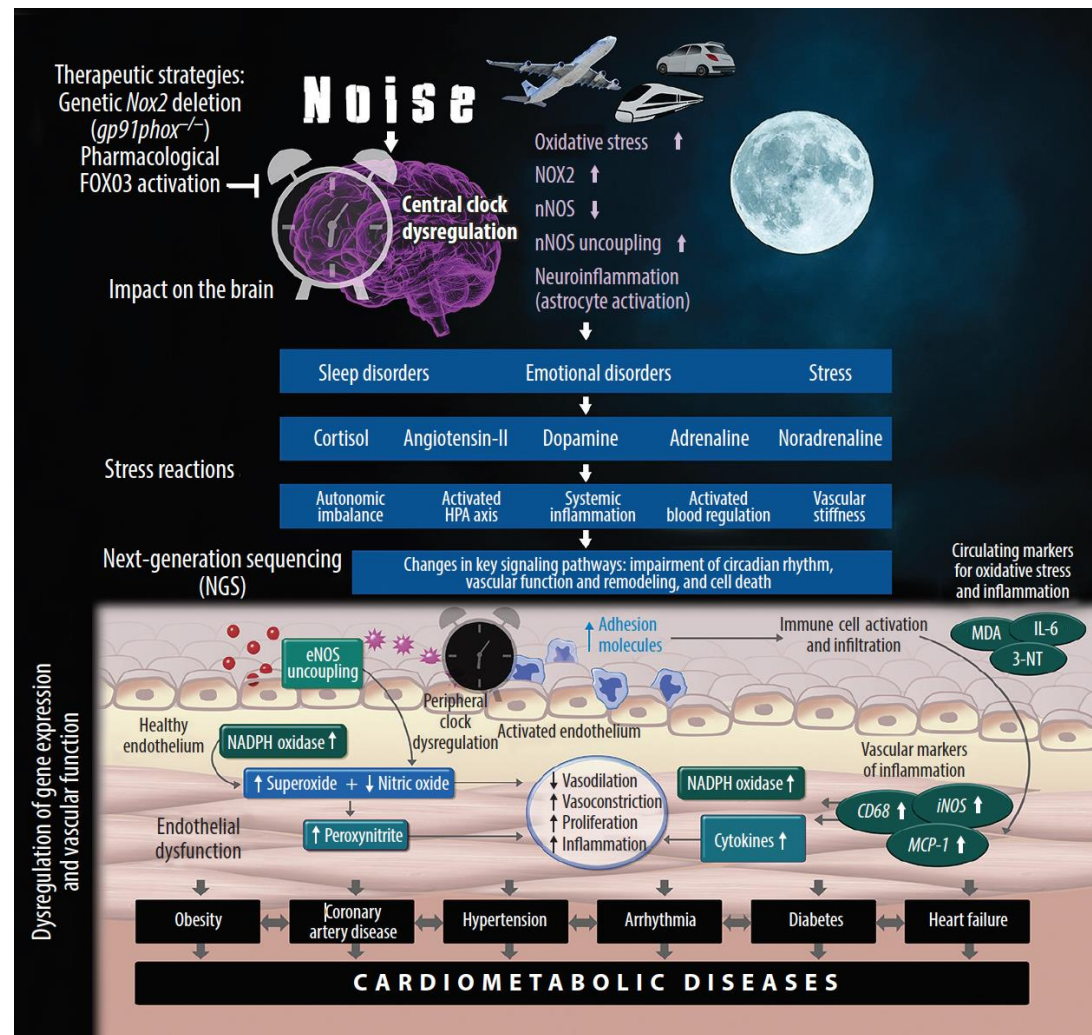
Results After adjustment for the main potential confounders, an exposure–response relationship was evidenced between the risk of hypertension and aircraft noise exposure at night for men only. A 10-dB(A) increase in L_{night} was associated with an OR of 1.34 (95% CI 1.00 to 1.97).

