

Publication

Auswirkung von Lärm auf die Gesundheit

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In the EU 27 countries about 100 million persons are exposed to road traffic noise above 55 dB (LDEN) according to the European Environment Agency. Exposure to railway noise affects 16 million individuals, aircraft noise 4 million and industry noise 1 million persons. Although the proportion of people reporting to be annoyed by noise exposure is substantial, health effects of noise is rarely an issue in general practitioners' consultations. According to stress models chronic noise exposure results in an increased allostatic load by direct physiological responses as well as psychological stress responses including sleep disturbances. In relation to acute and chronic noise exposure an increase of blood pressure was observed in epidemiological studies. An association between ischemic heart diseases and noise exposure was observed in various studies. However, the data is less consistent for other cardiovascular diseases and for cognitive effects in children. The association between metabolic syndrome and noise has rarely been investigated so far. Recently an association between road traffic noise and diabetes was observed in a Danish cohort study. Given the plausibility for a noise effect, general practitioners should consider noise exposure in patients with increased cardiometabolic risk.

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