

Testimony on coal shipments, May 24, 2016

My name is Nina Thrun

My profession is a Clinical Research Associate. I've worked in Clinical Research for 19 years. I live in Camas, with my husband.

We moved to Camas to live in this beautiful un-polluted, quiet area. My husband had a heart attack a few years ago and stopped smoking.

The coal trains traveling through Camas will release **significant** amounts of diesel particulate matter and coal dust and will increase noise pollution.

A review of scientific literature shows that the human body is not equipped to safely process the toxic side effects of air pollution any better than it is able to process cigarette smoke.

Data in medical journals shows that:

Diesel particulate matter is associated with increased cardiopulmonary mortality and increased heart attack rates. No safe threshold has been established. ¹⁾

Noise pollution

In adults, short term and long term adverse health effects of noise pollution have been documented, including heart disease and strokes ^{2), 3)}

We built a house in Camas, in what was a quiet, unpolluted area. We plan to stay here for the rest of our lives. I am very concerned that the proposed coal trains will increase the **cardiovascular adverse health effects** on my husband and all Camas residents. There are many other adverse **health** effects of diesel particulate matter, coal dust and noise pollution, but this effect concerns me deeply.

Please study the impact of the proposed coal trains on **cardiovascular health and health in general**.

References:

The following is a comprehensive review, by the American Heart Association, of 426 journal article references.

- 1) Particulate Matter Air Pollution and Cardiovascular Disease: An update to the Scientific Statement from the American Heart Association. *Circulation* 121:2331 – 2378

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- 2) Selander J, Milsson ME, Bluhm G, Rosenlund M, Lindqvist, M Nise G, Pershagen G. Long-Term exposure to road traffic noise and myocardial infarction. *Epidemiology* 2009; 20(2) 22 – 279
- 3) Willich, SN, Wegscheider K, Stallmann M et al. Noise burden and the risk of myocardial infarction. *Eur Heart J* 2006; 27: 276 – 282

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