Nighttime noise in particular damaging



Annual Review of Public Health

Adverse Cardiovascular Effects of Traffic Noise with a Focus on Nighttime Noise and the New WHO Noise Guidelines





European Society
of Cardiology

Cardiovascular Research (2023) **119**, 1416–1426

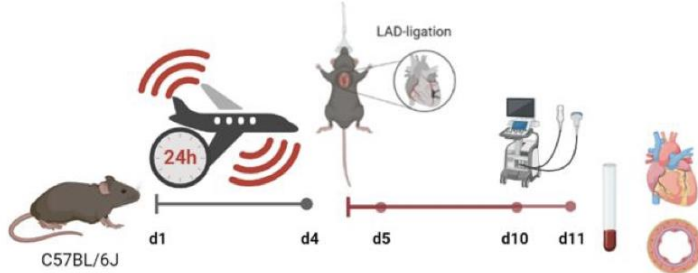
<https://doi.org/10.1093/cvr/cvad021>

Aircraft noise exposure induces pro-inflammatory vascular conditioning and amplifies vascular dysfunction and impairment of cardiac function after myocardial infarction

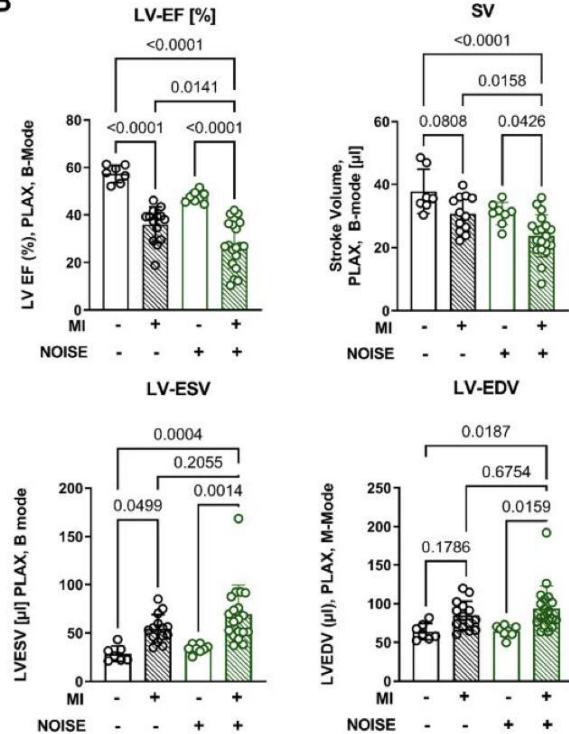
Michael Molitor ^{1,2,3†}, Maria T. Bayo-Jimenez^{1†}, Omar Hahad^{1,3}, Claudius Witzler², Stefanie Finger², Venkata S. Garlapati^{1,2,3}, Sanela Rajlic⁴, Tanja Knopp², Tabea K. Bieler², Melania Aluia^{1,2,3}, Johannes Wild^{1,2,3}, Jeremy Lagrange^{2,5}, Recha Blessing¹, Steffen Rapp⁶, Andreas Schulz⁶, Hartmut Kleinert⁷, Susanne Karbach^{1,2,3}, Sebastian Steven^{1,2,3}, Wolfram Ruf ^{2,3}, Philipp Wild^{1,2,3,6}, Andreas Daiber^{1,2,3†}, Thomas Münzel ^{1,2,3*†}, and Philip Wenzel^{1,2,3*†}

