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# MCSA NEWS

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## *Research Shows Scented Laundry Products Emit*



## *Hazardous Chemicals Through Dryer Vents*

*Scientific Study*

# ***Research Shows Scented Laundry Products Emit Hazardous Chemicals Through Dryer Vents***

***“If they’re coming out of a smokestack or tail pipe, they’re regulated, but if they’re coming out of a dryer vent, they’re not.”***

## **Press Release: Scented laundry products emit hazardous chemicals through dryer vents**

The same University of Washington researcher who used chemical sleuthing to deduce what’s in fragranced consumer products now has turned her attention to the scented air wafting from household laundry vents.

Findings, published online this week in the journal *Air Quality, Atmosphere and Health*, show that air vented from machines using the top-selling scented liquid laundry detergent and scented dryer sheet contains hazardous chemicals, including two that are classified as carcinogens.

“This is an interesting source of pollution because emissions from dryer vents are essentially unregulated and unmonitored,” said lead author Anne Steinemann, a UW professor of civil and environmental engineering and of public affairs. “If they’re coming out of a smokestack or tail pipe, they’re regulated, but if they’re coming out of a dryer vent, they’re not.”

The research builds on earlier work that looked at what chemicals are released by laundry products, air fresheners, cleaners, lotions and other fragranced consumer products. Manufacturers are not required to disclose the ingredients used in fragrances, or in laundry products.

For the new study, which focuses on chemicals emitted through laundry vents, researchers first purchased and pre-rinsed new, organic cotton towels. They asked two homeowners to volunteer their washers and dryers, cleaned the inside of the machines with vinegar, and ran full cycles using only water to eliminate as much residue as possible.



**“We focus a lot of attention on how to reduce emissions of pollutants from automobiles,” Steinemann said. “And here’s one source of pollutants that could be reduced.”**

At the first home, they ran a regular laundry cycle and analyzed the vent fumes for three cases: once with no products, once with the leading brand of scented liquid laundry detergent, and finally with both the detergent and a leading brand of scented dryer sheets. A canister placed inside the dryer vent opening captured the exhaust 15 minutes into each drying cycle.

Researchers then repeated the procedure with a different washer and dryer at a second home.

Analysis of the captured gases found more than 25 volatile organic compounds, including seven hazardous air pollutants, coming out of the vents. Of those, two chemicals – acetaldehyde and benzene – are classified by the Environmental Protection Agency as carcinogens, for which the agency has established no safe exposure level.

“These products can affect not only personal health, but also public and environmental health. The chemicals can go into the air, down the drain and into water bodies,” Steinemann said.

The researchers estimate that in the Seattle area, where the study was conducted, acetaldehyde emissions from this brand of laundry detergent would be equivalent to 3 percent of the total acetaldehyde emissions coming from automobiles. Emissions from the top five brands, they estimate, would constitute about 6 percent of automobiles’ acetaldehyde emissions.

“We focus a lot of attention on how to reduce emissions of pollutants from automobiles,” Steinemann said. “And here’s one source of pollutants that could be reduced.” The project’s website also includes letters from the public reporting health effects from scented consumer products. Steinemann says that people’s reports of adverse reactions to fragranced air coming from laundry vents motivated her to conduct this study.

Steinemann recommends using laundry products without any fragrance or scent.

Co-authors are Lisa Gallagher and Amy Davis at the UW, and Ian MacGregor at Battelle Memorial Institute.

###

For more information, contact Steinemann at [acstein@uw.edu](mailto:acstein@uw.edu). She is best reached via email. More information about the research, including a copy of the article, is at <http://depts.washington.edu/exposure/>

**From Material Safety Data Sheet (MSDS) for Acetaldehyde:**

<http://www.sciencelab.com/msds.php?msdsid=9922768>

Special Remarks on other Toxic Effects on Humans:

