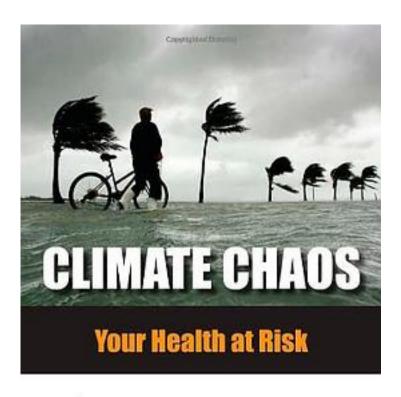
Climate Chaos



What You Can Do to Protect Yourself and Your Family

Cindy L. Parker, MD, MPH Steven M. Shapiro, PhD

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This book explains how global warming affects health and how to protect yourself and your family. As the debate over global warming continues, scientists around the world are studying subtle changes in human health across recent decades that coincide with climate changes. One of those scientists is author Cindy Parker, who has been immersed in a 5-year study funded by the U.S. government. Here, in conjunction with Steven Shapiro, she explains how both physical and mental health responds to factors including heat stress, poor air quality, poor water quality, and the rise of infectious diseases fuelled by even minor increases in temperature. They also show how other changes that may result from global warming - sea level increases, extreme weather events, and altered food supplies, for example - can also harm human health. Actions to prevent or reduce harm from all of these changes are presented in each chapter. Why should we care about climate chaos and global warming? The authors begin their book with a chapter showing the worst case scenario if global warming continues, and the best case scenario if we act now. This eye-opening work will appeal to general readers and to students of public health, medicine, environmental psychology, and science. This book is part of the "Public Health" series. Global warming is a very topical and important subject, with worldwide interest. Each chapter offers advice on what can be done to prevent or reduce the change being discussed.

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