Larger infarcts, worse left ventricular function

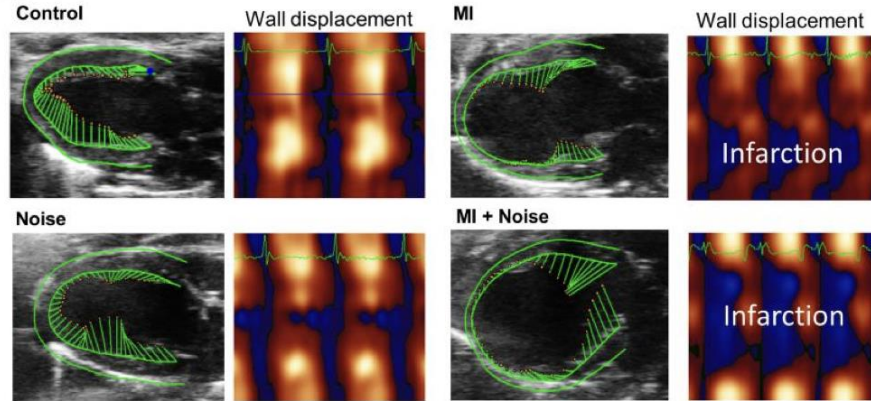
A



B



C



Gutenberg Health Study

Table 2 Echocardiographic and inflammatory parameters of the study population with MI and with or without noise annoyance

Aircraft noise annoyance	No (n = 46)	Yes (n = 54)	P-value
<i>Echocardiography</i>			
LV-EF (%)	65.6 (5.6)	62.5 (5.2)	0.0053
E/E'	8.71 (6.92/10.1)	8.21 (6.8/10.42)	0.6
LVMI (g/m ^{2.7})	38.8 (34.1/47.4)	44.3 (37.8/51.6)	0.088
RWT	0.44 (0.11)	0.43 (0.08)	0.5
<i>Inflammatory parameters</i>			
C-reactive protein	1.5 (1.2/3.3)	3.05 (1.77/5.81)	0.0094

Data are described as mean \pm standard deviation (or with median Q1, Q3 if they are skew > 3) or percentage.

Significance $p < 0.05$ is indicated by bold values in the last column. LV-EF, left ventricular ejection fraction; LVMI, left ventricular mass index; RW, Relative wall thickness.



Aircraft noise exposure and risk for recurrent cardiovascular events after acute coronary syndrome: A prospective patient cohort study

Hans-Georg Olbrich^{a,*}, Martin Rööslé^{b,c}, Eva Herrmann^d, Christian Maschke^e, Kerstin Schadow^a, Torsten Hähnel^f, Hans-Jürgen Rupprecht^g, Martin Kaltenbach^h

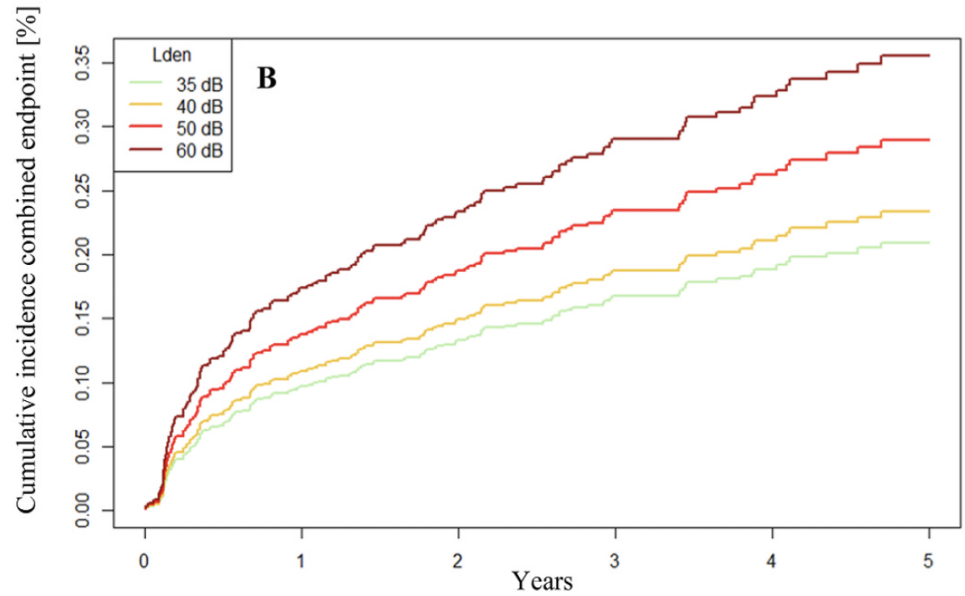


Fig. 3. Cumulative, confounder adjusted, incidence rates over 5 years of observation for the non-fatal (A) and combined (B) endpoints in relation to various levels of L_{den} , adjusted for age, sex, smoking status, body mass index, alcohol consumption, physical activity, and school education.

cardiovascular death, myocardial infarction, stroke, bypass surgery or percutaneous coronary intervention with stent implantation.

