

## INSIDE THIS ISSUE:

Hawaii Dual Recognition for MCS and MCS America 2

Changes in the ADA May Affect People with MCS 4

Radiation in Our Children's Drinking Water 6

Awareness Month T-shirts Available Now 9

T-shirt Design Contest! 11

Patient Resources 12

Community News 20

Research Studies 21

# MCSA NEWS

VOLUME 6 ISSUE 4 APRIL 2011

## Hawaii Governor Dually Recognizes May for



### Proclamation Presented

#### In Recognition of Multiple Chemical Sensitivity Month

WHEREAS, MCS America mission statement is to gain medical, legal, and social recognition for Multiple Chemical Sensitivity (MCS) as a disorder of organic biological origin induced by toxic environmental insults; provide support and referral service to the individuals with Multiple Chemical Sensitivity (MCS), Chronic Fatigue Syndrome (CFS), Fibromyalgia (FM), and other environmental illnesses; and ensure that environmental toxicants are identified, reduced, regulated, and enforced through lobbying for effective legislation; and

WHEREAS, MCS America provides help to people of all ages in Hawai'i that have developed a condition known as Multiple Chemical Sensitivity (MCS), as a result of either a single massive exposure or repeated low-level exposures to toxic chemicals and other irritants in the environment; and

WHEREAS, MCS America raises awareness of Multiple Chemical Sensitivity (MCS), which is recognized by the World Health Organization, the International Classification of Diseases, the Americans with Disabilities Act, the Social Security Administration, the United States Department of Housing and Urban Development, the Environmental Protection Agency, and the Centers for Disease Control, as well as other State and Federal government agencies and commissions that support the health and welfare of the chemically injured; and

WHEREAS, MCS America provides understanding that Multiple Chemical Sensitivity (MCS) is a chronic condition for which there is no known cure; symptoms include chronic fatigue, muscle and joint pains, rashes, asthma, headaches, and other respiratory and neurological problems; and

WHEREAS, MCS America affords individuals with Multiple Chemical Sensitivity (MCS) the knowledge that major financial, employment, housing, health, and social consequences may arise from this disability; and

WHEREAS, MCS America assists individuals with Multiple Chemical Sensitivity (MCS) adjust to and manage their condition with the supportive help of their family, friends, and co-workers;

THEREFORE I, NEIL ABERCROMBIE, Governor, and I, BRIAN SCHATZ, Lieutenant Governor of the State of Hawai'i, do hereby proclaim May, 2011 as

#### "MULTIPLE CHEMICAL SENSITIVITY AWARENESS MONTH"

in Hawai'i and encourage the people of the Aloha State to join us in recognizing MCS America for its contributions to the health and wellness of our communities.

DONE at the State Capitol, in the Executive Chambers, Honolulu, State of Hawai'i, this twenty-eighth day of April, 2011.

NEIL ABERCROMBIE  
Governor, State of Hawai'i

BRIAN SCHATZ  
Lt. Governor, State of Hawai'i

## MCS Awareness & MCS America's Efforts!

*News*

# *Hawaii Governor Dually Recognizes May for MCS Awareness & MCS America's Efforts*

When I was told that the governor of Hawaii had signed a proclamation declaring May 2011 as Multiple Chemical Sensitivity Awareness Month, I was delighted! As I patiently waited for the proclamation to arrive, I never anticipated this perfectly and beautifully worded document thanking MCS America for its contributions to the health and wellness of the Hawaii community! I am honored that Governor Abercrombie and Lt. Governor Brian Schatz have formally recognized MCS America's efforts.



## *Proclamation* *Presented*

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**DONE** at the State Capitol, in the Executive Chambers, Honolulu, State of Hawai'i, this twenty-eighth day of April, 2011.

  
NEIL ABERCROMBIE  
Governor, State of Hawai'i

  
BRIAN SCHATZ  
Lt. Governor, State of Hawai'i

Since its inception in 2006, MCS America has worked to gain medical, legal, and social recognition for multiple chemical sensitivity (MCS) as a disorder of organic biological origin induced by toxic environmental insults; provided support and referral services to the individuals with multiple chemical sensitivity (MCS), chronic fatigue syndrome (CFS), fibromyalgia (FM), and other environmental illnesses; and worked toward ensuring that environmental toxicants are identified, reduced, regulated, and enforced through promoting effective legislation. This is only possible because of community involvement.

On behalf of MCS America and our MCS community, I humbly thank Governor Abercrombie and Lt. Governor Schatz for this gracious proclamation. Their recognition of MCS America's outreach efforts to people with Multiple Chemical Sensitivity is greatly appreciated. This proclamation will be used to foster awareness of this health crisis, encourage policy and procedure changes to support people with Multiple Chemical Sensitivity, and make public services and places accessible to people with MCS in Hawaii and all across America.

**“A special thank  
you also goes to  
Susie Collins  
at the  
Canary Report for  
working with me  
on the request for  
May 2011  
to be  
recognized  
as MCS  
Awareness Month  
in  
Hawaii.”**

To view and download the 2011 Hawaii proclamation in PDF format, see <http://www.mcs-america.org/hawaii2011mcs.pdf>.

A special thank you also goes to Susie Collins at the Canary Report for working with me on the proclamation request. Susie operates one of the best online social networks in the U.S. for people with Multiple Chemical Sensitivity. For more information, visit <http://www.thecanaryreport.org/>.

Every year countless individuals and organizations across the United States request proclamations for many forms of environmental illness, including:

- Multiple Chemical Sensitivity
- Electromagnetic Sensitivity
- Toxic Injury
- Indoor Toxic Mold
- Chemical Awareness
- Food Allergy
- Neuroendocrineimmune Disorders
- Chronic Fatigue Syndrome
- Fibromyalgia
- Myalgic Encephalomyelitis
- Gulf War Illness

For more information on how to request a proclamation and plan for awareness events, download a free event planning kit at <http://tinyurl.com/69dexwx>.

Para obtener más información sobre cómo solicitar una proclama y el plan de actividades de sensibilización, consulte <http://tinyurl.com/6ko73c2>.

With Aloha,

Lourdes Salvador



News

# *Changes in the Americans with Disabilities Act May affect People with MCS*



Michael J. Walkup, Esq.

*The Americans with Disabilities Act Amendments Act, effective May 2011, may make it easier for people with Multiple Chemical Sensitivity to secure accommodations at work.*

*By Michael J. Walkup, Esq*

Effective May 24, 2011, new changes to the Americans with Disabilities Act, called the Americans with Disabilities Act Amendments Act (ADAAA) [http://www.eeoc.gov/laws/regulations/adaaa\\_fact\\_sheet.cfm](http://www.eeoc.gov/laws/regulations/adaaa_fact_sheet.cfm), will go into effect after implementation of federal regulations.

The previous Act had been misinterpreted by the U.S. Supreme Court shortly after it's enactment in the early 90's to place the focus on first establishing if the individual worker was "disabled enough" to qualify under the Act, instead of the Congressional intent of focusing on the discrimination and the reasonableness of accommodations that would be required to allow the worker to function in the job.

People with Multiple Chemical Sensitivity were universally unable to meet the definition of disability due to lack of official recognition of MCS by the mainstream medical community, and their cases were dismissed.

Under the amended Act, this will no longer be so much of an obstacle. The focus has now shifted to determining if discrimination has occurred and if there is a reasonable method of accommodating the employee without undue burden to the employer, rather than analyzing the claimed disability of the employee. This should make things a bit easier for people who are still trying to hold onto their jobs who have MCS.

