

# Docs warn of coronary problem turbine link

## Heart of noise



Dangers ... turbines

By **KIERAN DINEEN**  
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**PEOPLE living near noisy wind turbines are at risk of heart attacks and obesity, medics have warned.**

The Government is being urged to lower the din from generators and increase their distance from households.

The Irish Doctors' Environmental Association say noise levels here are four times World Health Organisation guidelines. They are also

concerned about the distance that turbines are located from family homes.

The issue was highlighted by Prof Alun Evans, visiting research professor at Queen's University Belfast, and Prof Graham Roberts, lead clinical consultant at Waterford Regional Hospital.

They warned that a lack of sleep caused by wind turbines is putting young and old at risk of medical problems. Prof Evans said: "Because of its impulsive, intrusive and sometimes incessant nature the noise from wind turbines is particularly likely to disturb sleep.

"The young and the elderly are particularly at risk. Children who are sleep-deprived are more likely to become obese, predisposing them to diabetes and heart disease in adulthood.

"Adults who sleep poorly are more at risk of a range of diseases, especially heart attacks, heart failure and stroke, and to cognitive dysfunction and mental problems."

Doctors are calling on Environment Minister Alan Kelly to introduce a maximum noise level of 30 decibels as recommended by the WHO. In Ireland it's currently quadruple that figure.

They also want homes to be at least 1.5km away — similar to what is permitted in Australia. The Irish limit is just 500metres.

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