Mitigation of Transportation Noise Vascular Side Effects: Experimental Insight

Noise mitigation: experimental studies

Role for endothelial AMP-Kinase

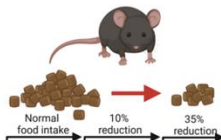
ESC European Society of Cardiology
 European Journal of Preventive Cardiology (2023) 30, 1554–1568
<https://doi.org/10.1093/eurjpc/zwad075>
FULL RESEARCH PAPER
 Air pollution and environmental science

Mitigation of aircraft noise-induced vascular dysfunction and oxidative stress by exercise, fasting, and pharmacological α 1AMPK activation: molecular proof of a protective key role of endothelial α 1AMPK against environmental noise exposure

Mitigation Regimens



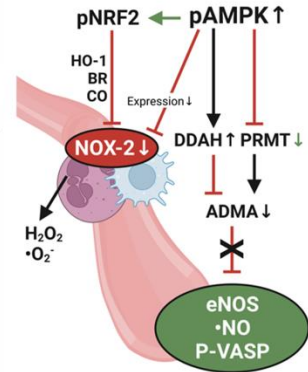
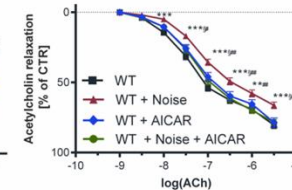
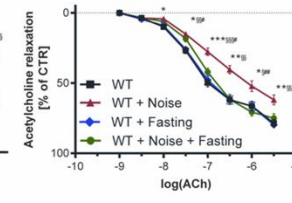
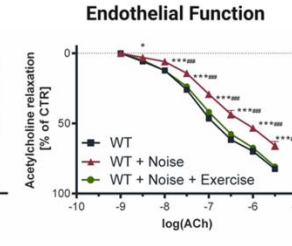
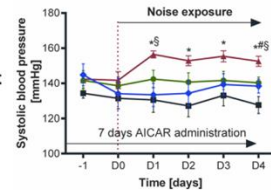
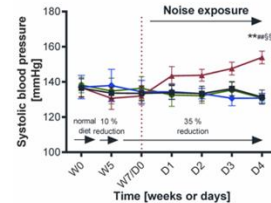
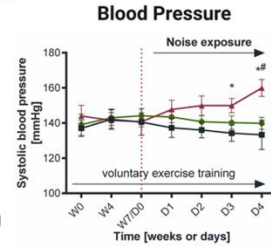
Voluntary exercise training



