

GLOBAL INDOOR HEALTH NETWORK

"WORKING TOGETHER FOR HEALTHY INDOOR ENVIRONMENTS"

<http://globalindoorhealthnetwork.com>

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GIHN New Members

Geraldine Helwing lives in Mukilteo, Washington. She is a licensed psychologist and mental health counselor. Geraldine is joining GIHN to help raise awareness of the psychological and neurological effects and forensic science regarding this important public health issue.

John Ware lives in Tucson, Arizona. He purchased a home and discovered it has toxic mold. He is joining GIHN to learn more about the health effects of mold and to network with other members of GIHN.

Please join me in welcoming Geraldine and John.

GIHN video "After the Flood"

We have received several requests for information from people affected by the flooding in Colorado, so we created a new video to help share information and tips on what to do after the flood. Click [here](#) to check out our new video.

Parents Air Concerns Over Use of Wrong Pesticide at Santa Barbara Schools

After a contractor used the wrong pesticide on four campuses this August, the Santa Barbara Unified School District conducted remediation and sent out a letter to parents.

That's not enough for one parent group, whose members aired concerns at Tuesday night's Board of Education meeting.

Parents for Excellence in Public Schools is the same group that pursued air quality testing at Washington Elementary School because of concerns about water damage and mold in the portable classrooms.

In this case, a contractor was tasked to apply pesticide to control the squirrel and gopher problems at La Colina Junior High, La Cumbre Junior High, Monroe Elementary, Open Alternative School and Alta Vista High School, but the district learned that the wrong kind — zinc phosphide — was used. Traps and other mechanical measures had already failed, according to the district.

Parents are concerned about student exposure and believe the district undersold the potential danger in the letter. Students have reported a strong garlic-like or rotting-fruit-like smell — followed by headaches and nausea — in multiple rooms on La Colina's campus, according to parent Dr. David Shapiro said.

Dr. Janette Hope said this particular pesticide can be highly toxic and have latent symptoms in people, including nausea and respiratory issues. Hope, who specializes in environmental medicine, said many students reported the smells past the date the district did remediation.

"I'm not confident the issue is addressed and resolved," she said. "We will not send our daughter (to school) until this issue is resolved."

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

See *Millions of Families in Danger* on page 2

Millions of Families in Danger Due to Damp, Leaks and Negligent Landlords

Millions of people living in privately-rented homes (in the U.K.) are suffering from damp, condensation and leaky roofs because landlords are unable—or unwilling—to intervene, new figures suggest.

As many as 2.8 million tenants have condensation issues, 2.5 million complain of damp, while 1.2million have leaky roofs and windows, according to a study.

Housing charities say one in four renters have asked for repairs without having them fulfilled – potentially putting millions of families’ health at risk.

The findings come from what has been described as the largest survey of private renters, revealing declining standards as the number of tenants rises. Some 9 million people are now believed to be privately renting homes in England, including 1.3 million families with children.

Yet as many as one in three privately-let homes in the country fail to meet the government’s Decent Homes Standard for England.

Housing charity Shelter told Metro the latest findings were ‘shocking’ and showed how much better landlords must perform.

Shelter’s chief executive Campbell Robb said: ‘It’s shocking to think that so many people are living in homes that are damp, cold and potentially dangerous.

‘Because this is a particular problem in privately-rented homes, it’s vital we improve standards and make sure tenants and landlords are aware of their rights and responsibilities.’

Ian Peters, British Gas’s managing director of residential energy, said: ‘The housing market in Britain is under pressure.

‘With more people renting for longer, we urgently need to improve the condition of homes in the private sector.’

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

Lawsuits against Lincoln Military Housing Going to Trial

Lawsuits Against Lincoln Military Housing Going to Trial

It was a major win for military families in Norfolk Federal Court. Dozens are suing Lincoln Military Housing after a NewsChannel 3 taking action investigation brought to light moldy living conditions.

After months of waiting, these families got the final word that their lawsuits against Lincoln will be going to trial, giving them their day in court.

