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# MCSA NEWS

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## *Xenon Gas Anesthesia May be Suitable*



## *For Surgical Patients with Multiple Chemical Sensitivity*

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# ***Xenon Gas Anesthesia May Be Suitable for Surgical Patients with Multiple Chemical Sensitivity***

**“It is totally inert (non-toxic) and has not been associated with any allergic reactions.”**

Surgical anesthesia raises many concerns over the safety of patients. Patients who are sensitive or allergic to various drugs and chemicals pose a special challenge to surgeons and anesthesiologists.

It is essential to ensure the use of an anesthetic that will not cause further harm to health for patients, especially those with conditions like multiple chemical sensitivity (MCS). It is best to avoid any medications which are metabolized via the liver due to the liver function variations seen in patients with MCS.

Stoppe & colleagues, a group of researchers faced with a patient with multiple chemical sensitivity scheduled for a laparoscopic gall bladder removal, report that xenon gas may be the best choice for general anesthesia in this group of patients because it acts independent of the patient’s metabolism.

Xenon gas was discovered in 1898 and is not likely to be involved in any biochemical events in the body. It is quick acting, eliminated completely via the lungs, and recovery is rapid. It is totally inert (non-toxic) and has not been associated with any allergic reactions.

Xenon is inhaled and acts on the N-methyl-D-aspartate (NMDA) receptor, producing unconsciousness in roughly 8 minutes. It is colorless, odorless, and tasteless.



The primary disadvantage to xenon gas is its ability to depress the respiratory system. Its central depression effects cause a decrease in respiratory rate that can progress to apnea (ceased breathing).

Xenon is extremely expensive, and this may be a consideration for both insurance and patient costs.

Despite its high cost, it appears to be a potentially suitable surgical anesthetic for patients with multiple chemical sensitivity.

Stoppe, C et al. Xenon anesthesia for laparoscopic cholecystectomy in a patient with multiple chemical sensitivity. *Br. J. Anaesth.* (2011) 107 (4): 645-647. doi: 10.1093/bja/aer285

*Scientific Study****Study Reveals Toxic Exposures  
Culprit in Gulf War Illness***

**“At least  
25% of  
U.S. veterans  
who served in  
the 1990-1991  
Gulf War were  
affected by  
Gulf War  
illness.”**

New study findings support a role for wartime exposures in the cause of Gulf War illness.

At least 25% of U.S. veterans who served in the 1990-1991 Gulf War were affected by Gulf War illness.

Gulf War Illness (GWI) describes a variety of complex signs and symptoms which often includes disabling fatigue, intermittent fevers, night sweats, pain, memory impairments, headaches, skin rashes, diarrhea, abdominal bloating, chronic bronchitis, light sensitivity, confusion, visual problems, irritability, and depression.

Combat service itself was originally thought to produce some sort of vague post-traumatic stress disorder; however, combat service was not significantly associated with Gulf War illness in this study. Instead, toxic exposures were identified as a common thread.

“Deployment experiences and the prevalence of GWI differed significantly by veterans’ location in theater,” says lead researcher Steele. “Among personnel who were in Iraq or Kuwait, where all battles took place, GWI was most strongly associated with using pyridostigmine bromide pills and being within one mile of an exploding SCUD missile. For veterans who remained in support areas, GWI was significantly associated only with personal pesticide use, with increased prevalence in the relatively small subgroup who wore pesticide-treated uniforms, nearly all of whom also used skin pesticides.

Based on this study, Gulf War illness is a disorder of toxicological origin, the result of toxic exposures resulting in permanent damage

**Reference**

Steele L, Sastre A, Gerkovich MM, Cook MR 2011. Complex Factors in the Etiology of Gulf War Illness: Wartime Exposures and Risk Factors in Veteran Subgroups. *Environ Health Perspect* :- <http://dx.doi.org/10.1289/ehp.1003399>



*Scientific Study*

# Vaccines: Are They Safe? Maybe Not, Say Researchers

**“Said to prevent illness and save lives, vaccines have also been implicated in causing illness and death.”**

Nothing raises more conflict among parents, doctors, researchers, and drug companies than the safety and efficacy of vaccines.

Said to prevent illness and save lives, vaccines have also been implicated in causing illness and death.

A recent study published in *Current Medicinal Chemistry* examined the safety of aluminum vaccine adjuvants.

Tomljenovic, lead researcher says, “Aluminum is an experimentally demonstrated neurotoxin and the most commonly used vaccine adjuvant. Despite almost 90 years of widespread use of aluminum adjuvants, medical science's understanding about their mechanisms of action is still remarkably poor. There is also a concerning scarcity of data on toxicology and pharmacokinetics of these compounds.”