Intermittent fasting



AICAR treatment



Reduction of noise stress with alpha and betareceptor blockade

















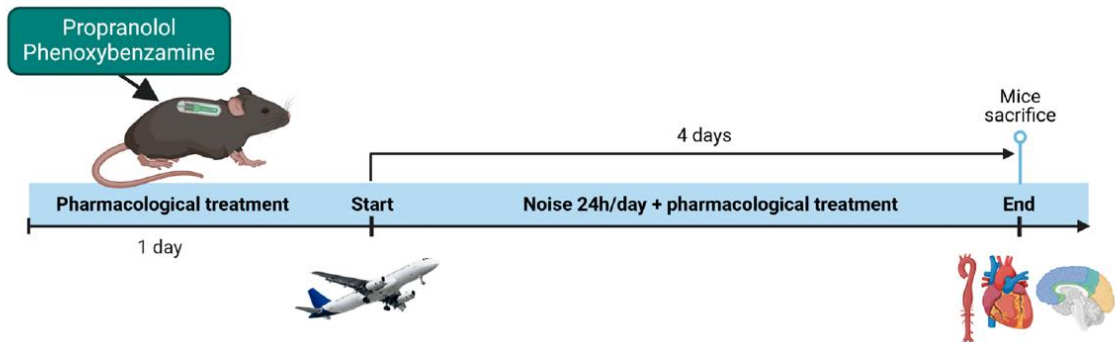
antioxidants



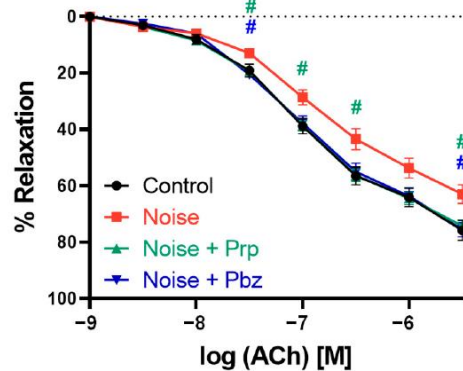
Article

Interventions by Cardiovascular Drugs Against Aircraft Noise-Induced Cardiovascular Oxidative Stress and Damage

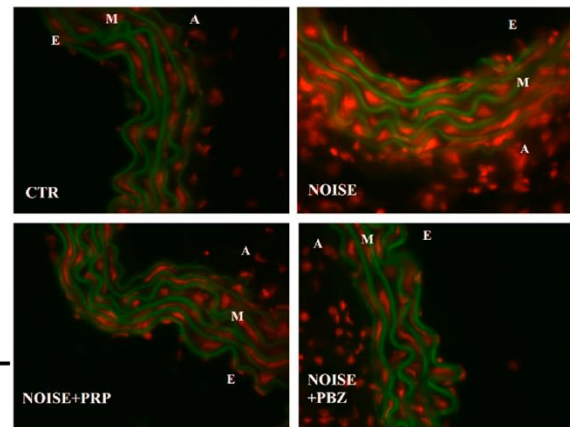
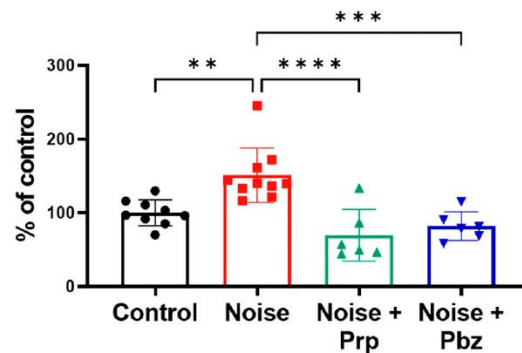
Marin Kuntić ^{1,2,†} , Ivana Kuntić ^{1,†} , Jiayin Zheng ¹ , Leonardo Nardi ³ , Matthias Oelze ¹ , Arijan Valar ¹, Dominika Mihaliková ¹, Lea Strohm ¹, Henning Ubbens ¹ , Qi Tang ⁴, Liyu Zhang ⁴, Guilherme Horta ³, Paul Stamm ¹ , Omar Hahad ^{1,2} , Dilja Krueger-Burg ³ , Huige Li ^{2,5} , Sebastian Steven ^{1,2,6} , Adrian Gericke ⁴ , Michael J. Schmeisser ³, Thomas Münzel ^{1,2}  and Andreas Daiber ^{1,2,*} 



