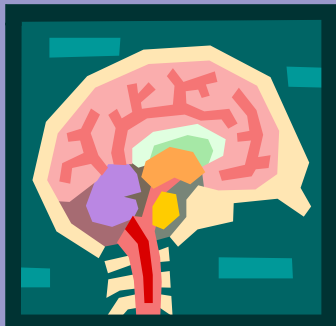


*Scientific Studies:****Mold Induced Neuropsychological Illness***

“Molds can trigger asthma episodes in sensitive individuals.”



Researchers at Texas Southern University say contamination of the indoor environment by toxigenic molds is directly related to adverse health effects.

Mold releases spores into the air to reproduce. These spores grow readily in damp environments and are easily inhaled.

According the Environmental Protection Agency (EPA), “Molds can trigger asthma episodes in sensitive individuals with asthma. People with asthma should avoid contact with or exposure to molds.” However, mold exposure is not limited to affecting only asthmatics.

Researchers examined twelve female office workers who presented with symptoms of neuropsychological illnesses with mold as the suspected cause.

The subjects complained of weakness and numbness in their legs, dizziness, loss of memory, lightheadedness, vertigo, fatigue, getting lost in familiar territory, and confused thoughts.

Various tests were carried out including immunological testing, EEG’s, and neuropsychological tests. All the subjects showed abnormal antibodies to *Alternaria tenuis*, *Pulularia pullulans*, and *Epicoccum nigrum*, each a form of mold.

EEG’s were abnormal in all subjects and some showed evidence of tremor and paresis (a partial loss of movement).

The most significant finding was gross neuropsychological abnormalities similar to those observed in the brain-damaged population. Neuropsychological evaluation examines brain function and impairment and identifies the brain area affected.

The researchers concluded that chronic exposures to toxigenic molds appears to lead to neuropsychological manifestations.

The key to controlling mold is to control moisture, especially in water damaged areas. Good indoor circulation is helpful. A dehumidifier in damp areas is essential, as are exhaust fans, particularly in the bathroom after showering.

The Environmental Protection Agency (EPA) has a resource site for mold at:

<http://www.epa.gov/mold/moldresources.html>

Reference

Anyanwu, EC, Kanu, I, Nwachukwu, NC, Saleh, MA. Chronic Environmental exposure to *Alternaria tenuis* may manifest symptoms of neuropsychological illnesses: A study of 12 Cases. *Journal of Applied Sciences & Environmental Management*, Vol. 9, No. 3, 2005, pp. 45-51.