Despite this, aluminum is widely believed to be safe as an additive in vaccines. Though Tomljenovic says, “Experimental research, however, clearly shows that aluminum adjuvants have a potential to induce serious immunological disorders in humans. In particular, aluminum in adjuvant form carries a risk for autoimmunity, long-term brain inflammation and associated neurological complications and may thus have profound and widespread adverse health consequences.”

Brain and cellular inflammation has been found in multiple sclerosis, chronic fatigue syndrome, sudden infant death, various neurological disorders, and many other devastating, disabling diseases that suddenly appear shortly after receiving a vaccination.

We are told “vaccines are safe” and “the benefits outweigh the risks”. A growing number of people feel this touting of vaccines is nothing more than propaganda.



**“Erring  
on the side  
of caution  
may include  
forgoing  
some  
or all  
vaccines.”**

Tomljenovic and colleagues assert, “In our opinion, the possibility that vaccine benefits may have been overrated and the risk of potential adverse effects underestimated, has not been rigorously evaluated in the medical and scientific community.”

They hope that their research paper will provide a framework for a much needed and long overdue assessment of this highly contentious medical issue

Another study implicates vaccines in chronic fatigue syndrome in a condition the researchers call ASIA (autoimmune/inflammatory syndrome induced by adjuvants). Adjuvants are vaccine additives such as aluminum, which are purported to cause the immune system to respond better to the vaccine.

Erring on the side of caution may include forgoing some or all vaccines and instead focusing on strengthening the immune system and overall health.

#### References

Hemda Rosenblum, MD, Yehuda Shoenfeld, MD, FRCP, Howard Amital, MD, MHA. The Common Immunogenic Etiology of Chronic Fatigue Syndrome: From Infections to Vaccines via Adjuvants to the ASIA Syndrome. Infectious Disease Clinics of North America. 12 September 2011.



*Scientific Study****Pesticide Exposure Leads to Increased Body Fat in Children***

**“Think fat  
is all  
in your  
genes  
or  
what  
you eat?  
Think again!”**



Think fat is all in your genes or what you eat? Think again!

A new study shows that school age children who are prenatally exposed to modern pesticides are born with lower birth weight and may have as much as 16% more body fat than those who are not exposed to pesticides. If the mother also smoked, the body fat percentage may increase as much as 30% over unexposed and nonsmoking counterparts.

Pesticides are endocrine disrupting chemicals that have been thought to play a role in the obesity epidemic. Endocrine disruptors interfere with the human hormonal system. Often the thyroid gland is affected. A sluggish thyroid may lead to weight gain. The pancreas may also be affected, leading to diabetes and poor sugar metabolism.

While the study focused on occupational exposure to pesticides, everyone has some exposure. Just living in the modern world ensures exposure through air, food, and water.

Staying entirely away from pesticides is almost impossible. Most public places, stores, and food establishments are rou-

tinely sprayed as preventive maintenance. Many workplaces and schools are also sprayed.

The best most people can do is to limit exposures and use alternatives at home. Requests may be made for integrated pest management (IPM) practices in schools and the work place. IPM focuses on routinely monitoring for problems and non-pesticide preventive measures. Pesticides are only used as a last resort and the least toxic method is selected.

Most foods, including fresh produce, may contain up to 20 pesticides per serving. Switching to organic and growing as much of one's own food as possible helps to limit dietary pesticide exposure.

Also, beware of personal care products, such as sunscreen, hand sanitizer, and makeup, which may contain hidden pesticides.

**Reference**

Wohlfahrt-Veje C, Main KM, Schmidt IM, Boas M, Jensen TK, Grandjean P, Skakkebaek NE, Andersen HR. Lower birth weight and increased body fat at school age in children prenatally exposed to modern pesticides: A prospective study. *Environ Health*. 2011 Sep 20;10(1):79. [Epub ahead of print]

## 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".

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

<http://www.ncchem.com/snftaas/gaslist.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)

Mom: Daughter Allergic To Teacher's Perfume

<http://www.koat.com/news/29285591/detail.html>

2012 FDA bans CFCs in some inhalers from next year

<http://www.chicagotribune.com/health/sns-rt-us-fda-inhalerstre78l3nl-20110922,0,7519410.story>

Complex Factors in the Etiology of Gulf War Illness: Wartime Exposures and Risk Factors in Veteran Subgroups.

<http://ehp03.niehs.nih.gov/article/info:doi/10.1289/ehp.1003399>

Observations of Fallout from the Fukushima Reactor Accident in San Francisco Bay Area Rainwater.

