



## bioPhilly

Light pollution in urban environments has been a growing problem for decades. Paradoxically, the introduction of energy-efficient LED bulbs is making cities glow even brighter. Current research, including the 2017 Nobel Prize-winning research into the [Circadian Clock Gene](#) has determined that increased nighttime illumination has disruptive consequences for all forms of life: plants, animals, pollinators and humans alike. Studies have shown that light pollution unravels the intertwined tapestry of day and night pollinators, that it speeds up the circadian rhythm of birds and other city dwellers, including ours. We now know that circadian disruption in humans leads to elevated stress hormone levels, increased inflammation and reduced immune function among other significant health challenges, such as melatonin sensitive cancers.

BioPhilly 4 brings together a diverse panel of experts from the City of Philadelphia Office of Sustainability, the fields of entomology, occupational and environmental medicine, ornithology, urban landscape design, urban wildlife and Philadelphia Parks & Recreation environmental education to discuss these shared challenges.

If you would like to sponsor this event, please complete the form on the back. If you have questions about the event or sponsorship, contact Vera Neumann-Sachs at [info@biophilly.org](mailto:info@biophilly.org).

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## BioPhilly 4

### Birds, Bees, and Us: Circadian Health In Urban Environments

#### DATE AND TIME

**Thu April 5, 2018**

**6:00 PM – 9:00 PM**

#### LOCATION

**Dorrance H. Hamilton Building, 4th Floor,  
Jefferson University 1001 Locust Street,  
Philadelphia, PA 19107**

#### PANELISTS

**[Adam Agalloco, CEM, LEED AP](#)**

Energy Manager City of Philadelphia

**[John Cambridge, Ph.D., MPH, CEO](#)**

Philadelphia Insectarium, Butterfly Pavilion

**[Tony Croasdale](#)**

Environmental Educator Philadelphia  
Parks & Rec, The Urban Wildlife Podcast

**[Kim Douglas](#)**

M. Land. Arch, College of Architecture and  
Built Environment Jefferson University

**[Keith Russell](#)**

Program Manager for Urban Conservation,  
Audubon PA

**[Pouné Saberi, M.D.](#)**

Occupational and Environmental Medicine,  
Physicians for Social Responsibility

#### MODERATOR

**[Helena van Vliet, AIA](#)**

BioPhilly, President,  
BioPhilly Cities Project, steering committee

**MONARCH  
BUTTERFLY  
\$750**

**3 Tickets**

Linked logo on  
event communications

**CARDINAL  
\$500**

**2 Tickets**

Linked logo on  
event communications

**HONEY BEE  
\$250**

**1 Ticket**

Linked company name (text)  
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## BioPhilly 4

Birds, Bees, and Us:  
Circadian Health  
In Urban Environments

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