

Climate and Health E-News

Raising Awareness about Climate Change and Public Health in the Circumpolar North
No. 145, January 18, 2013

Circumpolar Climate Events Map – Click [here](#) for this month's map or visit our [archive](#).

LEO Network Map – Click [here](#) for this month's map or visit our [archive](#).

Dust on the Sun's Mirror *January 9, 2013*. Imagine yourself on a mountain slope. Bumblebees buzz around bluebell blossoms and the spring sun is bright. But the bloom is weeks past its prime and the hummingbirds are only just arriving. Spring is off schedule because of early snow melt caused by heightened temperatures and dust that lands atop the snow. [Anchorage Daily News](#)

Increasing Heat Records *January 14, 2013*. Monthly temperature extremes have become much more frequent, as measurements from around the world indicate. On average, there are now five times as many record-breaking hot months worldwide. In parts of Europe, the number of monthly records has increased by a factor of ten. [ScienceDaily](#)

Dengue fever in Europe *January 16, 2013*. Dengue is typically present in Asia, the Pacific, the Caribbean, the Americas and Africa. Mosquitoes, which become infected after biting individuals infected with dengue, can spread the virus after about a week. Europe has not experienced a sustained transmission of dengue fever since the 1920s, but as of Dec. 9, there was an estimated 2050 cases. [The Disease Daily](#)

Salinization of rivers *January 11, 2013*. Salinization affects rivers all over the world with high environmental and economic cost and risk to public health. Climate change and increasing water consumption can worsen the situation in the future, according to an article published on the journal *Environmental Pollution*. [ScienceDaily](#)

Eating berries reduces heart attacks *January 14, 2013*. Blueberries and strawberries contain high levels of compounds that have cardiovascular benefits. *According to an article published in the Journal of the American Heart Association*, women who ate at least three servings of blueberries and strawberries per week reduced their risk of heart attacks by as much as one-third. [ScienceDaily](#)

Video of the week - Hello hungry polar bear! Wildlife cameraman Gordon Buchanan was shooting a documentary about a family of polar bears in Norway's Svalbard Arctic archipelago when he attracted the attention of a female bear. Luckily Buchanan was inside a protective pod made of reinforced steel and Plexiglas. [Alaska Dispatch](#)

Climate and Health E-News is received around the circumpolar north by people who are interested in climate change and public health. For back issues click [here](#). To subscribe or unsubscribe, please click [here](#).

Regards – Mike

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Alaska Native Tribal Health Consortium

Safe, Healthy, Sustainable Communities