Although many MCS sufferers will still require such extensive accommodations that it may not be realistically possible for the employer to meet their needs, there are others for whom some simple things, such as not placing their workstation near other employees who wear fragrances, allowing them to work next to a window that can be opened, not placing them next to the photocopier, or

***“People with Multiple Chemical Sensitivity were universally unable to meet the definition of disability.”***

**“You  
may wish  
to consult with  
an attorney  
to assist you  
in trying  
to work things  
out  
with  
your employer.”**

Should you require an accommodation, you should request it in writing and cite the amended ADAAA (<http://tinyurl.com/62hmmnw>) as the basis for your request. Then try to get a meeting with the employer to see if you can jointly craft a solution. You may wish to consult with an attorney to assist you in trying to work things out with your employer.

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*Michael Walkup is an experienced disability practitioner with more than 25 years experience in the disability law field. In 2001, he became disabled due to Multiple Chemical Sensitivity (MCS), Chronic Fatigue Syndrome (CFS) and Fibromyalgia Syndrome (FMS). He now provides a service to advise clients with potential disability claims who have MCS, CFS and/or FMS. As these programs and law are usually federal, he is able to practice in all 50 states and, therefore, represent clients regardless of location.*

*Michael is a long time Sustaining Member of the National Organization for Social Security Claimants' Representatives, the only national body for disability representatives. He is also certified as a Federal Trial Lawyer and is admitted to the U.S. Court of Appeals for Veteran's Claims.*

*Michael would welcome the opportunity to possibly help with disability claims. For more information, visit his website MCS Legal Help at [walkuplaw.com](http://walkuplaw.com). Contact info: email [MJWalkup@Amertech.net](mailto:MJWalkup@Amertech.net) or call 866-880-4878.*

## **MCS LEGAL HELP**

*Social Security Disability for MCS  
and Environmental Illness*

- 
- [Home](#)
  - [Why Walkup?](#)
  - [Environmental Illness and the Law](#)
  - [Fees & Costs](#)
  - [Resources](#)
  - [Request Information](#)
-

*Op-Ed*

# Radiation in Our Children's Water



By Alice Shabecoff

Radiation now pollutes the drinking water in Tokyo, far from the scene of the ruined power plants. Could that happen in the United States with our 104 active nuclear power plants, the most of any nation in the world?

In fact, it's already happened, and goes on still, not the outcome of a unique triple catastrophe, but just from business as usual. The important new is: It's not only major calamities such as Japan's, but also the day-to-day operating problems of nuclear energy production that threaten our children's health.

tion that threaten our children's health.

Dozens of nuclear plants across the country leak tritium, a radioactive atom, into the millions of gallons of ground water that ends up in the supplies that the near-by communities use for drinking, bathing, and cooking.(1) Yet the Nuclear Regulatory Commission (NRC), which is supposed to regulate nuclear power, does not require nuclear plant operators to test groundwater. It's a voluntary initiative. The owners of the Vermont Yankee plant even denied the existence of the underground pipes that were leaking.

Nor are these kinds of radioactive leaks the only commonplace dangers. Last year, 2010, the NRC reported finding significant "near misses" of one variety or another after making 14 special inspections. (2) In addition, the mining of uranium and the debris left from making nuclear fuel release radioactive gases which spew radiation and other pollutants into the air and drinking water of near-by communities (3) and blow clear across the country.

Do such day-to-day radioactive toxins cause harm? After fifty years of nuclear energy production and a flawed study done 11 years ago, last year the NRC took steps to find out. It asked the National Academy of Sciences to study whether people who live near NRC-licensed nuclear facilities are at an increased risk for cancer.

Sarah Sauer and her parents spoke last year at one of the public meetings the National Academy of Science's expert committee is holding across the country (<http://dels.nas.edu/global/nrsb/CancerRisk>) Sarah, who has survived a brain tumor found when she was seven, lived with her family near two nuclear power plants in Grundy County, Illinois. These plants, operated by Exelon, our nation's largest supplier of nuclear energy, had leaked tritium for a long, but unknown, time (without telling the community about it). Addressing the NAS, Sarah asked them to remember that she is one of the statistics they are studying; her parents spoke of the numerous and serious leaks from the Exelon plants and the health concerns these leaks raise. Sarah and her parents plan to return to talk to the committee.

But, there's a problem built into the study design: science currently measures radioactive harm by using as its "reference man" a male, Caucasian, between 20 to 30 years old, weighing 154 lbs, standing 5'7" tall, living in a temperate climate. The study will not inform us about harm to children even though children's bodies are vastly more susceptible to all kinds of environmental exposures than adults.

It's logical to ask a related second question about potential dangers: If nuclear plant operators not infrequently fail to protect their facilities from commonplace accidents, isn't it inevitable that, sooner or later, they will fail to prevent a major disaster? That's exactly what the Tokyo Electric Power Company's history indicates.

No need, though, to look for warning parallels anywhere but in our own backyard. Think of our nation's financial disaster of 2008, even termed a "meltdown." Recall the BP oil calamity. Remember Enron, its lying top managers and the lying auditors who were supposed to be its safeguards. Look at the coal mining industry's record, exemplified by the Massey Energy Company.

The same web of malfeasance runs through them all. The executives pursue huge and quick personal gain; the companies choose a good-looking if fake bottom line. The governmental bodies that are supposed to regulate and protect instead become captive to the very industries they were founded to control. (One example: The NRC successfully fought a law that would have required potassium iodide, an antidote to radiation exposure, to be stockpiled to protect people living near nuclear reactors.) The top executives of the regulatory agencies come out of the industry for a few years, and then return to their old buddies to earn ever higher remuneration.

Huge and ever huger corporate donations pollute the entire political system. Exelon spent a bit more than \$3.7 million on lobbying last year.<sup>(5)</sup> Companies and unions related to the nuclear industry spent more than \$650 million on lobbying and campaign contributions from 1999 through 2008, and \$84 million in the first three quarters of 2009 alone.<sup>(6)</sup> Members of Congress vote for laws that protect their donors' interests.

The parallel between nuclear and other industries extends to the use of tax-payer money. Just as we the people paid to bail out the banks, the nuclear industry wants government guarantees. After five decades of operation, why are private investors unwilling to take the risk? Why did President Obama seek \$36 billion of taxpayer money for loan guarantees for a proposed 20 new nuclear plants? If accidents occur, federal laws cap the industry's liability for damage to people and property; in contrast, other energy providers must carry full private insurance. The corporate owners of nuclear facilities have already written off tens of billions of dollars in cost overruns.<sup>(7)</sup>

As always, in pursuit of profit over safety or community, our children, their families and taxpayers end up paying the financial and human cost.

The conclusion must be that safe energy sources such as solar, wind and geothermal, despite their shortcomings, are the only way to power the future and protect our children.

## Resources for Parents

Nuclear Information and Resource Service, <http://www.nirs.org>

Wise Uranium Project, <http://www.wise-uranium.org/edusa.html>

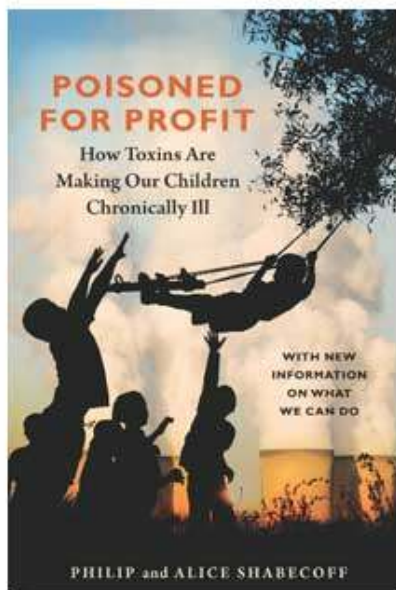
Physicians for Social Responsibility's Safe Energy Program, <http://www.psr.org>

