

GLOBAL INDOOR HEALTH NETWORK

"WORKING TOGETHER FOR HEALTHY INDOOR ENVIRONMENTS"

<http://globalindoorhealthnetwork.com>

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Ochratoxin A Exposure Biomarkers

Ochratoxin A exposure may lead to formation of DNA adducts resulting to genotoxicity and carcinogenicity (human carcinogen of 2B group). Now it seems that OTA could be "a complete carcinogen" which obliges to monitor its presence in biological materials, especially using the suitable biomarkers. In this article, OTA findings in urine, blood, serum, plasma and human kidneys (target dose) in the Czech Republic and comparison with foreign countries are presented.

Click [here](#) to read the abstract.

New President of AAEM

Dr. Janette Hope has been named as the new President of the American Academy of Environmental Medicine (AAEM).

Dr. Hope is a member of GIHN. Congratulations to Dr. Hope on her new position with AAEM!!

Mould, Failing Grades in Schools

To the list of enormous problems Quebec's school boards are facing — high dropout rates, budget cuts, language battles — they have to add contaminated school buildings.

In a number of schools across the Canadian province, pupils and teachers have been suffering from headaches, nose bleeds, sore throats and eyes, bronchitis, pneumonia and sinus infections. They complain of dizziness. They have chronic pain. They're tired, listless. Students can't concentrate. Teachers can't perform.

The cause is mould. Mould has been found beneath roofs, on window sills, behind walls, in basements, anywhere water or condensation accumulated. Classified as a health hazard by the World Health Organization since 2009, mould increases the risk of respiratory disease in children and adults exposed to it by 50 per cent, WHO says.

Quebec's official response to the problem of mould in schools has varied, depending on how much media attention is involved, how insistent parents and teachers are that it be solved and how much money the provincial government wants to spend. Media attention has become more sustained during the last two years, especially after hundreds of children in Montreal's Hochelaga-Maisonneuve neighbourhood were moved from one mould-infested school to another. The CSDM is the province's largest school board, with 110,000 students, 16,000 employees and more than 180 buildings.

Media attention and parental determination can go so far, but only the government can set aside enough money to fix the problem. Public school buildings in Quebec are the property of the province. It's the government's responsibility to ensure they are fit for human habitation.

Click [here](#) to read the entire article.

See *Dangers of Third-Hand Smoke* on page 2

Dangers of Third-Hand Smoke

First- and second-hand smoke are harmful, but did you know third-hand smoke is also toxic?

The Regional Municipality of York encourages residents to adopt healthy behaviour to prevent chronic disease, including cancer, diabetes and stroke, by creating smoke-free spaces to protect the health of those around them.

Third-hand smoke refers to toxic smoke chemicals trapped in hair, skin, fabric, carpet, furniture and toys that can stick around for hours, or even days, after a cigarette has been put out.

Children are especially vulnerable to the effects of third-hand smoke because their lungs and respiratory system are still developing, they breathe more quickly, crawl on the floor and put things in their mouths.

To prevent third-hand smoke, keep your home and vehicle smoke-free.

If you are a smoker, you can protect those close to you by doing the following:

- Smoking outdoors, away from entrances or windows;
- Washing hands after smoking;
- Wearing a jacket or layers that can be removed after smoking and before going into your home and;
- Keeping your family members away from places where people smoke.

Tobacco use is the leading cause of preventable death in Canada and has negative health effects for all ages.

It can lead to lung cancer, nasal sinus cancer, heart disease, stroke and heart attack and is also linked to cancers affecting the cervix, brain, bladder and thyroid.

Children exposed to tobacco smoke are at greater risk of developing colds, pneumonia, bronchitis, asthma and ear infections.

Click [here](#) to read the entire article.



