



The Road Report & More

Health, Science, & Climate Action

Dr. Shahir Masri



Speakers United!

It's been an active October thus far. There have been a number of climate and other environmental events taking place in cities all around the country. This past week I was thrilled to have joined a panel alongside a variety of passionate climate leaders at

an event hosted by the Woman's Democratic Club of Newport Beach, CA. Some speakers discussed climate education in the school system, while others talked about important climate solutions such as the bill [H.R. 763](#) that is now in Congress. Perhaps most exciting was the fact that we had two teenage speakers (a brother and sister!). These two teens are striking every Friday in their home town in order to draw attention to the climate crisis. Personally, I find it inspiring to see such passion among our youth. And inspiration is what we all need!

Climate & Bees

We've all heard about dwindling honey bee populations. Many scientists point to rampant pesticide use. But did you know that climate change poses



another major threat?

In this video, I interview Mike from "Annie and Mike's Honey," located in Massachusetts. He explains how recent weather patterns have made life difficult for bee keepers in the northeast. The video was shot at a Native American Pow Pow that Athina and I visited while "on the road for climate action" last fall. [Click here](#) to watch! And please share this on your social media page as we each are important players in raising climate awareness.



Will Costlier Beer Wake Us to Climate Change?

Agricultural disruption is one of the notorious impacts that a warmer planet is projected to come with. However, such impacts will not be the same everywhere and for every crop. Barley, the crop used to make beer, for instance, is especially vulnerable to bouts of

extreme heat waves and drought. In [a recent study](#) out of my own university (UCI), a team of scientists decided to take a closer look at the potential for crop losses according to a series of different climate projections. Their analysis found that extreme heat and drought events may cause substantial decreases in barley yields worldwide, with average yield losses ranging from 3% to 17%. Under the higher estimate, beer prices on average [would double](#), with prices in certain places like Ireland evening tripling. This research is just one more example of the complex interconnections of climate change. Next time you hear people dismiss climate change because they don't care about polar bears, ask them if they care about beer!

Canned Food Study

Recently, I shared a blog about BpA and other chemical exposures that one can incur through the use of plastic water bottles. It's important to be aware, however, that plastics are not the only major source of BpA. People are also exposed through consuming canned food



and beverages. This is because BpA is used to line the insides of these cans prior to packaging. As a reminder, BpA can interfere with metabolic processes and cause reproductive health problems, and is therefore important to avoid. Together, by reducing your consumption of canned foods and soft drinks, and by avoiding certain plastics, you can successfully avoid the two greatest sources of human BpA exposure! I can personally attest to the effect these exposures have on BpA levels in the body. Several years ago I participated in a Harvard study assessing BpA exposure through canned soup consumption. For two separate weeks during the study period, us “subjects” were fed either fresh soup or canned soup for lunch. Our urinary BpA levels were then analyzed for comparison. The study found that average BpA levels were 10x higher following canned soup consumption compared to fresh soup consumption. My personal BpA levels were about 25 times higher during the week that I consumed canned soup! These results were ultimately published in the Journal of the American Medical Association.

October 25th

Modesto, CA

Modesto Junior College

[More Info](#) >>

October 24th

Santa Cruz, CA

University of California Santa Cruz

[More Info](#) >>

October 22nd

Irvine, CA

University Synagogue

[More Info](#) >>

October 15th

Newport Beach, CA

Oasis Senior Center

Coming Up in October!

If you're in Orange County, CA, come join me tomorrow at the Democrats of Orange County Political Action Committee, where I'll be talking about climate change causes, impacts, and solutions. For those of you in northern California, I'll be speaking later this week at U.C. Santa Cruz and Modesto Junior College. All events are open to the public, so come join for some educational fun. I'll be doing a book signing following each talk with my book *Beyond Debate* available for purchase. To learn more about each event, [click here](#) and you'll be directed to my online calendar.

Have a great week!

Dr. Shahir Masri

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