Acute Potential Health Effects: Skin: Causes mild skin irritation. It can be absorbed through intact skin. Eyes: Causes severe eye irritation. Eye splashes produce painful but superficial corneal injuries which heal rapidly. Inhalation: It causes upper respiratory tract and mucous membrane irritation. It decreases the amount of pulmonary macrophages. It may cause bronchitis. It may cause pulmonary edema, often the cause of delayed death. It may affect respiration (dyspnea) and respiratory arrest and death may occur. It may affect behavior/central nervous and cause central nervous system depression. Irritation usually prevents voluntary exposure to airborne concentrations high enough to cause CNS depression, although this effect has occurred in experimental animals. It may also affect the peripheral nervous system and cardiovascular system (hypotension or hypertension, tachycardia, bradycardia), kidneys (albuminuria) Chronic Potential Health Effects: Skin: Prolonged direct skin contact causes erythema and burns. Repeated exposure may cause dermatitis secondary to primary irritation or sensitization. Ingestion: Symptoms of chronic Acetaldehyde exposure may resemble those of chronic alcoholism. Acetaldehyde is the a metabolite of ethanol in humans and has been implicated as the active agent damaging the liver in ethanol-induced liver disease.

**From Material Safety Data Sheet (MSDS) for Benzene**

<http://www.sciencelab.com/msds.php?msdsid=9927339>

Potential Chronic Health Effects:

CARCINOGENIC EFFECTS: Classified A1 (Confirmed for human.) by ACGIH, I (Proven for human.) by IARC.

MUTAGENIC EFFECTS: Classified POSSIBLE for human. Mutagenic for mammalian somatic cells. Mutagenic for bacteria and/or yeast.

TERATOGENIC EFFECTS: Not available.

DEVELOPMENTAL TOXICITY: Classified Reproductive system/toxin/female [POSSIBLE].

The substance is toxic to blood, bone marrow, central nervous system (CNS). The substance may be toxic to liver, Urinary System. Repeated or prolonged exposure to the substance can produce target organs damage.

*Scientific Study*

# *Accommodating Chemical Sensitivity in the Doctor's Office*

**“The  
doctor’s office is  
perhaps  
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**Background**

The Americans with Disabilities Act (ADA) does not contain a list of medical conditions that automatically constitute a disability; thus, reasonable accommodations are required when a person has any physical or mental impairment that substantially limits one or more major life activities (breathing, cognition, walking, etc.).

Employers and public spaces are not the only accessibility issues when it comes to the ADA. The doctor’s office is perhaps one of the most crucial places that accommodations must be provided, as the medical office is the location in which those with functional limitations come for diagnosis and treatment.

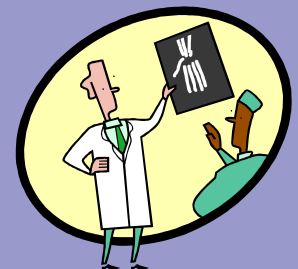
It is beneficial to have a solid doctor-patient relationship with a primary care doctor so that when health issues arise, the patient may be seen readily by a familiar, trusted professional. Whether it be a lingering infection or something more serious, everyone needs medical care at some point.

Finding a trusted medical professional is often daunting for the disabled, especially for people with chronic, multi-system illnesses, such as multiple chemical sensitivity (MCS). Those with Gulf War syndrome, fibromyalgia, and myalgic encephalomyelitis face similar challenges.

Multiple Chemical Sensitivity is “a diagnostic label for people who suffer multi-system illnesses as a result of contact with, or proximity to, a variety of airborne agents and other substances” (Environmental Protection Agency). Many of these substances are commonly found in the medical office, and include scented candles, air fresheners, scented cleaners, disinfectants, and fragrance personal care products.



## Waiting Room



MCS affects multiple organ systems with a wide range of symptoms from allergy-like reactions to toxic-like reactions involving loss of coordination, confusion, and seizures. Because breathing and/or functional capacity is affected by airborne chemicals and fragrances, MCS becomes a disability that requires accommodations under the American's with Disabilities Act.

MCS can be challenging to accommodate in the face of the ubiquity of the chemical incitants in the average environment. At first, it may seem impossible to make an environment perfectly safe for a patient with MCS. Even when a doctor's office is free of many of these incitants, there are still other patients to contend with who may arrive wearing perfume, cologne, or have scented fabric softener on their clothes. However, there are many simple things that can be done as reasonable accommodations to make the patient visit more comfortable, and perhaps even possible at all.

Because MCS is not well understood by either physicians or the public, it is often mistakenly equated as a minor allergy and/or completely ignored. Nonetheless, MCS is not treated with standard allergy medications and it is not a simple allergic reaction. A reduced ability to process and eliminate xenobiotics (foreign substances) leads to MCS and requires avoidance of incitants as a major part of treatment.