New Research Paper on the Treatment of Illness Caused by Exposure to Water-Damaged Buildings, Mold and Mycotoxins

Check out this new research paper titled “A Review of the Mechanism of Injury and Treatment Approaches for Illness Resulting from Exposure to Water-Damaged Buildings, Mold, and Mycotoxins.” Here’s the Abstract:

Physicians are increasingly being asked to diagnose and treat people made ill by exposure to water-damaged environments, mold, and mycotoxins. In addition to avoidance of further exposure to these environments and to items contaminated by these environments, a number of approaches have been used to help persons affected by exposure to restore their health. Illness results from a combination of factors present in water-damaged indoor environments including mold spores and hyphal fragments, mycotoxins, bacteria, bacterial endotoxins, and cell wall components as well as other factors. Mechanisms of illness include inflammation, oxidative stress, toxicity, infection, allergy, and irritant effects of exposure. This paper reviews the scientific literature as it relates to commonly used treatments such as glutathione, antioxidants, antifungals, and sequestering agents such as Cholestyramine, charcoal, clay and chlorella, antioxidants, probiotics, and induced sweating.

The paper was published in The Scientific World Journal by the Hindawi Publishing Corporation. The author of the paper is Dr. Janette Hope. You can read the full paper at the following link:

[A Review of the Mechanism of Injury and Treatment Approaches for Illness Resulting from Exposure to Water-Damaged Buildings, Mold, and Mycotoxins](#)

See *Mold in Florida State Dorms* on page 3

Mold a Growing Issue in Florida State Dorms

Senior Alexa Sevilla is one of many students on campus who have had to deal with mold in their living space. A resident of Deviney Hall, her mold problem was out of control and she felt that housing didn't do enough to help out.

"I had a terrible problem with mold this year," Sevilla said. "It was growing on my walls, in my dresser drawers, and on my personal items like my shoes. Housing told me they could clean my walls and the furniture, but I was responsible for any personal items."

With the walls cleaned and given an old dehumidifier, Sevilla is still dealing with the health issues originally brought on by the mold exposure. There is even suspicion that the mold was never completely eliminated from the room, posing a health threat her.

"I have been diagnosed with an allergy to mold and bronchitis, the symptoms of which have persisted long after the mold was cleaned," Sevilla said. "I suspect there is still mold growing in the unseen crevices of my room, such as inside the radiator or under the carpet, but housing has refused to look into the issue further."

Residents of other dorms sing the same song: juniors Nickole Clute and Abby Warren, roommates in Jennie Murphree Hall two years ago, claim illness was an everyday issue for them. They were one of many forced to buy an air purifier just to breathe easy while at home. Junior Natalie Harris says the problem isn't contained to campus.

Mold occurs naturally indoors and outdoors, making it hard to combat. It grows in moist places and, while not all mold species are deadly, **death can occur from mold exposure in extreme cases.**

Florida's climate favors mold, making the issue that much more pertinent. Cleaning the mold off isn't enough though, as it will, in most cases, grow back.

To read the entire article:

[Mold a Growing Problem in Florida State Dorms](#)



Deviney Hall at Florida State University

Woman Sues Landlord Over Mold in Duplex (Lincoln, Nebraska)

A Lincoln, Nebraska, woman who was diagnosed with fungal pneumonia has filed a lawsuit saying the manager of a west Lincoln duplex she rented repeatedly failed to address mold in the property.

Jacqueline Leafy first noticed the black growth in the ceiling corner of her bedroom in January 2010, according to the lawsuit filed last week in Lancaster County District Court.

She had signed the lease for 1741 S.W. 10th St. only two months prior on Nov. 19, 2009. The rent was \$675 a month.

Soon after finding the growth, the suit says, she began to feel ill on a frequent basis.

The lawsuit says she complained and an employee of the property management company, Seldin Co. of Omaha, inspected the apartment and sprayed the black spot with a chemical. The employee told Leafy there was no mold in the apartment.

Leafy and her family continued to live in the apartment. But the black spot grew, according to the lawsuit, and she continued to be ill.

A doctor diagnosed her with fungal pneumonia and urged her to have her home inspected for mold.

Click [here](#) to read the entire article.

Member Profile: Timothy R. Corr

Timothy R. Corr, graduated with an MBA from Loyola University and a J.D. from Detroit College of Law in the 1990s. During law school, Tim had his first jury trial defending himself and another student with the law school class looking in a Lansing Michigan court. Despite the idea that only a fool represents himself, the trial was successful.