Public Citizen. <http://www.citizen.org/cmep>

Union of Concerned Scientists, <http://www.ucsusa.org>

## References

1. *Groundwater Contamination (Tritium) at Nuclear Plants*,
2. <http://www.nrc.gov/reactors/operating/ops-experience/grndwtr-contam-tritium.html>
2. "The NRC and Nuclear Power Plant Safety, [http://www.ucsusa.org/nuclear\\_power/nuclear\\_power](http://www.ucsusa.org/nuclear_power/nuclear_power)
3. *Poisoned for Profit*, Philip and Alice Shabecoff, Chelsea Green Publishing, 2010, pp 215-22.
4. <http://www.epa.gov/radtown/uranium-mines.html>
5. <http://www.opensecrets.org/lobby>
6. "Nuclear Industry Working Hard to Win Support," Judy Pasternak, <http://investigativereportingworkshop.org/investigations/nuclear-energy-lobbying>
7. "Nuclear Power Still Not Viable with Subsidies," [www.earthtrack.net](http://www.earthtrack.net)



## About the Author

Alice Shabecoff is the author with her husband Philip of *Poisoned for Profit: How Toxins Are Making Our Children Chronically Ill*. [www.poisonedforprofit.net](http://www.poisonedforprofit.net). The book includes the story of Cindy Sauer; and it offers lots of guidance for parents to reduce the risk of harm to their children.

*Awareness and Recognition*

# ***Awareness Month T-shirts Now Available!***

MCS America volunteered to make these yellow MCS t-shirts available at Café Press wholesale prices. The MCS America stores for the environment provide clothing and gift items geared towards MCS awareness, as well as fragrance, pollution, and environmental awareness. These items are provided at wholesale cost. MCS America has no mark-up and takes no profit. Wholesale Awareness T-shirts and novelties available at [http://mcs-america.org/index\\_files/MCSstore.htm](http://mcs-america.org/index_files/MCSstore.htm).





*Awareness and Recognition*

# ***T-Shirt Design Contest!***

MCS America is having a t-shirt designing contest for MCS Awareness Month!

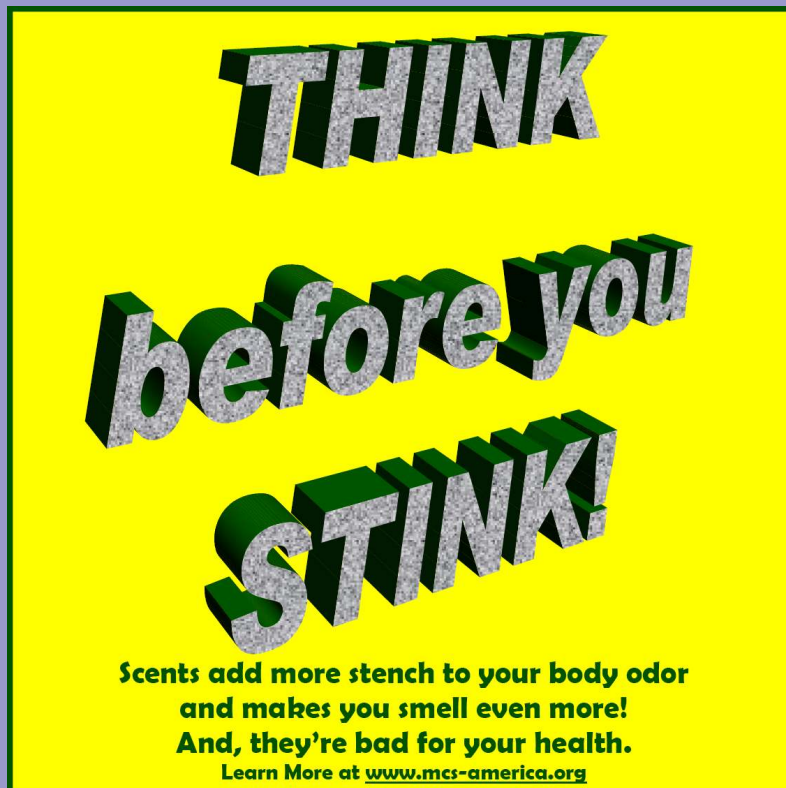
Designs can be words and/or drawings or photographs as long as they are your own design and not copyrighted. The design should be 10x10 in jpeg or gif format. If you have a phrase or sentence you'd like on a design, but don't have the software to design it, we will design it for you. Just send us the idea!

Designs must be received by May 10th for inclusion. The winner will be selected by our readers on May 15th and featured in our June newsletter. Submission indicates understanding that designs may be sold on Cafe Press by MCS America at Cafe Press cost. MCS America does not mark-up the items for profit.

The winner will receive a free yellow t-shirt with their design.

Send designs to [admin@mcs-america.org](mailto:admin@mcs-america.org) with your name and email address.

Happy Designing!



## Resources

# Patient Support & Resources

## MCS America Forums

### MCSA Public

<http://health.groups.yahoo.com/group/mcsa-public/>

Open to the general public open to discuss MCS, support, ideas, information, announcements, news and activism.

### MCS America Members Activist/Support

<http://health.groups.yahoo.com/group/mcs-america-members-support>

This group also fulfills the function of discuss support, ideas, information, announcements, and/or share personal activism like the MCSA-Public group, only with a closed membership that requires a membership application. This group also has the added benefit of being a place where individuals and other organizations and activists can engage in collaborative efforts with MCS America and being recipient to all the news feeds (see MCSA Feeds below). Members of this group are considered associate members of MCS America. Members do not operate MCS America in any way, but rather collaborate with the organization and are privy to some internal operations, activities, and events.

### MCSA Feeds

<http://health.groups.yahoo.com/group/mcsafeeds>

The purpose of this public access group is to receive daily distribution of news and research studies on multiple chemical sensitivity, chemical injury, environmental concerns, and other related environmental illnesses and disorders. Anyone can join without an application. Only the moderator posts to this group. This is not a discussion group. This group distributes about 15 articles on average each day.

### MCS Salvage and Share

<http://health.groups.yahoo.com/group/MCSA-safer-salvage-and-share>

A public access group similar to Freecycle, except it's a free recycling program for safer reusable's geared towards individuals with MCS, CFS, FM, and other related disabilities correlated with the environment. The purpose of this program is to find, give, and recycle needed "safe" or "safer" items. All items are exchanged for free. Shipping cost are arranged between donor and recipient. Anyone can join without an application.

### Multiple Chemical Sensitivities and Toxic Injury

<http://groups.google.com/group/mcs-ti>

This is a small non-Yahoo based group open to the general public to discuss MCS, support, ideas, information, announcements, news and activism.

### MCS Hawaii

<http://health.groups.yahoo.com/group/mcs-hawaii>

Open to the general public residing in Hawaii to discuss support, ideas, information, announcements, and/or share personal activism. No application is required. This group is currently recipient to all the news feeds (see MCSA Feeds above). This list is operated in part by a state subsidiary volunteer who resides in the state.

### MCS Nebraska

<http://health.groups.yahoo.com/group/MCS-Nebraska>

Open to the general public residing in Nebraska to discuss support, ideas, information, announcements, and/or share personal activism. No application is required. This list is operated in part by a state subsidiary volunteer who resides in the state. or subscribe at:

### MCS Michigan

<http://health.groups.yahoo.com/group/mcs-michigan>

Open to the general public residing in Michigan to discuss support, ideas, information, announcements, and/or share personal activism. No application is required. This list is operated in part by a state subsidiary volunteer who resides in the state.

## Support Forums Outside the MCS America Network

### 4Mom

<http://groups.yahoo.com/group/4MOM/>

According to Mt. Sinai Medical School, there are many illness' caused by toxic substances such as pesticides. They are studying the role other toxins play on the new childhood diseases triggered by environmental factors. They call this the new epidemic. Mothers of Many is for all parents with children who are ill and are affected by toxic chemicals such as Attention Deficit Disorder, Asthma, Cancer, Autism, Tourettes Syndrome, Multiple Chemicals Sensitivities (MCS), Parkinson's, and any other condition affected.