The U.S. Centers for Disease Control and Prevention (CDC) recognized the need to avoid fragrances for workers with chemical sensitivities, allergies, asthma, and chronic headaches/migraine, as well as everyone's general health, in June of 2009 when they issued their "Indoor Environmental Quality Policy."

*Scented or fragranced products are prohibited at all times in all interior space owned, rented, or leased by CDC. This includes the use of:*

- Incense, candles, or reed diffusers
- Fragrance-emitting devices of any kind
- Wall-mounted devices, similar to fragrance-emitting devices, that operate automatically or by pushing a button to dispense deodorizers or disinfectants
- Potpourri
- Plug-in or spray air fresheners
- Urinal or toilet blocks
- Other fragranced deodorizer/re-odorizer products

*Personal care products (e.g. colognes, perfumes, essential oils, scented skin and hair products) should not be applied at or near actual workstations, restrooms, or anywhere in CDC owned or leased buildings.*



*In addition, CDC encourages employees to be as fragrance-free as possible when they arrive in the workplace. Fragrance is not appropriate for a professional work environment, and the use of some products with fragrance may be detrimental to the health of workers with chemical sensitivities, allergies, asthma, and chronic headaches/migraines.*

*Employees should avoid using scented detergents and fabric softeners on clothes worn to the office. Many fragrance-free personal care and laundry products are easily available and provide safer alternatives.*

**“Refrain  
from  
creating  
tension  
and  
feelings of  
being  
misunderstood  
by telling  
a patient “try  
not to think  
about it”  
or  
“relax”.”**



Similar policies for staff in medical professional’s offices are relatively easy to establish. Fragrance is an option and is not essential to personal hygiene or the function of any cleaning or personal care product. Fragrance free options are available for everything from deodorants and laundry to cleaning supplies.

While a chemical and fragrance-free office would be the most ideal situation, there are still simple ways to accommodate a patient with MCS. It is best to ask the patient what would work for them based on their knowledge and history of MCS. Patients are advised to ask for specific items, rather than merely asking for “accommodations”.

### **Setting the Appointment**

- Provide a first appointment of the day when not many other patients are around and wait time will be minimal.
- Ask the patient what would help to make their visit more comfortable.

### **Before the Appointment**

- Flag the patient’s chart for ‘allergies’.
- Remove candles, air fresheners, and other scenting devices.

### **On the Day of the Appointment**

- Allow the patient to wait outside or in vehicle when weather permits.
- Provide an isolated room for the patient to wait where contact with other patients is limited.
- Allow the patient to enter through the back door or staff entrance to avoid contact with other patients.
- Refrain from the use of any scented personal care products the day of the appointment.
- Assign unscented staff to work with the patient.

### **During the Appointment**

- Check with the patient before coming into contact with them or administering any medications, including the use of alcohol and latex gloves,
- Provide oxygen, if/when needed.
- If the patient unavoidably experiences a reaction to an exposure, remove the offending substance or person immediately. Move the MCS patient outdoors or to another room with separate ventilation.
- Refrain from using cleaning products, aerosols, and office equipment such as faxes and copiers while the patient is in the building.
- Listen attentively to the patient. They usually know what they are reacting to and how to best remedy the situation.
- Refrain from creating tension and feelings of being misunderstood by telling a patient “try not to think about it” or “relax”. These suggestions are no more effective than telling a diabetic not to think about her low blood sugar emergency. Corrective action is the only way to remedy the emergency.

### **In the Future**

- For the benefit of all patients and staff, adopt fragrance –free office policy and post signage to that effect. A sample of an actual fragrance free hospital policy may be found at:

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

A sample of an actual hospital protocol for MCS patients may be found at:

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

- Post warning signs when doing any remodeling, painting, carpeting, or construction projects.
- Use fragrance-free products to launder staff uniforms and store in a sterile area away from cleaning products.

The patient holds the burden of informing the staff and physician of their needs, remaining calm and objective, and providing reasonable explanation for requests.

### **Before the Appointment**

- Carefully select the physician on the basis of medical needs. For MCS, make sure they are familiar with it and know how to treat it. A good place to start is the American Academy of Environmental Medicine’s physician referral list [http://www.aaemonline.org/Referable\\_Physicians.html](http://www.aaemonline.org/Referable_Physicians.html). For other conditions, select a physician who you feel comfortable working with.