<http://www.plosone.org/article/info%3Adoi%2F10.1371%2Fjournal.pone.0024330>

Aluminum Vaccine Adjuvants: Are they Safe?

<http://www.ingentaconnect.com/content/ben/cmc/2011/00000018/00000017/art00011>

Mercury mess: Wild bird sex stifled.

<http://www.environmentalhealthnews.org/ehs/newscience/2011/08/2011-0920-mercury-messes-with-sex>

Lower birth weight and increased body fat at school age in children prenatally exposed to modern pesticides: A prospective study.

<http://www.ncbi.nlm.nih.gov/pubmed/21933378>

The invisible illness

<http://www.vancouversun.com/health/invisible+illness/5437071/story.html>



# Featured Research Studies

## **Do indoor environments influence asthma and asthma-related symptoms among adults in homes? A review of the literature.**

Jie Y, Ismail NH, Jie X, Isa ZM. J Formos Med Assoc. 2011 Sep;110(9):555-63. Epub 2011 Aug 11.

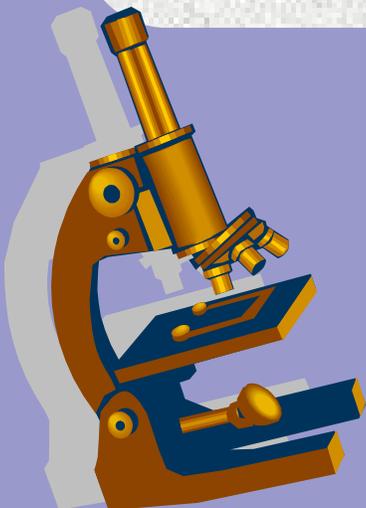
### Source

Department of Community Health, Faculty of Medicine, National University of Malaysia, Kuala Lumpur 56000, Malaysia; School of Public Health, Zunyi Medical College, Zunyi, Guizhou 563003, PR China.

### Abstract

This review summarizes the results of epidemiological studies focusing on the detrimental effects of home environmental factors on asthma morbidity in adults. We reviewed the literature on indoor air quality (IAQ), physical and sociodemographic factors, and asthma morbidity in homes, and identified commonly reported asthma, allergic, and respiratory symptoms involving the home environment. Reported IAQ and asthma morbidity data strongly indicated positive associations between indoor air pollution and adverse health effects in most studies. Indoor factors most consistently associated with asthma and asthma-related symptoms in adults included fuel combustion, mold growth, and environmental tobacco smoke. Environmental exposure may increase an adult's risk of developing asthma and also may increase the risk of asthma exacerbations. Evaluation of present IAQ levels, exposure characteristics, and the role of exposure to these factors in relation to asthma morbidity is important for improving our understanding, identifying the burden, and for developing and implementing interventions aimed at reducing asthma morbidity.

PMID: 21930065 [PubMed - in process]



## Blood-based biomarkers of selenium and thyroid status indicate possible adverse biological effects of mercury and polychlorinated biphenyls in Southern Beaufort Sea polar bears.

Knott KK, Schenk P, Beyerlein S, Boyd D, Ylitalo GM, O'Hara TM.  
 Environ Res. 2011 Sep 7. [Epub ahead of print]

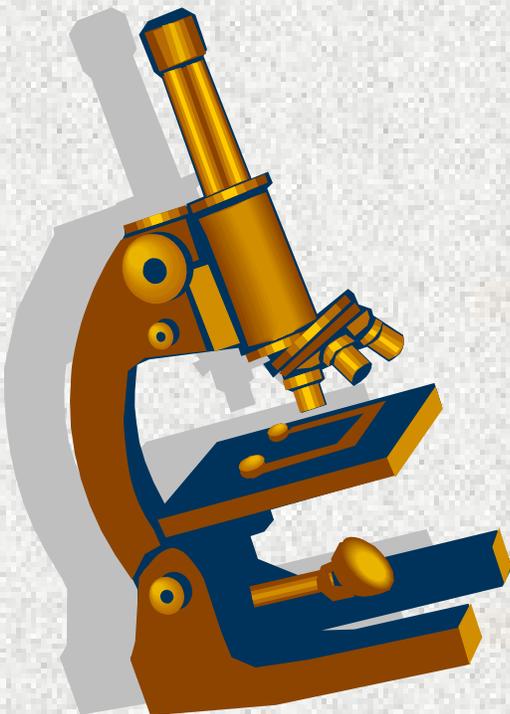
### Source

Department of Biology and Wildlife, Institute of Arctic Biology, University of Alaska Fairbanks, PO Box 757000, Fairbanks, AK 99775, USA.