### Bay Area MCS

<http://health.groups.yahoo.com/group/bayareamcslist/>

Classified ads and notices for people with MCS (Multiple Chemical Sensitivity) in the San Francisco Bay Area.

### CFS CFIDS ME

[http://health.groups.yahoo.com/group/CFS\\_CFIDS\\_ME/](http://health.groups.yahoo.com/group/CFS_CFIDS_ME/)

This Group is to promote friendly discussion about places where people have gone and feel more or less recovered from CFS/ME/CFIDS.

### Chemical Disability Australasian NETWORK

<http://groups.yahoo.com/group/CDANET/>

A Discussion/Chat/Mutual help list run by and for the chemically disabled.

### CMCS-EI Christian MCS, CFS, FM, and EI Group

<http://health.groups.yahoo.com/group/CMCS-EI/>

We are a Christian group who have invisible illnesses.

### Creative Canaries Community

<http://health.groups.yahoo.com/group/CreativeCanariesCommunity>

This group is an online meeting place for creative artists with Chemical Sensitivities.

**Detox**

<http://health.groups.yahoo.com/group/mcs-america-members-support>

"Detox" is a group to serve chemically injured, environmentally ill, multiple chemical sensitivity, and related illness such as chronic fatigue, candidiasis, hypoglycemia, lupus, and others.

**Disinissues**

<http://groups.yahoo.com/group/Disinissues/>

The purpose of Disinissues is to share experience and advice about the processes of obtaining and maintaining Social Security Disability Insurance (SSDI), Supplemental Security Income (SSI), and long-term disability insurance. The group is targeted mainly towards those with invisible disabilities, such as CFIDS and other conditions not on Social Security's Listing of Impairments.

**EMF Refugee**

<http://health.groups.yahoo.com/group/emfrefugee/>

This ML has been created with the intent of bringing refugees together in countries around the world to form their own EMF-free communities in natural environments where they can heal and create healing environments for the Earth and others.

**Environmental Illness 001**

[http://health.groups.yahoo.com/group/environmental\\_illness001/](http://health.groups.yahoo.com/group/environmental_illness001/)

This group is dedicated to curing / resolving all issues related to Environmental Illness, including but not limited to: Multiple Chemical Sensitivity (MCS), Multiple Food Allergy, Leaky Gut Syndrome, Candida, Epstein Barr Virus, Chronic Fatigue, Fibromyalgia, Heavy Metal Poisoning, Porphyria, endocrine system dysregulation, etc.

**eSens - Electrical Sensitivity**

<http://health.groups.yahoo.com/group/eSens/>

Do you feel ill when you're near computers, cell phones, fluorescent lights, or wireless internet? If so, you may have "electrical sensitivity".

**Gasslist-L (Glutaraldehyde, Aldehyde, and Solvent Sensitivity)**

<http://www.ncchem.com/snftaas/gasslist.htm>

This list has been established to serve persons interested in Glutaraldehyde, Aldehyde, and Solvent Sensitivity, especially darkroom personnel, radiographers, and diagnostic medical sonographers. The purpose of the list is to promote internet-wide exchange of research and information.

**Green Canary**

<http://groups.yahoo.com/group/GreenCanary>

This list is dedicated to a life free from toxic chemicals, and the health problems that they can cause.

**Immune**

<http://immuneweb.org/lists/immune.html>

This is the list for support and information about multiple chemical sensitivities, chronic fatigue syndrome, fibromyalgia, lupus, multiple sclerosis, porphyria, allergies, asthma, and other immune-related ailments.

**Immune Parenting**

<http://groups.yahoo.com/group/immune-parenting/>

This list is for both men and women who have Multiple Chemical Sensitivity, Chronic Fatigue Syndrome, Fibromyalgia, autoimmune disorders, or other immune system medical issues--or their partners--who are parents, pregnant, trying to conceive, or who are thinking about parenthood.

**Live Chat at the Health and Environment Resource Center**

<http://www.herc.org/chat>

This chat room is not associated with any group. It is unmoderated and no password is required. Chat Times: Saturday - 7 pm ET, 6 pm CT, 5 pm Mtn, 4 pm Pac; Monday - 9 pm ET, 8 pm CT, 7 pm Mtn, 6 pm Pac; Wednesday - 8 pm ET, 7 pm CT, 6 pm Mtn, 5 pm Pac.

**MCS Canada**

<http://health.groups.yahoo.com/group/MCS-Canada/>

This group was formed to assist patients and concerned parties from all nationalities learn to cope with environmental injury, including disorders such as MCS, ME, CFS, FM, Lyme, Lupus, GWS, PPS, as well as related and associated illnesses.

**MCS Canadian Sources**

<http://groups.yahoo.com/group/MCS-CanadianSources>

MCS Canadian Sources is a support, information and resource exchange for those living and coping with Multiple Chemical Sensitivity (MCS), Environmental Illness (EI), or Chemical Injury (CI).

**MCS Photography**

<http://health.groups.yahoo.com/group/MCSphotography/>

MCS Photography is for those with multiple chemical sensitivity who capture and share the world and their life through photography.

**MCS Recycle**

<http://groups.yahoo.com/group/MCSRecycle/>

The objective of this group is to be able to share with each other items that are chemical free and have been used in a non-toxic environment. This group is planet-wide.

**MCS Safe Shelter USA**

<http://health.groups.yahoo.com/group/mcssafeshelterusa/>

Short-term and long-term housing for people with MCS (Multiple Chemical Sensitivity). Check our database for listings by state. Find rentals, hotels, and housing to purchase.

**MCS Singles**

<http://groups.yahoo.com/group/mcs-singles>

Addresses the unique challenges of living alone without help as a single with MCS. Examines solutions, provides a place for general discussion, and is a resource for peer support.

**MCS Survivors**

<http://communityzero.com/mcsurvivors>

For those who experience environmental illness or multiple chemical sensitivities (MCS), here is a place to gather, exchange ideas, links to helpful websites, even have live chats. Enjoy!

**MCS Toxic Injuries**

<http://health.groups.yahoo.com/group/MCS-Toxic-Injuries/>

MCS-Toxic-Injuries is a self-moderated, secular, apolitical newsgroup for toxically-injured environmentally sensitive people to support one another and exchange coping methods, treatments and experiences.

**MCS Village**

<http://health.groups.yahoo.com/group/MCSVillage/>

The purpose of this group is to discuss the feasibility of building a village(s) or community in which MCS/EI patients can live safely, and to provide a forum to discuss the legal, medical, geographic, architectural, social and funding issues.

**MCS Writers Group**

<http://health.groups.yahoo.com/group/mcswritersgroup/>

A place for writers who have chemical sensitivities (or chemical injury) to share their stories and articles, work on and develop public writing skills, exchange editing skills and perspective, and develop ideas in order to bring awareness and education to the published world about what it is like to live with MCS/ES/CI/EI.

**Midwest Oasis MCS E-mail Support**

<http://health.groups.yahoo.com/group/MO-MCS/>

Midwest Oasis MCS E-mail Support is the e-mail arm of the Midwest Oasis MCS Support Group. Although people from all geographical areas are welcome to join, a partial focus of this list will be discussion of regional issues affecting MCS (Multiple Chemical Sensitivity) in Missouri and other Midwestern states.