Tim then joined two public service offices defending and prosecuting criminal defendants while in law school. After law school, Tim continued to try cases and experienced a very high level of success.

Tim became involved in mold litigation after encountering a family that had a child who experienced brain damage as a result of mold exposure. Tim worked closely with Dr. Ritchie Shoemaker on that case. Unfortunately, against Tim's advice, the parents of the child began exaggerating their own symptoms and pursued their own complaints instead of focusing solely on the child, and as a result parted ways with Tim and a verdict of no cause with the new lawyer left the child without remedy. The main reasoning of the finder of fact was that the parents were malingerers.

Tim believes it is important to have a simultaneous medical and legal pursuit of this issue in order to raise public awareness regarding the potential health effects of mold and how it can affect different individuals differently. With this simultaneous approach, we will be better positioned to develop remedial and preventative policies with regard to indoor air quality. The affect upon our society of poor indoor air quality is immense, especially considering that mood and attentiveness is likely mildly affected on a wide scale throughout the world--in addition to the serious cases that usually come to the attention of medical providers and legal counsel.

Even minor fatigue and concentration reduction will reduce the amount and quality of an affected individual's productivity and, as a result, is likely to have a negative impact on their self-esteem. Many individuals suffer without knowing what they suffer from, and allopathic medicine doctors are not taught how to help these patients.



Timothy R. Corr

Member Profile: Timothy R. Corr (cont'd)

Although knowledge of mold effects on housing may be biblical in age, diagnosis and treatment have taken centuries to evolve. In order to move forward more quickly, it is important that medical information is shared and differing medical opinions are considered.

Tim also would like to stress that plaintiff injury lawyers are very important to this process as they provide teeth to the notion that indoor air quality and the health of our citizens is of paramount importance and that building owners and managers have a duty to provide safe and healthy environments for all occupants.

Tim has personally been affected by mold in his own home and witnessed that he and his daughter become much more affected than the other members of his household. He did not relate their health problems to mold until very high levels of dangerous mold were discovered in the 1960s-era home they occupied.

Throughout Tim's mold experiences, he has encountered differing opinions as to diagnosis and treatment. Tim realizes that is to be expected and wants to emphasize that the most important thing is that all possible methods of diagnosis and treatment are explored.

Because of his own personal experience, he is passionate about helping those who are affected by mold in Michigan. Tim's practice is now entirely devoted to helping those who are injured.

<http://248lawyers.com>

See *Improve Indoor Air in Office Buildings* on page 5

How to Improve Indoor Air Quality in Office Buildings

Indoor air pollution is a common health and safety concern common in many offices. **The World Health Organization estimates that nearly 30 per cent of remodeled or new buildings have high rates of complaints due to building-induced sickness.**

Air quality can be unsafe for a variety of reasons, including unsafe storage of harmful substances, the use of air freshener products, a lack of fresh air being circulated through the office and polluted outside air being circulated into the office.

Additional contributors to unsafe air include chemicals in furniture and carpets, radiation from building insulation, solvents used in glues and cleaners, ozone from copiers, and carbon monoxide from cigarette smoke and outside transport.

The sealed nature of most office buildings has been identified as a major contributor to health symptoms reported by workers. Intended to reduce energy costs, the sealed buildings often lack the amount of fresh air needed to remain healthy.

Indoor air quality expert Dr. Mark Sneller says volatile organic compounds (VOCs) are a huge contributor to adverse health effects in the workplace. He says anything with perfumes or fragrances and air purifiers should be avoided or highly researched.

Room fresheners sprayed into indoor environments are chemically derived and have toxic characteristics that can cause birth defects and depression. Sneller outlines the contrary practices of consumers who wash their fruit to remove pesticides yet spray their rooms with toxic chemicals that negate the effects of the body's immune system. These fragrant products should be avoided.