Back in May, Lincoln filed a motion to dismiss, trying to get a judge to throw all the cases out.

The company felt they had immunity from any lawsuits, since they were working on behalf of the Navy to provide housing for these families.

But Judge Robert Doumar didn’t agree.

According to his ruling, the families can sue Lincoln for negligence and breach of contract, which lets them claim that their exposure to mold not only caused harm to their personal belongings, but also to their health.

The potential damages could reach into the millions, and lawyers for the families say even more lawsuits are planned for others who they say have been wronged by Lincoln.

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

To read the previous WTKR articles about the mold problems in Lincoln Military Housing, click [here](#).

See *Asbestos and Your Health* on page 3

Indoor Air Quality: Asbestos and Your Health

In terms of indoor air quality, asbestos is an incredibly significant hazard to human health. The microscopic fibers travel undetected throughout the air, and can be inhaled or ingested. Because they're thin and wiry, a traditional air filter won't collect them; instead, they can circulate throughout the space for a very long period of time.

Many buildings – especially those built before the 1980s – contain the fibers in the form of various construction materials. (Although they may still be used in the United States, they are far less common now than they were in previous decades.) While the products aren't a health hazard when fully intact, any activity that could release the fibers into the air can put the property's residents at risk for a number of serious diseases.

Health Complications Associated with Asbestos

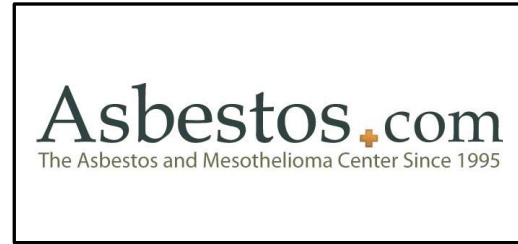
Once asbestos has entered the body, it can cause a number of complications. Most of these – such as lung cancer and pleuritis – involve the respiratory system.

[Malignant Mesothelioma](#) is often considered the signature asbestos cancer. Developing in the lining of the lungs or the abdomen, it is terminal. As the tumors grow and make it difficult for the lungs to properly function, patients may experience shortness of breath, chest pain and wheezing.

Asbestosis is another illness that's exclusively linked to asbestos exposure. Although it's not a cancer, this life-threatening condition involves severe scarring of the lungs. Patients have an increasingly difficult time breathing, and may eventually require oxygen tanks for assistance.

Preventing Indoor Asbestos Contamination

On a positive note, asbestos-related diseases are preventable. Handling contaminated products with caution can prevent the fibers from entering the air, where they become a health hazard. To help prevent indoor contamination, consider the following steps:



Indoor Air Quality: Asbestos and Your Health (continued)

- Never cut, rip up, or saw through an asbestos-containing product. Licensed abatement professionals may remove or encapsulate them, but tearing through them without proper knowledge and training almost always creates an exposure hazard.
- If you're not sure which – if any – products on your property contain asbestos, opt for a professional inspection. Dozens of materials – from tiles and shingles to insulation and paint – could possibly be contaminated, and it's important to know which ones should be treated with extra care.
- If you absolutely must work with the asbestos products on your property, obtain the proper permits and use the correct technology. A designated HEPA air filter, a surfactant wetting agent and a lockdown encapsulant are essentials.

Faith Franz is a writer for [The Mesothelioma Center](#). She likes to spread the word about the benefits of alternative medicine.



Colorado Flooding was Unprecedented

Some of the flooding that ravaged Colorado earlier this month was "unprecedented," according to a preliminary assessment issued by government and university scientists Wednesday.

"In the context of the entire Front Range this was a rare precipitation event, especially for September, and in some respects unprecedented," the assessment states.

Across the state, the floods killed at least eight people and damaged or destroyed as many as 2,000 homes. It also washed out hundreds of miles of roads and left many small mountain towns completely cut off. The floods caused damage across nearly 2,000 square miles.

The event "was likely a 100-year flood (or more accurately: a 1% probability per year flood)," the report states, and that all-time record or near-record precipitation was recorded during the week of Sept. 9-15 across the Front Range. The Front Range is a mountain range of the Rockies that runs north-south from southern Wyoming to central Colorado and includes Denver, Boulder, Fort Collins and other cities.