**Multiple Chemical Sensitivity (Chemical Sensitivity, Porphyrin & CO)**

<http://health.groups.yahoo.com/group/MultipleChemicalSensitivity/>

Discussion group where people afflicted with Chemical Sensitivity, Chronic Carbon Monoxide Poisoning &/or Disorders of Porphyrin Metabolism can talk about their illness, inquire with others on avoidance, methods of cleaning & products one can use for necessary hygiene.

**Old Dominion MCS-FMS\_CFIDS Support Group · A Virginia Fibro MCS CFIDS Group**

[http://health.groups.yahoo.com/group/OldDominionMCS-FMS\\_CFIDSsupportgroup/](http://health.groups.yahoo.com/group/OldDominionMCS-FMS_CFIDSsupportgroup/)

Too many people in Va. have Fibromyalgia, Myofascial Pain Syndrome, CFIDS, Gulf War Syndrome (GWS), ES, and Multiple Chemical Sensitivity. The group owner wanted to create an informative, supportive group for Virginians, and others.

**Planet Thrive**

<http://www.planetthrive.com/>

A dynamic online community for those activity seeking answers and support for a variety of health concerns. A place where people around the world help each other get well and stay well.

**Sick Buildings**

<http://health.groups.yahoo.com/group/sickbuildings/>

Toxic molds are running rampant in our homes, offices and schools. Exposure to mycotoxins has been linked to the death of infants, as well as immune-compromised adults. Despite increasing reports of mold-induced illness and health problems associated with mold exposure, our public health agencies offer little, if any support or funding for research into this growing problem.

**Sprayno**

<http://groups.yahoo.com/group/sprayno/>

This is a list to exchange information regarding environmental issues in the northern suburbs and NY metro area focusing especially on encouraging activism in this area and educating the public about toxic effects of pesticide/herbicide usage.

**Tenth Paradigm Society**

<http://health.groups.yahoo.com/group/TenthParadigmSociety/>

The Tenth Paradigm Society mailing list is for the dissemination and discussion of information concerning the NO/ONOO- cycle mechanism, a new paradigm of human disease, proposed by Martin L. Pall, Ph.D. Dr. Pall adopted the term "Multisystem Illness" to describe

those diseases that fall under the tenth paradigm. They include: Chronic Fatigue Syndrome (CFS/CFIDS/M.E.), Multiple Chemical Sensitivity (MCS), Fibromyalgia (FM/FMS), Post-Traumatic Stress Disorder (PTSD), and Gulf War Syndrome (GWS).

**The Sanctuary**

<http://www.mcs-international.org/phpBB3/>

MCS-International.Org's Holistic Support Forums For sufferers of Multiple Chemical Sensitivity and all other forms of Chemical Injury and Environmental Illness.

**Toxics Discussion**

<http://groups.yahoo.com/group/ToxicsDiscussion/>

If you're keen on a toxics-safe future for the planet, then this is the discussion group for you. Toxics are defined here as naturally occurring or man-made chemicals (elements/compounds/mixtures) that have a toxic effect.

**WSMCSN (Washington State MCS Network)**

<http://groups.yahoo.com/group/WSMCSN>

WSMCSN is a decentralized network of groups and individuals in Washington State who share information about the issues of Multiple Chemical Sensitivity.

**Additional Forum Listing Webpage**

<http://www.mcs-america.org/forums>

## Physician & Dentist Referral Lists

**Physician Referral List by State**

<http://mcs-america.org/doctorlist.pdf>

Some of the physicians on this list specialize in MCS, others in FM and CFS. It is recommended that patients and doctors consult with one another prior to beginning any treatment to ensure understanding of the patient's needs and compatibility of patient and physician.

**Dentist Referral List by State**

<http://mcs-america.org/dentistlist.pdf>

Some of the dentists on this list are specifically familiar with MCS, others are not. It is recommended that patients and dentists consult with one another prior to beginning any treatment to ensure understanding of the patient's needs and compatibility of patient and dentist.

## Air Quality Reports

**Air Now Air Quality Reports**

<http://www.airnow.gov/>

**EPA State and Regional Indoor Environments Contact Information**

<http://www.epa.gov/iaq/wherelive.html>

**The National Association of Clean Air Agencies 4 Cleaner Air**

<http://www.4cleanair.org/>

**American Lung Association: State of the Air**<http://lungaction.org/reports/stateoftheair2007.htm>**Current Local & National Allergy Levels**<http://pollen.com/Pollen.com.asp>**Scorecard: Pollution Index by Area**<http://www.scorecard.org/>**Toxmap Hazardous Waste Site Locations**<http://toxmap.nlm.nih.gov/toxmap/main/index.jsp>**USA Smoke/Fire Pollution Map**<http://www.firedetect.noaa.gov/viewer.htm>**Antenna Search (USA)**[http://mcs-america.org/index\\_files/www.AntennaSearch.com](http://mcs-america.org/index_files/www.AntennaSearch.com)**EPA Safe Drinking Water Information by State**<http://www.epa.gov/safewater/dwinfo/>**EPA Radon Zone Map**<http://www.epa.gov/radon/zonemap.html>

## Brochures

**Air Fresheners & Plug-Ins**<http://mcs-america.org/airfresh.pdf>**Chemical in Air Fresheners Reduces Lung Function**<http://mcs-america.org/lung.pdf>**Consequences of Childhood Chemical Injury Poster By Margaret S. O'Nan**<http://mcs-america.org/onan.pdf>**Electrosensitivity Brochure by Kato Yasuko**<http://mcs-america.org/KatoYasukoElectrosensitivityBrochure.doc>**Fabric Softener**<http://mcs-america.org/fabricsoftener.pdf>**Fragrances**<http://mcs-america.org/fragrances.pdf>**Grandma's Cupboard: General Cleaning Solutions**<http://www.mcs-america.org/general.pdf>**Grandma's Cupboard: Kitchen Cleaning**<http://www.mcs-america.org/kitchen.pdf>**Grandma's Cupboard: Personal Care**<http://www.mcs-america.org/personal.pdf>**Grandma's Cupboard: Laundry**<http://www.mcs-america.org/laundry.pdf>**Household Mold brochure from Quebec government**<http://publications.msss.gouv.qc.ca/acrobat/fl/documentation/2002/02-214-01A.pdf>**ILRU: Understanding & Accommodating People with MCS in Everyday Living**<http://mcs-america.org/ilru.pdf>**Indoor Air Chemistry**<http://mcs-america.org/indoorair.pdf>**Interior Design and MCS**<http://mcs-america.org/interior.pdf>**Jill Mellum: Breathe Easier, Hold the Fragrances Brochure**<http://mcs-america.org/fragrancefacts.pdf>**MCS Homebuyer's Questionnaire**<http://mcs-america.org/Homebuyer'sQuestionnaire.pdf>**MCS Task Force of New Mexico Brochure**<http://mcs-america.org/newmexico.pdf>**MCS Public Accommodations**<http://www.nettally.com/prusty/PUBLIC%20ACCOMMODATIONS.pdf>**MCS Statistics**<http://www.mcs-america.org/MCSStatistics.pdf>**No Scents Makes Sense Brochure**<http://www.nb.lung.ca/pdf/NoScentsMakeSense.pdf>**Theory on the Cause of MCS: Peroxynitrite and Nitric Oxide**<http://www.mcs-america.org/cause.pdf>**Understanding Multiple Chemical Sensitivity**<http://www.mcs-america.org/understanding.pdf>**Use of Baking Soda as a Fungicide**<http://mcs-america.org/fungicide.pdf>**Vaccine Poster - Are We Poisoning Our Children?**<http://www.generationrescue.org/pdf/080212.pdf>**Visiting a Person with MCS**<http://mcs-america.org/visiting.pdf>**What you should know before visiting a person who has NRLA and/or MCS**<http://mcs-america.org/VisitingNRLA-MCS.pdf>

