Survey suggests light pollution's harmful!



Living near streetlights may raise the risk of <u>diabetes</u> by about 25%, according to a recent survey conducted in China; the results showed elevated blood glucose levels, insulin resistance and reduced beta cell function, which plays a critical role of assisting with regulating insulin within the human body.



Street lights may interfere with production of <u>melatonin</u>; a natural hormone involved in synchronizing circadian rhythms; such as sleep-wake timing, blood pressure regulation, seasonal rhythmicity and other critical bodily functions.

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This is a serious problem, which effects ~80 percent of the world's population, especially in urban areas. Curiously, the troubling topic of <u>light pollution</u> is an aging matter, which has only recently garnered the attention that it deserves.

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