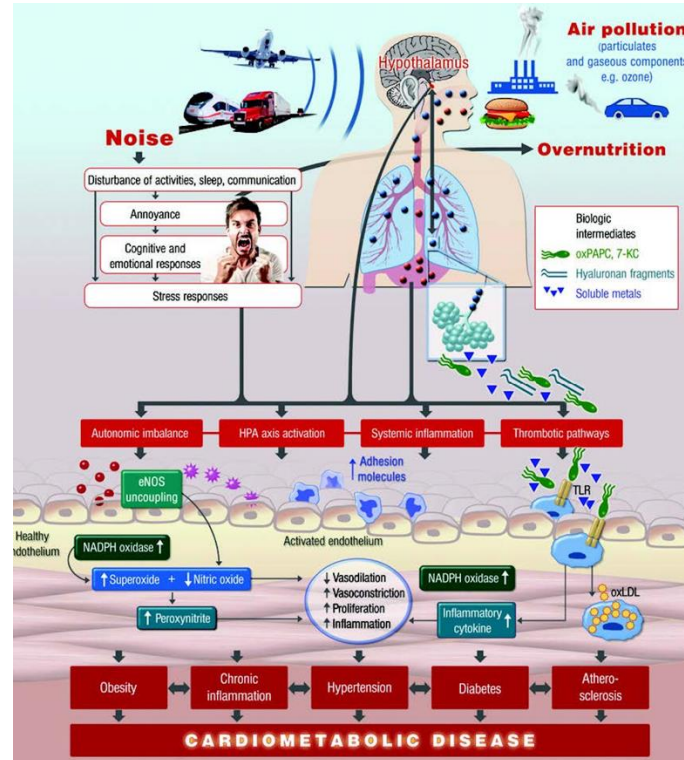
A Endothelium-dependent relaxation



C Aortic reactive oxygen species formation by DHE staining



Noise and air pollution coexposure



Aviation's health effects on populations near airports

The image shows the cover of a report titled "Health Impacts of Aviation UFP Emissions in Europe". The cover features a yellow background with a white curved shape in the center. Inside the white shape, there are three horizontal panels: the top panel shows a green field with trees under a blue sky; the middle panel shows the wing of an airplane flying over a city; the bottom panel shows a crowd of people. The title is written in blue text on the left side of the white shape. At the bottom left of the white shape is the CE Delft logo and the tagline "Committed to the Environment".

Health Impacts of Aviation UFP Emissions in Europe

Aviation emissions are a climate concern, and also have a serious impact on air quality. Yet, this issue has not received much attention from regulators or the aviation industry.

When jet fuel is burnt, it releases particulate matter (PM) of different sizes, including ultrafine particles (UFPs), tiny particles below the size of 100 nanometre in diameter - approximately 1000 times smaller than a human hair. Despite growing evidence that **UFP exposure can contribute to respiratory symptoms, heart rate variability, blood pressure problems and have long-term effects on mortality**, this pollutant remains largely under researched and unregulated.

The study **provides a first estimate of the health effects caused by aviation-related UFPs in Europe**, by summarizing the available scientific evidence, and extrapolating data from the Amsterdam Schiphol Airport area to the main European airports. The analysis estimates that **a total of 280,000 cases of high blood pressure, 330,000 cases of diabetes, and 18,000 cases of dementia may be linked to UFP emissions among the 51,5 million people living around the 32 busiest airports in Europe.**

More research required:

- Cardiovascular risk factors + noise
- Air Pollution + noise

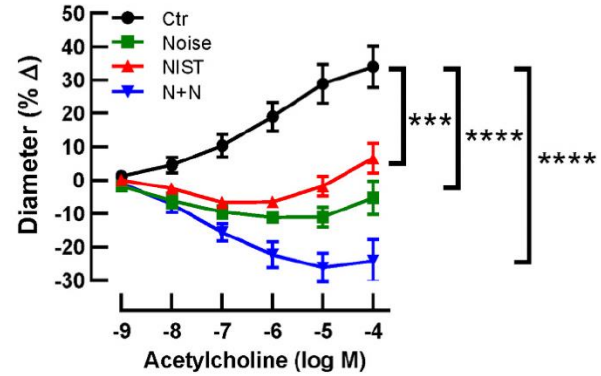


Co-exposure to urban particulate matter and aircraft noise adversely impacts the cerebro-pulmonary-cardiovascular axis in mice