- Call to request a paid phone consult prior to committing to an appointment.
- Ask for accommodations in writing.
- When confirming the appointment, remind the staff to take precautions.
- Keep copies of all written and verbal discussions about accommodations, including dates, names, and outcome.
- Keep your requests simple and reasonable. Tall orders for a perfect, totally safe environment will deter staff from trying at all if it seems impossible to achieve.

### **At the Appointment**

- Wear protective clothing.
- Bring a respirator, mask, and/or oxygen to the appointment.
- Focus on the reason for the medical appointment.
- Wear dark glasses or ear protection if photosensitive or sound sensitive.
- Refrain from becoming emotional. Keep things objective and professional.
- Bring a friend or family member to establish credibility and assist with communications, note taking, registration, payment, and other procedures.

### **When Accommodations are Denied**

- Report the physician to your state medical board, insurance company, and the American Medical Association.
- Write a complaint letter to the Civil Rights Commission and Department of Justice.
- Call your local disability advocacy groups and ask for assistance. Two well-known organizations include the Centers for Independent Living and Governor’s Council for People with Disabilities.
- Write a letter to the editor of your newspaper.

Both patients and physicians may find more information on accommodating people with MCS and fragrance sensitivity through the Job Accommodations Network and other accommodations resources.

JAN - Accommodation and Compliance Series - Employees with Multiple Chemical Sensitivity and Environmental Illness

<http://askjan.org/media/downloads/MCSEIA&CSeries.pdf>

JAN - Accommodation and Compliance Series - Employees with Fragrance Sensitivity

<http://askjan.org/media/downloads/FragranceA&CSeries.pdf>

Searchable Online Accommodation Resource: Multiple Chemical Sensitivity (MCS)

<http://www.jan.wvu.edu/soar/mcs.html>

Fact Sheet - Job Accommodations for People with Respiratory Impairment

<http://www.jan.wvu.edu/media/employmentrespfact.doc>

HUD - MCS Disorder and Environmental Illness as Handicaps (1992)

<http://fairhousing.com/include/media/pdf/mcsd.pdf>

Multiple Chemical Sensitivity and the Law

<http://www.gerbothlaw.com/2011/01/20/multiple-chemical-sensitivity-and-the-law/>

Research & Training Center on Independent Living: Multiple Chemical Sensitivity and Electrical Sensitivity

<http://www.rtcil.org/products/RTCIL%20publications/Fact%20sheet%20Multiple%20Chemical%20Sensitivity.pdf>

(CANADA) Canadian Human Rights Commission Policy on Environmental Sensitivities

[http://www.chrc-ccdp.ca/legislation\\_policies/policy\\_environ\\_politique-en.asp?lang\\_update=1](http://www.chrc-ccdp.ca/legislation_policies/policy_environ_politique-en.asp?lang_update=1)

(CANADA) The Medical Perspective on Environmental Sensitivities

[http://www.chrc-ccdp.ca/research\\_program\\_recherche/esensitivities\\_hypersensibilitee/toc\\_tdm-en.asp](http://www.chrc-ccdp.ca/research_program_recherche/esensitivities_hypersensibilitee/toc_tdm-en.asp)

(CANADA) Accommodation for Environmental Sensitivities: Legal Perspective

[http://www.chrc-ccdp.ca/research\\_program\\_recherche/esensitivities\\_legal\\_hypersensibilitee/toc\\_tdm-en.asp](http://www.chrc-ccdp.ca/research_program_recherche/esensitivities_legal_hypersensibilitee/toc_tdm-en.asp)

Accommodating Employees with Environmental Sensitivities

[http://harepublishing.com/Workplace/guide\\_home.html](http://harepublishing.com/Workplace/guide_home.html)

US DOE - Multiple Chemical Sensitivity Policy and Resources (2001)

<http://www.naturalworldhealing.com/mcs-usgovt-policy.htm>

(AUSTRALIA) - Disability Access Checklist Guide for Government Owned & Leased Premises (2006)

[http://www.sacfs.asn.au/download/SA%20Gov%20Access%20Assesment%20%20guide%20version%20SBF%20final%20DTEI%202007\\_30\\_11.pdf](http://www.sacfs.asn.au/download/SA%20Gov%20Access%20Assesment%20%20guide%20version%20SBF%20final%20DTEI%202007_30_11.pdf)

*Op-Ed*

# New Social Security Rules on Re-Filing While Appeals Council Review is Pending

- Michael J. Walkup, Esq



Michael J. Walkup, Esq.