### Abstract

We examined biomarkers of selenium status (whole blood Se; serum Se; glutathione peroxidase activity) and thyroid status (concentrations and ratios of thyroxine, T4; tri-iodothyronine, T3; albumin) in polar bears to assess variations among cohorts, and relationships to circulating concentrations of contaminants. Concentrations of total mercury (Hg) in whole blood were similar among cohorts (prime aged males and females, older animals, ages  $\geq 16$  years, and young animals, ages 1-5 years;  $48.44 \pm 35.81$ ;  $p=0.253$ ). Concentrations of sum of seven polychlorinated biphenyls ( $\Sigma$ PCB(7)) in whole blood were greater in females (with and without cubs,  $26.44 \pm 25.82$  ng/g ww) and young ( $26.81 \pm 10.67$  ng/g ww) compared to males ( $8.88 \pm 5.76$  ng/g ww,  $p < 0.001$ ), and significantly related to reduced body condition scores ( $p < 0.001$ ). Concentrations of Se and albumin were significantly greater in males than females (whole blood Se, males,  $42.34$  pmol/g ww, females,  $36.25 \pm 6.27$  pmol/g ww,  $p=0.019$ ; albumin, males,  $4.34 \pm 0.34$  g/dl, females,  $4.10 \pm 0.29$  g/dL,  $p=0.018$ ). Glutathione peroxidase activity ranged from 109.1 to 207.8 mU/mg hemoglobin, but did not differ significantly by sex or age ( $p > 0.08$ ). Thyroid hormones were greater in females (solitary females and females with cubs) compared to males ( $p < 0.001$ ). Biomarkers of Se status and concentrations of T3 were significantly positively related to Hg in all prime aged polar bears ( $p < 0.03$ ). Albumin concentrations were significantly positively related to total TT4, and significantly negatively related to concentrations of  $\Sigma$ PCB(7) ( $p < 0.003$ ). Total thyroxine (TT4) was significantly negatively associated with blood concentrations of  $\Sigma$ PCB(7) in solitary females ( $p=0.045$ ). These data suggest that female polar bears were more susceptible to changes in blood-based biomarkers of selenium and thyroid status than males. Further classifications of the physiologic states of polar bears and repeated measures of individuals over time are needed to accurately assess the biological impact of combined toxicant exposures.

PMID: [21903210](https://pubmed.ncbi.nlm.nih.gov/21903210/) [PubMed - as supplied by publisher]



## Convergent Genomic Studies Identify Association of GRIK2 and NPAS2 with Chronic Fatigue Syndrome.



Smith AK, Fang H, Whistler T, Unger ER, Rajeevan MS. *Neuropsychobiology*. 2011;64(4):183-94. Epub 2011 Sep 9.

Source: Division of High-Consequence Pathogens and Pathology, Centers for Disease Control and Prevention, Atlanta, Ga., USA.

### Abstract

**Background:** There is no consistent evidence of specific gene(s) or molecular pathways that contribute to the pathogenesis, therapeutic intervention or diagnosis of chronic fatigue syndrome (CFS). While multiple studies support a role for genetic variation in CFS, genome-wide efforts to identify associated loci remain unexplored. We employed a novel convergent functional genomics approach that incorporates the findings from single-nucleotide polymorphism (SNP) and mRNA expression studies to identify associations between CFS and novel candidate genes for further investigation.

**Methods:** We evaluated 116,204 SNPs in 40 CFS and 40 nonfatigued control subjects along with mRNA expression of 20,160 genes in a subset of these subjects (35 CFS subjects and 27 controls) derived from a population-based study.

**Results:** Sixty-five SNPs were nominally associated with CFS ( $p < 0.001$ ), and 165 genes were differentially expressed ( $\geq 4$ -fold;  $p \leq 0.05$ ) in peripheral blood mononuclear cells of CFS subjects. Two genes, glutamate receptor, ionotropic, kinase 2 (GRIK2) and neuronal PAS domain protein 2 (NPAS2), were identified by both SNP and gene expression analyses. Subjects with the G allele of rs2247215 (GRIK2) were more likely to have CFS ( $p = 0.0005$ ), and CFS subjects showed decreased GRIK2 expression (10-fold;  $p = 0.015$ ). Subjects with the T allele of rs356653 (NPAS2) were more likely to have CFS ( $p = 0.0007$ ), and NPAS2 expression was increased (10-fold;  $p = 0.027$ ) in those with CFS.

**Conclusion:** Using an integrated genomic strategy, this study suggests a possible role for genes involved in glutamatergic neurotransmission and circadian rhythm in CFS and supports further study of novel candidate genes in independent populations of CFS subjects.

PMID: [21912186](#) [PubMed - in process]

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