## Signs

**Acute Toxic Effects of Fragrances Business Card**<http://mcs-america.org/acutetoxiceffectsoffragrancescard.pdf>**Chemical Awareness Ribbon**<http://mcs-america.org/ribbon.gif>

**Electrosensitivity Sign - Please Turn Off Your Cell Phone**

<http://mcs-america.org/KatoYasukoElectrosensitivitySignTurnOffYourCellPhone.pdf>

**Facemask on Tweety**

<http://mcs-america.org/tweety.jpg>

**Fragrance Free Sign: Brooks University**

[http://www.brocku.ca/oehs/graphics/Fragrance\\_Free\\_Sign.pdf](http://www.brocku.ca/oehs/graphics/Fragrance_Free_Sign.pdf)

**No Scents Makes Sense Sign**

<http://mcs-america.org/scentsign.pdf>

**No Latex Sign by Jane Sagmoe**

<http://mcs-america.org/nolatemask.JPG>

**You Could Be Next Sign**

<http://mcs-america.org/nextsign.pdf>

**Want to Put Your Friends and Family in Jail?**

<http://mcs-america.org/jail.pdf>

**Wood Smoke Trespass Flyer 8 1/2 x 11**

<http://mcs-america.org/woodsmokeflyer.pdf>

## Activist Materials

**Fragrances on Mail and/or Catalogs**

<http://mcs-america.org/FragrancedMailCatalogBillsLetterforActivists.doc>

**Air Freshener Use**

<http://www.mcs-america.org/customairfreshenerletter.doc>

**Use of Fragrance, Cologne, and Perfume**

<http://mcs-america.org/UseofFragranceLetterforActivists.doc>

**Fabric Softener Emissions**

<http://www.mcs-america.org/LetterAboutFabricSoftener.doc>

**Letter to State Representatives to Ban Woodsmoke**

<http://mcs-america.org/woodsmoke.doc>

**Letter to Doctors and Medical Boards Supporting MCS as a biological Illness (fully cited and scientifically supported)**

Website: <http://mcs-america.org/MCSPositionStatement.htm>

PDF: <http://mcs-america.org/MCSPositionStatement.pdf>

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**Request for Accommodations Under the Americans with Disabilities Act**

<http://www.mcs-america.org/RequestforAccommodation.doc>

## Public Service Announcements

**Public Service Announcement #1**

**Air fresheners have been pulled off thousands of shelves nation-wide!**

<http://www.mcs-america.org/AirFreshenerPSA1.pdf>

**Public Service Announcement #2**

**When you use fragranced products, did you know you are wearing toxic chemicals!?**

<http://www.mcs-america.org/WhenYouUseFragrancedProductsPSA2.pdf>

**Public Service Announcement #3**

**Secondhand Fragrances are Like Secondhand Smoke!**

<http://www.mcs-america.org/SecondHandFragrancesPSA3.pdf>

**Public Service Announcement #4**

**Scented laundry detergents and fabric softeners pollute indoor and outdoor air!**

<http://www.mcs-america.org/ScentedLaundryDetergentsPSA4.pdf>

**Public Service Announcement #4 (SPANISH)**

**Scented laundry detergents and fabric softeners pollute indoor and outdoor air!**

<http://mcs-america.org/mcsamerica/ScentedLaundryDetergentsPSA4Spanish.pdf>

**Public Service Announcement #5**

**Wood Smoke... The Other Secondhand Smoke!**

<http://www.mcs-america.org/WoodSmokePSA5BurningIssues.pdf>

**Public Service Announcement #6**

**Fragrances undermine public health!**

<http://www.mcs-america.org/FragrancesPSA6.pdf>

**Public Service Announcement #7**

**Fragranced Laundry Products Pollute Our Air**

<http://mcs-america.org/PSA7FragrancedLaundry.pdf>

## Clothing & Novelties for Activism

**MCS America Store for the Environment**

<http://www.mcs-america.org/MCSstore.htm>

**Zona's T-Shirts and Stuff Zone**

<http://members.shaw.ca/zonazone/shop/tshirts.html>

## Virtual & Work-at-Home Jobs

**Agent, Staffing at Home**

<http://www.staffingathome.com/>

**Agent, West at Home**

<http://www.westathome.com/>

**Agent, Working Solutions**

<http://www.workingsol.com/home.htm>

**Bolger, PayPerPost.com**

[http://payperpost.com/blogger\\_signup.html](http://payperpost.com/blogger_signup.html)

**Call Center Representative, Accolade Support**

<http://www.accoladesupport.com/>

**Call Center Representative, Overflow USA**

<http://www.overflowusa.com/>

**Call Center Representative, Overflow USA**

<http://www.overflowusa.com/>

**Caller Employee, Customer Loyalty Concepts**

<http://www.customloyal.com/Employment.aspx>

**Chef Instructor, Chefs Line**

<http://www.chefsline.com/>

**Customer Care, VIP Desk**

<http://www.vipdesk.com/info/default.asp>

**Customer Service, Alpine Access**

<http://www.alpineaccess.com/external/index.html>

**Editor, EditFast.com**

<http://www.editfast.com/>

**Expert, JustAnswer Corp**

<http://www.justanswer.com/>

**Freelancer, Team Double-Click**

<http://www.teamdoubleclick.com/freelance.html>

**Guide, About .com**

<http://beaguide.about.com/>

**Guide, ChaCha**

<http://www.chacha.com/>

**Home Agent, Convergys**

<http://www.convergysworkathome.com/>

**Independent Call Center Agent, LiveOps**

<http://tinyurl.com/5xfv7n>

**Telemarketing, Intrep Sales Partners**

<http://www.intrep.com/>

**Online Juror, eJury.com**

<http://www.ejury.com/>

**Online Juror, OnlineVerdict.com**

<http://onlineverdict.com/>

**Online Juror, Trial Practice Inc.**

<http://trialpractice.com/>

**Third Party Verifier, BSG Payments LLC**

<http://tinyurl.com/4vcldx>

**Virtual Assistant, Virtual Office Temps**

<http://virtualassistantjobs.com/>

**Virtual Services, Arise Virtual Solutions**

<http://www.arise.com/Content/default.asp>

**Writer, Associated Content**

<http://www.associatedcontent.com/>

**Writer, CyberEdit Inc.**

<http://www.cyberedit.com/>

**Writer, MyEssays.com**

<http://www.myessays.com/sell.php>

**National Telecommuting Institute, Inc.**

<http://www.nticentral.org/>



## Environmentally Safer Housing

**Allergy And Environmental Health Association Of Quebec (AEHAQ) Environmentally Adapted, Social Housing Project For People Suffering From Environmental Sensitivities**  
[http://www.aeha-quebec.ca/bb\\_housingproject.htm](http://www.aeha-quebec.ca/bb_housingproject.htm)

### **Barrhaven Non-Profit Housing Inc. Environmental Sensitivity Units**

Steepleview Crossing,  
 3001 Jockvale Road, Nepean, Ontario, K2J 4E4  
 (613) 823-6230 Fax: (613) 825-7724  
<http://ehaontario.ca/barrhaven-housing.htm>  
<http://www.bnphi.org/es.htm>

### **Canada-wide Housing Connection**

1-613-278-0463  
<http://ehaontario.ca/interview.htm>

### **Ecology House, San Rafael, California (built in 1994)**

375 Catalina Blvd  
 San Rafael, CA 94901  
 (415) 456-4453  
<http://www.tikvah.com/cc/eh>  
[eh@ecologyhouse.net](mailto:eh@ecologyhouse.net)

### **Escalante House**

P.O. Box 652  
 Escalante UT 84726  
 Phone/Fax: (435) 826-4778  
[toripat@color-country.net](mailto:toripat@color-country.net)