***“In a new ruling, SSA has stated that you cannot file a new application while an appeal is pending at the Appeals Council level on a previous application.”***

In those MCS Social Security disability cases that are not successful at the hearing stage, my clients have several options. First, they can appeal to the Appeals Council, which is part of the SSA. This usually takes up to two additional years and, at best, will only usually result in having the case sent back to the same Administrative Law Judge (ALJ) who denied the case the first time. Often, that ALJ may be prejudiced against MCS and will just clean up his or her act the second time around.

The other option is to file a new application for benefits. This will take about the same amount of time as an appeal and the ALJ will be selected randomly from the half a dozen or so that are typically assigned to any particular hearing office.

The problem with a new application is that you give up any retroactive benefits that had accrued while the first claim was pending.

Up until last month, we had a third option, which was to both file an appeal and a new application. This meant that if the appeal was not successful, the new application would already have found it's way to the hearing level and at least another hearing could be obtained without additional waiting. You also might get a different ALJ on the new application who would be more open to the MCS diagnosis.

SSA has now foreclosed the third option. In a new ruling, they have stated that you cannot file a new application while an appeal is pending at the Appeals Council level on a previous application. You have to decide between an appeal and a new application. If you decide to forgo the appeal, they will accept the new application (again, you will lose the retroactive benefits from the previous case).

Given that most appeals just result in a second hearing in front of the same ALJ who denied the first case, I usually do not recommend appealing and counsel my clients to file new applications. If, however, you intend to move out of the area in which you are currently residing, you might fall under the jurisdiction of another hearing office and would have a different ALJ on the remanded (original) case.

Also, if you had passed your "date last insured" for disability benefits prior to the first ALJ denial decision, you cannot file a new application for the same benefit period and would be limited to SSI benefits, if you qualify for those financially (must be below the "poverty line"). Clients who are married with working spouses would not qualify for SSI benefits. They will have no choice other than an appeal.

**“You can still  
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You can still file a new application while your case is appealed to the Federal Court following an Appeals Council denial.

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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](#)
-

*Scientific Study****Vitamin D Coupled with Certain Genetic Variants Associated with Food Sensitivity***

**“A strong interaction was found between certain gene variants and vitamin D deficiency.”**

Food sensitivity is increasingly common, particularly with the increased use of food colorings, flavorings, and other additives. Nearly 40% of children in a recent study were found to have food sensitivities.

Some scientists hypothesize that a deficiency in vitamin D may lead to food sensitivity and, later, food allergy.

A group of researchers set out to determine whether vitamin D levels in cord blood samples from 649 children were associated with food sensitivity.

A strong interaction was found between certain gene variants and vitamin D deficiency.

“When examined alone, vitamin D deficiency was not associated with food sensitivity,” says lead research Liu. However when examined jointly with single-nucleotide polymorphisms (SNPs) in 11 genes known to be involved in regulating immunoglobulin E, an indicator of allergy, a significant correlation was found.

The researchers concluded that this demonstrates that vitamin D deficiency may increase the risk of food sensitivity among individuals with certain genotypes.

This result helps to explain why some people are affected by food sensitivity, while others may enjoy eating nearly anything.

**Reference**

Liu X, Wang G, Hong X, Wang D, Tsai HJ, Zhang S, Arguelles L, Kumar R, Wang H, Liu R, Zhou Y, Pearson C, Ortiz K, Schleimer R, Holt PG, Pongracic J, Price HE, Langman C, Wang X. Gene-vitamin D interactions on food sensitization: a prospective birth cohort study. *Allergy*. 2011



## 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 Chemical 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/acutetoxicffectsoffragrancescard.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)

Impact of Gulf Spill's Underwater Dispersants Is Examined

<http://green.blogs.nytimes.com/2011/08/26/impact-of-gulf-spills-underwater-dispersants-is-examined/>

Attack on Fragranced Laundry Products: "Non-Scents"

<http://www.newswise.com/articles/attack-on-fragranced-laundry-products-non-scents>

Hull hospital pioneers Gulf War Syndrome treatment

<http://www.bbc.co.uk/news/uk-england-humber-14685953>

Video: Scented laundry detergents emit toxic chemicals, UW study says

<http://thetruthaboutmcs.blogspot.com/2011/08/video-scented-laundry-detergents-emit.html>