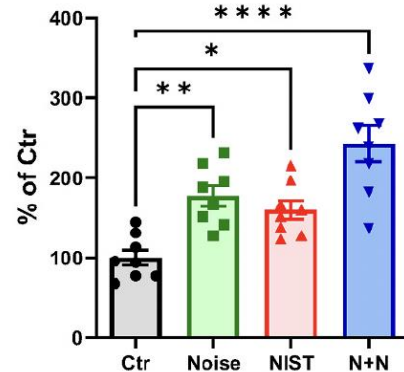
Marin Kuntic^{a,1}, Ivana Kuntic^{a,1}, Roopesh Krishnankutty^{b,1}, Adrian Gericke^c, Matthias Oelze^a, Tristan Junglas^a, Maria Teresa Bayo Jimenez^a, Paul Stamm^{a,d}, Margaret Nandudu^a, Omar Hahad^{a,d}, Karin Keppeler^a, Steffen Daub^a, Ksenija Vujacic-Mirski^a, Sanela Rajlic^{a,c}, Lea Strohm^a, Henning Ubbens^a, Qi Tang^c, Subao Jiang^c, Yue Ruan^c, Kenneth G. Macleod^b, Sebastian Steven^a, Thomas Berkemeier^f, Ulrich Pöschl^f, Jos Lelieveld^g, Hartmut Kleinert^h, Alex von Kriegsheim^{b,1}, Andreas Daiber^{a,d,*}, Thomas Münzel^{a,d,**,1}

Additive negative effects

+ Noise, +Air Pollution (N); both N+N



Cerebral arteriole DHE staining



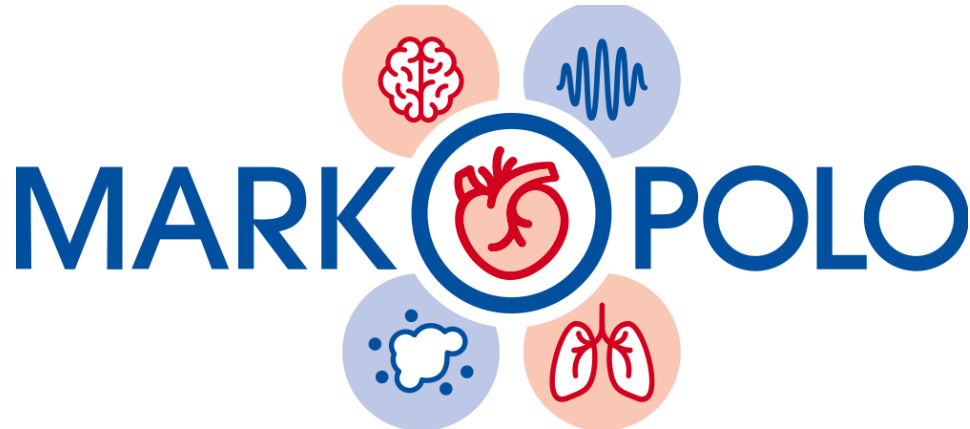
Europa / Funding & Tenders Portal notification

Dear Madam/Sir,

Congratulations. Your proposal has reached the stage of Grant Agreement preparation.

To view the evaluation results and the instructions on how to provide additional information and data required for the preparation of your Grant Agreement, log on to the Funding & Tenders Portal > My Project(s) (<https://ec.europa.eu/info/funding-tenders/opportunities/portal/screen/myarea/projects>) and click on Action > Manage Project.

Regards,
Grant Management Services



9.3 Millionen for 4 years

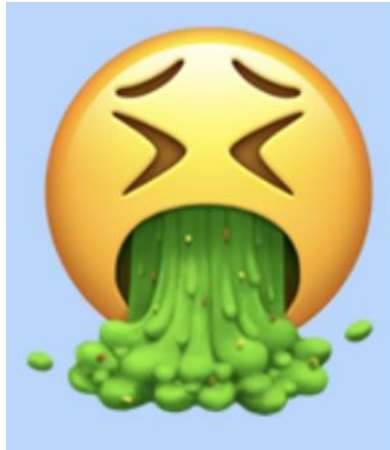
Markopolo:

Markers of pollution



Prof. Andreas Daiber

The future.....



The future

2050: Total world population: 9.7 Billion People

Total aircraft passenger number in 2050: 10 Billion

(in Millionen)