### **Environmentally Friendly Housing Partnership**

Pride and Joy Condos -- North  
 5685 South AIA Highway  
 Melbourne Beach, FL 32951  
 (321) 409-8233 - Phone  
 (321) 725 4883 -- FAX  
<http://www.prideandjoycondos.com/>  
[damianorob@aol.com](mailto:damianorob@aol.com)

### **Green Homes for Sale**

<http://greenhomesforsale.com/>

### **Safe Haven Community Housing**

P.O. Box 25281  
 Portland, Oregon 97298  
[judiths@teleport.com](mailto:judiths@teleport.com)  
<http://www.geocities.com/safehavencommunity/#ntact>

### **The Pandora Initiative (Canada)**

<http://tier10.com/>

### **Quail Haven - MCS Housing**

Just North of Tucson, AZ  
 Call Diane Ensign for details:  
 May through January call: (406) 586-3658 (Montana).  
 January through May call: (520) 825-7276 (Tucson).  
<http://madelinx.tripod.com/>

### **Seagoville Ecology Housing**

15126 Beckett Road  
 Seagoville, Texas 75159  
 (972) 287-2059 Fax: (972) 287-7682  
<http://www.ehcd.com/resources/ecologyhousing.html>

### **The Natural Place Environmental Residence and Hotel**

1962 NE 5th St.  
 Deerfield Beach, FL 33441  
 954-428-5438  
<http://www.thenaturalplace.com/default.htm>

## Safer Building & Regulations

### **Alliance for Healthy Homes**

<http://www.afhh.org/>

### **American Lung Association: Resources & Referrals for and from the Master Home Environmentalist program.**

<http://tinyurl.com/5vvk9e>

### **Architectural House Plans Healthy Homes Construction Guidelines**

Information: <http://tinyurl.com/6dteuz>  
 Booklet: <http://www.architecturalhouseplans.com/products/>

### **Assessment of the Indoor Air Quality of a Suite for an Environmentally Hypersensitive Occupant**

<http://mcs-america.org/IAQforanEIOccupant.pdf>

### **Considerations For Safer Construction And Renovation By Preston Sturgis**

<http://www.environmentalhealth.ca/w9394safer.html>

### **Dr. Grace Ziem's Environmental Control Plan for MCS Patients**

<http://www.mcsrr.org/resources/articles/S3.html>

### **The Eco Building Guild**

<http://www.ecobuilding.org/>

### **The Effect of Housing on Individuals with Multiple Chemical Sensitivities**

<http://tinyurl.com/6gor7u>

### **Building for Health Materials Center**

<http://www.buildingforhealth.com/>

### **Ecohaus**

<http://www.ecohaus.com>



**Heal Your Home Center**<http://tinyurl.com/6dteuz>**The Healthy Housing Coalition: Basic Needs for Rental Housing for Chemically Sensitive Persons**<http://www.herc.org/hhc/Basicrentalneeds.html>**Healthy Housing Practical Tips**<http://tinyurl.com/5bfgzd>**IEQ Indoor Environmental Quality**[http://ieq.nibs.org/ieq\\_project.pdf](http://ieq.nibs.org/ieq_project.pdf)**International Institute for Building Biology and Ecology**<http://www.buildingbiology.net/>**LEED® Canada Green Building Rating System**<http://www.cagbc.org/leed/systems/index.htm>**The Medical Perspective on Environmental Sensitivities: Building codes, regulations and guidelines**<http://tinyurl.com/6zmqh>**Moving House - Things To Look For If You Suffer From MCS**<http://www.drmyhill.co.uk/article.cfm?id=147>**Multiple Chemical Sensitivity (MCS): The Controversy and Relation to Interior Design**<http://www.idec.org/publication/IIArticleMCS.pdf>**Optimum Environments for Optimum Health & Creativity: Designing and Building a Healthy Home or Office, William J. Rea, M.D.**[http://www.ehcd.com/books/home\\_building\\_designing.html](http://www.ehcd.com/books/home_building_designing.html)**Recommended Architectural Features for Multi-Family Housing to Better Accommodate Chemical and Electrical Sensitivities, Susan Molloy, M.A.**<http://www.ctaz.com/~bhima/recommcshous.htm>**Research House for the Environmentally Hypersensitive**<http://tinyurl.com/5prv3>**Safer Construction Tips for the Environmentally Sensitive**<http://tinyurl.com/5tgx7l>**Understanding & Accommodating People with Multiple Chemical Sensitivity in Independent Living, Chapter 4, The Housing Challenge in MCS**<http://www.ilru.org/html/publications/bookshelf/MCS.html#chapter4>**Disclaimer**

*This data is for informational purposes and is not intended to replace the examination, diagnosis and treatment of a licensed physician and no such claims are inferred. MCS America will not be responsible for misuse of this information or the misuse of any information provided by its member organizations. Articles, citations, links and information are not necessarily the opinion of MCS America and printing does not constitute MCS America's endorsement.*

**U.S. Department of Housing and Urban Development National Healthy Homes Conference**<http://www.hud.gov/offices/lead/2008NHHC.cfm>**U.S. Department of Housing and Urban Development Healthy Housing Reference Manual**<http://tinyurl.com/5apna5>

## Builders and Building Material Suppliers

**Green Building Store**<http://www.greenbuildingstore.co.uk/naturalpaints.php>**Healthy Buildings, Inc (Air Quality Testing)**[http://www.healthybuilding.com/html/about\\_us.html](http://www.healthybuilding.com/html/about_us.html)**Heating and Cooling Options for the Environmentally Sensitive**<http://eiwellspring.org/HeatingAndCooling.htm>**Resources for the Chemically Injured: Building Materials**<http://www.lassentech.com/eibuld.html>**Tad Taylor's Healthy Homes, LLC**<http://www.healthy-homes.com/>

## Other Housing Resources

**Extreme Home Makeover**<http://abc.go.com/primetime/xtremehome/index?pn=apply>**Ontario Human Rights Code: Policy and Guidelines on Disability and the Duty to Accommodate Non-Evident Disabilities**<http://tinyurl.com/6ejep8>**Residential Rehabilitation Assistance Program for Persons with Disabilities (Canada).**[http://www.cmhc-schl.gc.ca/en/co/prfinas/prfinas\\_003.cfm](http://www.cmhc-schl.gc.ca/en/co/prfinas/prfinas_003.cfm)

News

# Community News

## Subscribe to News & Media Articles

To receive free daily news and research feeds about MCS & the environment as they happen, send an e-mail to:

[mcsafeeds-subscribe@yahoogroups.com](mailto:mcsafeeds-subscribe@yahoogroups.com)

Mexican-American Children Have High Levels of Flame-Retardants in Blood

[http://www.nlm.nih.gov/medlineplus/news/fullstory\\_111203.html](http://www.nlm.nih.gov/medlineplus/news/fullstory_111203.html)

Chemical toxicity may be more than meets the eye

<http://dailygleaner.canadaeast.com/entertainment/article/1401237>

This is a sign on the door of the hospital room of a member of The Canary

Report community who just had a three-day stay following surgery.

<http://www.thecanaryreport.org/2011/04/25/hospital-fragrance-free-zone/>

Study finds flame retardants at high levels in pet dogs

<http://www.sciencedaily.com/releases/2011/04/110426071021.htm>

Green Environments Essential for Human Health, Research Shows

<http://www.sciencedaily.com/releases/2011/04/110419151438.htm>

New concerns over swine flu jab after children given it 'hit by sudden sleep syndrome'

<http://www.dailymail.co.uk/health/article-1379943/New-concerns-swine-flu-jab-children-given-hit-sudden-sleep-syndrome.html>

Pediatricians want better chemical laws, but evidence always a problem

<http://www.andfed.com/2011/04/26/pediatricians-want-better-chemical-laws-but-evidence-always-a-problem/>

Sick and dying workers question safety of Ogden Superfund site

<http://www.sltrib.com/sltrib/news/51663547-78/says-hepper-center-guard.html.csp>

Epigenetic changes seen in elderly men after prolonged air pollution exposure.