Fresh smell of scented laundry found to contain toxic chemicals

<http://www.digitaljournal.com/article/310781>

Scented Laundry Products Emit Hazardous Chemicals Through Dryer Vents

<http://www.sciencedaily.com/releases/2011/08/110824091537.htm>

RESEARCH: Scented laundry products emit hazardous chemicals through dryer vents

<http://thetruthaboutmcs.blogspot.com/2011/08/research-scented-laundry-products-emit.html>

King Corn Takes Root in Hawaii

<http://www.nytimes.com/gwire/2011/08/22/22greenwire-king-corn-takes-root-in-hawaii-28466.html>

Louisiana Paper Mill Spill Causes Massive Fish Kill

<http://planetark.org/enviro-news/item/63018>



# Featured Research Studies

## A sentinel case series of cancer patients with occupational exposures to electromagnetic non-ionizing radiation and other agents

Y. Stein, O. Levy-Nativ, E.D. Richter, Eur. J. Oncol. - Vol. 16 - N. 1 - , pp 21-54, March 2011

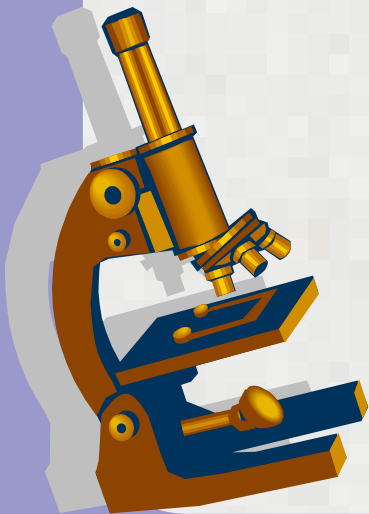
### Abstract

**Background.** There are reports that intense prolonged occupational exposure to non-ionizing radiation may increase risks for cancer. We previously have reported a sentinel cluster, of 7 workers with high exposures and short latent periods, and individual patients with brain cancer high occupational exposures and short latent periods. We present a sentinel case series (n=47, 40M, 7F) of cancer patients, referred to our medical unit with occupational exposures to non-ionizing radiation of all types.

**Objectives.** Our aims were to report the findings on tumour types, age of first diagnosis, and latency, to describe their exposures and to examine the hypothesis that latencies for all tumour types (solid tissue, hematolymphatic, testicular) were coherently related to high occupational exposures starting at young ages. **Methods.** We divided the patients into groups by latency. We categorized each patient's exposures in regard to types of radiation, far or near field exposure and direct body contact. For some we had data on frequencies, for others we provided assessments. We also present the patient data categorized by age of diagnosis. We used a case-case type comparison to examine laten(HL), testicular].

**Results.** 15 patients developed cancer with latent periods of less than 5 years and 12 patients with latent periods between 5 and 10 years. The remaining 20 patients had longer latent periods between first occupational exposure to EMF and diagnosis of cancer. 6 patients (12.7%) had multiple tumours. 12 patients (25.5%) reported cancer cases in co-workers. In the <5 years latency group there were 8 hematolymphatic cancers, 3 testicular cancers and 6 solid tumours [head & neck (including brain) and GI tract]. In all latency groups there were patients who were exposed to intense levels of electromagnetic fields (EMF), to several types of EMF, or to EMF in combination with ionizing radiation (IR) or other exposures, and patients who had direct body contact with the equipment, were in direct focus of high radiation, or worked in small, electronically dense environments. Case classification by age showed shorter latencies with younger ages, but this association is complicated by the fact that shorter latencies co-vary with younger ages especially for testicular tumours. But patients with testicular and hematolymphatic tumours had shorter latencies than those with solid tumours.

**Conclusion.** Many of the patients were young and had extremely short latent periods, especially for HL and testicular cancers. The fact that latent periods for testes were very short, HL longer and solid still longer suggests a coherent and biologically plausible pattern of latency in relation to the onset of exposure to EMF and other agents. The findings strengthen the hypothesis that these exposures may possibly be the major cause of many of these tumours. The findings state the case for (1) better modelling of exposure sources and penetration into the body and (2) preventive and protective measures based on control of exposure at source, barriers, and personal protection.



