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Summary of Recent Research on Air Pollution and the Lungs

This population based study used the Chinese Cardiovascular Association Database and compared short term air pollutant exposure and incidence of pulmonary embolism – a blood clot in the lungs. Particulate matter (PM_{2.5} PM₁₀) and NO₂ (Nitrogen Dioxide) exposure were associated with an increased risk of pulmonary embolism, with fine particulate matter (PM_{2.5}) associated with the highest risk.

Bao Y, et. al. Association between ambient air pollution exposure levels and the risk of developing pulmonary embolism in the Chinese population: findings from the Chinese Cardiovascular Association (CCA) Database-Chest Pain Centre. BMJ Open. 2026 Apr 15;16(4):e108349. doi: 10.1136/bmjopen-2025-108349. PMID: 41985957; PMCID: PMC13084851.