<http://www.environmentalhealthnews.org/ehs/newscience/prolonged-air-pollution-alters-methylation-in-elderly-men/>

2011 Winner for CFS Public Service Announcement

<http://thetruthaboutmcs.blogspot.com/2011/04/2011-winner-for-cfs-public-service.html>

Missouri Governor's Council on Disability Fragrance Free Policy

<http://www.mo.gov/disability/gcd/pdf/GCDFragranceFreePolicy.pdf>



# Featured Research Studies

## **Prolonged exposure to particulate pollution, genes associated with glutathione pathways, and DNA methylation in a cohort of older men.**

Madrigano J, A Baccarelli, MA Mittleman, RO Wright, D Sparrow, PS Vokonas, L Tarantini and J Schwartz. 2011. Environmental Health Perspectives

### Abstract

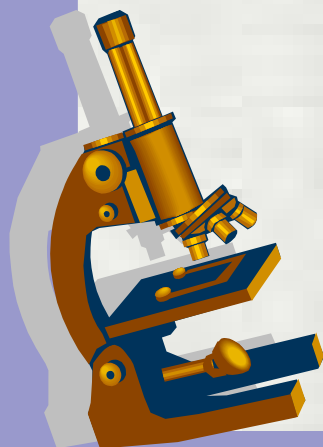
**Background and Objective:** DNA methylation is a potential pathway linking environmental exposures to disease. Exposure to particulate air pollution has been associated with increased cardiovascular morbidity and mortality, and lower blood DNA methylation has been found in processes related to cardiovascular morbidity. We hypothesized that prolonged exposure to particulate pollution would be associated with hypomethylation of repetitive DNA elements and that this association would be modified by genes involved in glutathione metabolism and other host characteristics.

**Methods:** DNA methylation of the Long Interspersed Nucleotide Element-1 (LINE-1) and the short interspersed nucleotide element, Alu, were measured by quantitative PCR-Pyrosequencing in 1406 blood samples from 706 elderly participants in the Normative Aging Study (NAS). We estimated changes in repetitive element DNA methylation associated with ambient particles (PM<sub>2.5</sub>), black carbon and sulfates, with mixed models. We examined multiple exposure windows (one to six months) prior to DNA methylation measurement. We investigated whether this association was modified by genotype and phenotype.

**Results:** An increase of an interquartile range in black carbon over a 90-day period was associated with a decrease of 0.31% 5-methylcytosine (5-mC) (95% CI: 0.12%, 0.50%) in Alu. An increase in an interquartile range of sulfate over a 90-day period was associated with a decrease of 0.27% 5mC (0.02%, 0.52%) in LINE-1. The GSTM1 null genotype strengthened the association between black carbon and Alu hypomethylation.

**Conclusion:** Prolonged exposure to black carbon and sulfate particles was associated with hypomethylation of two types of repetitive elements.

PMID: 21385671



## Prostate Cancer and Ambient Pesticide Exposure in Agriculturally Intensive Areas in California

Myles Cockburn\*, Paul Mills, Xinbo Zhang, John Zadnick, Dan Goldberg and Beate Ritz

\*Correspondence to Dr. Myles Cockburn, Department of Preventive Medicine, Keck School of Medicine, University of Southern California, 1441 Eastlake Avenue, MC 9175, Los Angeles, CA 90089-9175 (e-mail: mylesc@usc.edu).

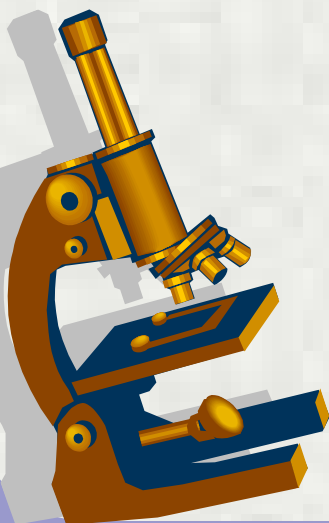
### Abstract

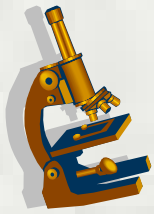
In a population-based case-control study in California's intensely agricultural Central Valley (2005–2006), the authors investigated relations between environmental pesticide/fungicide exposure and prostate cancer. Cases ( $n = 173$ ) were obtained from a population-based cancer registry, and controls ( $n = 162$ ) were obtained from Medicare listings and tax assessor mailings.

Past ambient exposures to pesticides/fungicides were derived from residential history and independently recorded pesticide and land-use data, using a novel geographic information systems approach. In comparison with unexposed persons, increased risks of prostate cancer were observed among persons exposed to compounds which may have prostate-specific biologic effects (methyl bromide (odds ratio = 1.62, 95% confidence interval: 1.02, 2.59) and a group of organochlorines (odds ratio = 1.64, 95% confidence interval: 1.02, 2.63)) but not among those exposed to other compounds that were included as controls (simazine, maneb, and paraquat dichloride).

The authors assessed the possibility of selection bias due to less-than-100% enrollment of eligible cases and controls (a critical methodological concern in studies of this kind) and determined that there was little evidence of bias affecting the estimated effect size.

This study provides evidence of an association between prostate cancer and ambient pesticide exposures in and around homes in intensely agricultural areas. The associations appear specific to compounds with a plausible biologic role in prostate carcinogenesis.





### Urban air pollution and emergency room admissions for respiratory symptoms: a case-crossover study in Palermo, Italy.

Tramuto F, Cusimano R, Cerame G, Vultaggio M, Calamusa G, Maida CM, Vitale F. Environ Health. 2011 Apr 13;10(1):31. [Epub ahead of print]

#### Abstract

**BACKGROUND:** Air pollution from vehicular traffic has been associated with respiratory diseases. In Palermo, the largest metropolitan area in Sicily, urban air pollution is mainly addressed to traffic-related pollution because of lack of industrial settlements, and the presence of a temperate climate that contribute to the limited use of domestic heating plants. This study aimed to investigate the association between traffic-related air pollution and emergency room admissions for acute respiratory symptoms.

**METHODS:** From January 2004 through December 2007, air pollutant concentrations and emergency room visits were collected for a case-crossover study conducted in Palermo, Sicily. Risk estimates of short-term exposures to particulate matter and gaseous ambient pollutants including carbon monoxide, nitrogen dioxide, and sulfur dioxide were calculated by using a conditional logistic regression analysis.

**RESULTS:** Emergency departments provided data on 48,519 visits for respiratory symptoms. Adjusted case-crossover analyses revealed stronger effects in the warm season for the most part of the pollutants considered, with a positive association for PM10 (odds ratio = 1.039, 95% confidence interval: 1.020 - 1.059), SO<sub>2</sub> (OR=1.068, 95%CI: 1.014 - 1.126), nitrogen dioxide (NO<sub>2</sub>: OR=1.043, 95%CI: 1.021 - 1.065), and CO (OR=1.128, 95%CI: 1.074 - 1.184), especially among females (according to an increase of 10 µg/m<sup>3</sup> in PM10, NO<sub>2</sub>, SO<sub>2</sub>, and 1 mg/m<sup>3</sup> in CO exposure). A positive association was observed either in warm or in cold season only for PM10.

**CONCLUSIONS:** Our findings suggest that, in our setting, exposure to ambient levels of air pollution is an important determinant of emergency room (ER) visits for acute respiratory symptoms, particularly during the warm season. ER admittance may be considered a good proxy to evaluate the adverse effects of air pollution on respiratory health.

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