## Occurrence and fate of the herbicide glyphosate and its degradate aminomethylphosphonic acid in the atmosphere.

Chang FC, Simcik MF, Capel PD.

Environ Toxicol Chem. 2011 Mar;30(3):548-55. doi: 10.1002/etc.431. Epub 2011 Jan 19.

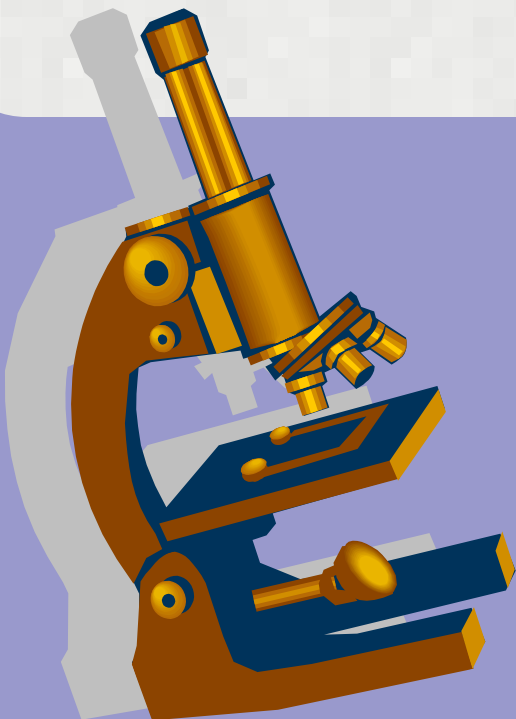
### Source

School of Public Health, University of Minnesota, Minneapolis, Minnesota, USA.

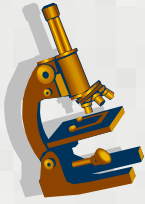
### Abstract

This is the first report on the ambient levels of glyphosate, the most widely used herbicide in the United States, and its major degradation product, aminomethylphosphonic acid (AMPA), in air and rain. Concurrent, weekly integrated air particle and rain samples were collected during two growing seasons in agricultural areas in Mississippi and Iowa. Rain was also collected in Indiana in a preliminary phase of the study. The frequency of glyphosate detection ranged from 60 to 100% in both air and rain. The concentrations of glyphosate ranged from  $<0.01$  to  $9.1 \text{ ng/m}^3$  and from  $<0.1$  to  $2.5 \text{ }\mu\text{g/L}$  in air and rain samples, respectively. The frequency of detection and median and maximum concentrations of glyphosate in air were similar or greater to those of the other high-use herbicides observed in the Mississippi River basin, whereas its concentration in rain was greater than the other herbicides. It is not known what percentage of the applied glyphosate is introduced into the air, but it was estimated that up to 0.7% of application is removed from the air in rainfall. Glyphosate is efficiently removed from the air; it is estimated that an average of 97% of the glyphosate in the air is removed by a weekly rainfall  $\geq 30 \text{ mm}$ .

PMID: 21128261 [PubMed - indexed for MEDLINE]



**Health effects associated with geographical area of residence during the 1991 gulf war: a comparative health study of iraqi soldiers and civilians.**



Jamil H, Hamdan TA, Grzybowski M, Arnetz BB. US Army Med Dep J. 2011 Jul-Sep;86-95.

Source

Wayne State University School of Medicine, Detroit, MI.

Abstract

**CONTEXT:** Although Iraqis sustained the gravest exposure conditions during the 1991 Gulf War (GW), little is known about the possible relationship between environmental exposures during the GW and long-term health in Iraqis.

**OBJECTIVE:** To study the relationship between distance from Kuwait during the GW and somatic health among Iraqi Soldiers vs civilians.

**METHODS:** A survey questionnaire was distributed to a sample of 742 GW veterans and 413 civilians in Iraq. The odds ratios were calculated for somatic disorders as a function of distance from Kuwait during the GW, as well as a self-reported environmental exposure index.

**RESULTS:** Soldiers reported a significantly higher prevalence of somatic disorders as compared to civilians. Soldiers closest to Kuwait reported significantly more somatic disorders as compared to Soldiers deployed further away from Kuwait.

**CONCLUSION:** Iraqi GW veterans are at an increased risk of numerous somatic disorders. Soldiers are at an increased risk compared to civilians, suggesting that war-associated exposures are of etiologic relevance.

PMID: 21805460 [PubMed - in process]

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