Changes in Office Buildings

Older office buildings were usually constructed with windows that opened. A stuffy room was quickly fixed by opening the windows and airing out the room. Today, most newly constructed office buildings are designed without operable windows and air circulation is the responsibility of the mechanical ventilation system.



How to Improve Indoor Air Quality in Office Buildings (continued)

To remove indoor air contaminants, ventilation or air conditioning systems must bring in adequate fresh air from outdoors. Due to the high cost of heating cold winter air and cooling warm summer air, some buildings are designed to reduce the amount of outdoor air brought into the ventilation system during periods of extreme temperatures which results in an accumulation of contaminated air inside the building.

What Management Can do to Ensure a Healthy Workplace

Every worker has the right to work in a safe environment and it is in the best interest of management to ensure that indoor air quality is safe which will in turn create healthier workers and increased productivity.

To prevent negative health effects, the ventilation system needs to be properly designed and running efficiently. The ventilation system involves a combination of processes which removes air from inside a building and supplies fresh air in its place.

Management should discuss with workers how they feel at work and take note of any patterns in time or day that they feel unwell. Answers should be recorded and monitored constantly.

Click [here](#) to read the entire article.

Detection of Mycotoxins in Patients with Chronic Fatigue Syndrome

Check out this new research paper titled "Detection of Mycotoxins in Patients with Chronic Fatigue Syndrome."

It was published in the *Toxins* Journal by MDPI. The authors of the paper are Joseph H. Brewer, MD; Jack D. Thrasher, PhD; David C. Straus, PhD; Roberta Madison, PhD; and Dennis Hooper, MD, PhD.

Over the past 20 years, exposure to mycotoxin producing mold has been recognized as a significant health risk. Scientific literature has demonstrated mycotoxins as possible causes of human disease in water-damaged buildings (WDB). This study was conducted to determine if selected mycotoxins could be identified in human urine from patients suffering from chronic fatigue syndrome (CFS). Patients (n = 112) with a prior diagnosis of CFS were evaluated for mold exposure and the presence of mycotoxins in their urine. Urine was tested for aflatoxins (AT), ochratoxin A (OTA) and macrocyclic trichothecenes (MT) using Enzyme Linked Immunosorbent Assays (ELISA). Urine specimens from 104 of 112 patients (93%) were positive for at least one mycotoxin (one in the equivocal range). Almost 30% of the cases had more than one mycotoxin present. OTA was the most prevalent mycotoxin detected (83%) with MT as the next most common (44%). Exposure histories indicated current and/or past exposure to WDB in over 90% of cases. Environmental testing was performed in the WDB from a subset of these patients. This testing revealed the presence of potentially mycotoxin producing mold species and mycotoxins in the environment of the WDB. Prior testing in a healthy control population with no history of exposure to a WDB or moldy environment (n = 55) by the same laboratory, utilizing the same methods, revealed no positive cases at the limits of detection.

Click [here](#) to read the full paper.

Next Newsletter: June 1, 2013



United Nations Urged to Declare "World Mycotoxins Day"

Although the focus of this article is on mycotoxins in food, it would be another good step in helping to expose the dangers of mycotoxins.

The President of Mycotoxicology Society of Nigeria, Dr. Olusegun Atanda, has called on the UN to set aside a day to be known as 'Mycotoxins Day' due to the danger posed by mycotoxins to food safety and public health.

"There is the need for the UN to declare a world mycotoxins day. If they (UN) can declare one for HIV/AIDS, if they can declare one for malaria, if they can have one for all sorts of things there must be a world mycotoxins date, where people will get to know the implications and learn new things about mycotoxins."

He said if the same global attention given to HIV/AIDS in terms of massive education, political support and wide spread sensitization are replicated on the toxins, there will be safer food and reduction from deaths associated with the disease.

Click [here](#) to read the entire article.

Quick Links:

Website: <http://globalindoorhealthnetwork.com>

Members:
<http://globalindoorhealthnetwork.com/members.html>

Position Statement:
http://globalindoorhealthnetwork.com/files/GIHN_position_statement_Revised_12_17_2012.pdf

Working Together for Healthy Indoor Environments