



HEALTH MATTERS



Light Pollution – A Modern Health Hazard

By ELLEN KAMHI PHD, RN, AHG, AHN-BC/The Natural Nurse®

When I was attending a CVE area meeting, we were told that new lighting would be installed throughout the Village. Many people were happy to hear this, since it was thought that this would add a measure of safety for those walking around when it was dark, and as an extra security measure.

While those positive points may be true, I was not so happy with this news, since I knew it would also add to the light pollution.

Many people are not aware of the negative effects of being constantly inundated with artificial light, especially in the evening hours when natural darkness actually contributes to rest and rejuvenation, as well as the body's ability to create and regulate specific important hormones.

A high degree of artificial light leads to light pollution. This syndrome has four components which may overlap:

- Sky Glow- inhabited areas artificially brighten the night sky
- Light Trespass- light flooding areas where it is not wanted
- Glare- can decrease visibili-

ty and cause visual discomfort
Clutter- too many artificial light sources concentrated in overlit areas

Overlighting causes many negative repercussions.

Overlighting actually DECREASES visibility. Our eyes are naturally designed to be dark adaptive, which means the pupil opens appropriately for the amount of light that is present. When areas are overlit at night, the pupils never become dark adapted, so areas around bright lights are much more difficult to see, which actually reduces safety.

The American Medical Association has issued a statement about the negative health effects due to excessive light exposure, and they recommend that further research investigates the effects of too much light at night. They also suggest that new technologies should reduce the effects of light on human's body clocks, also known as the Circadian Rhythm.

Circadian Rhythms are a 24 hours day/light cycle that strongly effects all physiologic processes in all living organisms. Research clearly



indicates the negative effect of light pollution on birds, frogs and other wildlife.

In the scientific article **Missing the Dark: Health Effects of Light Pollution**, <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2627884/>, the author points out that there is ongoing research on specific negative effects on humans, including increasing insomnia, depression, cardiovascular issues, and disturbing evidence that light pollution may be linked to increases in tumor growth, as well as the obvious effect of interfering with sleep patterns.

Scientists are investigating the link between these health issues and the fact that artificial light interferes with

the body's natural production of the hormone, melatonin. Melatonin is produced by the pineal gland during the dark hours, and acts as a trigger for a wide range of biologic activities, including offering protection against the development of cancer and tumor growth.

One thing we CAN do about it, other than educate the powers that be to stop adding to the already out of control overlighting, is to take control of our own home environment. Its best to sleep in a 100 percent darkened room. These are some of the tactics I use: No digital clock in the bedroom. I put tape on all the little electronic lights that are on the cable box and TV. I also have an excellent, comfortable, contoured sleep mask. The Bucky Luggage 40 Blinks Ultralight Sleep Mask is the highest rated by Good Housekeeping. Other Masks which are completely flat to your face can interfere with sleep since the eyelashes get stuck when they move naturally during sleep cycles. I pull down all window shades and close the vertical blinds that open to the patio, since light trespasses right into my room from the buildings

across the water.

To all CVE residents- HAPPY SLEEPING!

Ellen Kamhi PhD, RN, The Natural Nurse®, is the author of several books, including ARTHRITIS, The Alternative Medicine Guide. Dr. Kamhi has been involved in natural health care for over 4 decades. She offers consults in person or by phone, and teaches a popular course at Century Village entitled Natural Remedies, March- April 2016. All CV residents are invited to sign up! www.naturalnurse.com 800-829-0918.

(Editor's note: As we all know and realize, when people age their vision ages with them. Since the motorists driving through Century Village after nightfall or before sunrise will now be able to utilize the additional visual assistance in the form of improved roadway/street lighting, the safety of those walking, jogging and or cycling around the Village will be greatly enhanced. If the new brighter street lamps prevent even one collision between a pedestrian at a crossing and a motor vehicle it will be a blessing from above. The benefits of brighter street lighting far outweigh the so-called deleterious effects which may accompany additional artificial lighting.)

PORCH ENCLOSURES

ENCLOSE YOUR PORCH
With **ACRYLIC** Gliders



RESTORE YOUR PORCH



NU-LIFE 5 Step Process Restores Your Porch Exterior WEATHER PROTECTION SYSTEM
• New Wood Paneling For Inside

NU-LIFE

HURRICANE SHUTTERS



SERVICES
Re-Screen
New Screen Enclosures
Yearly Maintenance
Window Cleaning

Did Your Porch Suffer HURRICANE Wind or Water Damage

FREE Porch Inspection
Receive A Complete Inspection Report.
We Check Your Porch Inside And Out
FREE Thank You Gift With Each Inspection
FREE Insurance Estimate

954 525-8198

Redmond CS, Condominium Service
Michael Johnson's Screen Supply Inc. cc#98-8905-AL

"Celebrating our 50th year!"
Since 1965

Over 40,000 Customers Can't Be Wrong!
Licensed & Insured


Consider Your Family's Future!

WILLS
TRUSTS
PROBATE
ESTATE PLANNING
LADY BIRD DEEDS
HOME VISITS ---- GLADLY!

*I live in Century Village!
I am your neighbor.*

Century Village Phone 954-725-8660

STEPHEN SHURIN, P.A.
ATTORNEY AT LAW
4086 HARWOOD "F"
DEERFIELD BEACH, FL 33442
954-725-8660



Stephen Shurin

"The hiring of a lawyer is an important decision. Before you decide to hire the lawyer to whom you are referred, ask that lawyer for written information about that lawyer's qualifications and experience."