

We strongly support Oregon Housebill 2538 that modifies requirements for motor vehicle exhaust systems. As residents in Hillsboro, we have experienced a sharp increase in the past 2 years of excessive and unnecessary vehicular noise due to post-market exhaust system modifications. Previous testimony alludes to practical harms of this noise including loss of sleep and other quality of life concerns. These are very important concerns, yet there are additional health considerations.

#### Noise Causes Adverse Health Outcomes

Aside from the annoying effects of noise, a growing body of evidence indicates that noise in general contributes to several adverse health outcomes. The effects on mental health include depression, anxiety and diminished psychosocial well-being. Intense noise levels can cause personality changes, even violent reactions, and has shown to be a trigger for individuals suffering from post-traumatic stress disorder (PTSD).

If the psychological effects were not enough, noise in general has also been found to increase the risk of heart disease through increased blood pressure, levels of stress hormones and blood vessel inflammation. These effects are especially noted at night when moderate noise levels (45-55 dBA) are sufficient to constrict blood flow and result in myocardial infarction (heart attack). Further, traffic noise is associated with increased risk of stroke, diabetes, weight gain and sleep disturbance.

Given this evidence, why then would we have public policy that allows excessive and unnecessary noise due to post-market vehicular exhaust system modifications?

#### Why the Current Law is not Adequate

Current law requires assessment of decibel levels for enforcement. In speaking with a police officer we understand that this is not feasible and therefore does not lead to enforcement of offenders. Housebill 2538 is clear and provides the police with the tools needed to enforce the law, decreasing the harmful mental and physical effects of excessive and unnecessary vehicular noise.

Thank you for addressing this significant public health and quality of life issue in our communities.

Sincerely, Patrick Dunn M.D. (retired) and Constance Rosson M.D. (retired)