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Car fumes can change the brain in 2 hours – 2nd February 2023

Level 0

Air pollution can change our brain. It changes how parts of our brain connect with other parts. Research shows this can happen in two hours. A researcher was surprised by his research. Scientists always thought the brain was safe from the harmful effects of air pollution. Now he says air pollution affects the brain.

The study was on 25 adults. They breathed car fumes in a laboratory. Scientists took brain scans of them for two hours. The scans showed that there were fewer connections between the networks we use to think. Another professor worried about how traffic pollution can change the networks in our brain.

Level 1

Air pollution can change our brain. A study shows how car fumes change how parts of our brain connect with other parts. The research found that car fumes changed our brain's connectivity in two hours. A researcher was surprised by his research. He said: "For many decades, scientists thought the brain may be protected from the harmful effects of air pollution." He said his study shows there is a connection between air pollution and thinking.

The study was on 25 adults. They breathed car fumes in a laboratory. Scientists took brain scans of the adults for two hours. The scans showed that the thinking networks in the brain changed. There were fewer connections between the networks. Another professor was worried by how traffic pollution changed the networks. She said people should close car windows when in traffic. The brains of the 25 people were OK after they breathed clean air.

Level 2

Breathing air pollution could change our brain. A study shows that car fumes can change how parts of our brain connect with other parts. The research is from a university in Canada. It found that car fumes can change our brain's connectivity in two hours. Professor Chris Carlsten was surprised at what he found in his research. He said: "For many decades, scientists thought the brain may be protected from the harmful effects of air pollution." He added: "This study...provides fresh evidence supporting a connection between air pollution and [thinking]."

The pollution study was on 25 adults. Researchers asked adults to breathe car fumes in a laboratory. The team took brain scans of the adults for two hours. The scans showed that networks in the brain that we use for thinking changed. There were fewer connections between the networks. Another professor was worried when she saw how traffic pollution interrupted networks in the brain. She wants more research to see how car fumes change our brain. She said people should close car windows when in traffic. The brains of the 25 people returned to normal after they breathed clean air.

Level 3

Breathing in air pollution could change our brain. A new study shows that car fumes can change how our brain is wired - how parts of the brain connect with other parts. The research is from the University of British Columbia in Canada. Researchers found that car fumes can change our brain's connectivity in just two hours. A researcher, Professor Chris Carlsten, was surprised at what he found. He said: "For many decades, scientists thought the brain may be protected from the harmful effects of air pollution." He added: "This study, which is the first of its kind in the world, provides fresh evidence supporting a connection between air pollution and [thinking]."

The traffic pollution study was on 25 adults. The researchers asked the adults to breathe in car fumes in a laboratory. The research team took brain scans of the adults for two hours. The scans showed that networks in the brain that we use for thinking and remembering changed. There were fewer connections between the networks. Another professor said the research was worrying. She said: "It's concerning to see traffic pollution interrupting these networks." The researchers said there needed to be more research to see how car fumes change our brain. They also advised people to close car windows when in traffic. The brains of the 25 people returned to normal after they breathed clean air.