

Artificial light at Night and Cancer: National Study

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Abstract

Artificial light is composed of visible light as well as some ultraviolet (UV) and infrared (IR) radiations, and there is a concern that the emission levels of some lamps could be harmful for the cancer and the eyes. Both natural and artificial light can also disrupt the human body clock and the hormonal system, and this can cause health problems. The ultraviolet and the blue components of light have the greatest potential to cause harm. However exposure of Artificial light at night as an environmental risk factor and its relation to cancers in humans has never been studied in detail.

Aim

Artificial lighting is rapidly increasing yet the consequences for biodiversity and ecosystem functioning are barely known. This research will explore the association of Artificial light at night with all forms of cancers in hospitals in Nablus city. So this based on the idea that exposure to light at night would result in melatonin suppression that would, in turn, increase cancer risk.

Methodology

A case control quantitative design will be used to conduct this study. The questionnaires were distributed among patient related to artificial light. The results will be discussed after collecting the distributed questionnaires and analyzing it by SPSS program. From the data analyzed and discussion conclusion will provide suggestion.

Result

There were statistically significant differences between patients' answers to the study questions according to the age, marital status and level of education of each patient.

Conclusion

A large proportion of people exposed to light, both cancer-stricken and uninfected, knew nothing about blue light or knew that blue light was a dangerous light

Key words

Artificial, light, Night, Cancer