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

IRS provides [tax relief](#) to flood victims.

Missouri Flooding

Destroyed homes riddled with mold. That's what hundreds of people in Waynesville are living with.

It has been one month since the Waynesville flood and though it may not be top of mind for many, those impacted by the flooding are still working to recover.

The Roubidoux is hardly recognizable today as the raging waterway that caused so much flood damage, but the people who live in the homes that were damaged by the flood are still living with the repercussions and dozens of volunteers are mobilizing to help them.

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



Simon Fraser University Needs \$160 Million to Fix Buildings

Simon Fraser University (in British Columbia, Canada) is celebrating its 50th anniversary this year, and **as students head back to their classes they may be doing so in buildings filled with mould, leaks and crumbling concrete.**

In a report issued by SFU Grad Student Society (GSS), over 50 per cent of their buildings are listed in poor condition and in need of \$160 million dollars in urgent maintenance.

Julia Lane with the GSS points to the province over the lack of funding and blames continued budget cuts for public infrastructure as the primary cause.

"It's not just an issue for SFU but for publicly funded infrastructure. As a citizen in BC, I would like to see that when we put up buildings we have a plan for long-term maintenance so that they just don't fall down."

Hospitals and schools also pull from public infrastructure funds says Lane, and the university doesn't want to divert funds from elementary schools to fix a problem the province has essentially created.

Students and faculty are also dealing with physical medical issues over the poor conditions, as Lane says she always got headaches when she would teach and study in SFU's Education Building. She says one faculty member had to go on sick leave over mould issues.

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

See *Canadian Lung Association on Scents* on page 5

Canadian Lung Association on Indoor Air Quality and Scents

When we talk about scents, we mean fragrances, aromas or perfumes – anything that adds a smell to something else.

Scents can usually be found in personal care products, such as perfumes, aftershaves, colognes, shampoos and conditioners, soaps, body lotions and deodorants.

Scents are also found in household items, such as air fresheners, deodorizers, candles, some laundry detergents, fabric softeners and cleaning products.

Scents can also be found in the workplace (e.g. cleaning products, adhesives, caulking).

Chemicals used to add scents to products can cause serious health problems for some people.

Scents enter our bodies through our skin and our lungs. The chemicals in scents can cause many different reactions. Even products containing natural plant extracts can cause allergic reactions in some people.

While some people are only mildly affected by scents, others have severe reactions.

Scents are usually made from a mixture of natural and man-made chemicals. A typical fragrance can contain between 100 to 350 ingredients. **The problem with scented products is not so much the smell itself as the chemicals that produce the smell.**

Scented products can contain several toxic chemicals that constantly turn into vapor in the air and attach themselves to hair, clothing, and surroundings. Most (95%) of the chemicals used are synthetic compounds made from petroleum. These include chemicals made from benzene, aldehydes and many other known toxins and sensitizers.

Even products labeled "unscented" or "fragrance-free" may actually contain fragrances used to mask the smell of certain ingredients. Health Canada has specific rules about how companies can use these words on their labels.

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



Household Pesticide Use and Parkinson's Disease

The following information is from a new research paper released on September 20, 2013.

Household pesticide use is widespread in the USA. Since the 1970s, organophosphorus chemicals (OPs) have been common active ingredients in these products. Parkinson's disease (PD) has been linked to pesticide exposures but little is known about the contributions of chronic exposures to household pesticides. Here we investigate whether long-term use of household pesticides, especially those containing OPs, increases the odds of PD.

Frequent use of any household pesticide increased the odds of PD by 47% [odds ratio (OR) = 1.47, (95% confidence interval (CI): 1.13, 1.92)]; frequent use of products containing OPs increased the odds of PD more strongly by 71% [OR = 1.71, (95% CI: 1.21, 2.41)] and frequent organothiophosphate use almost doubled the odds of PD. Sensitivity analyses showed that estimated effects were independent of other pesticide exposures (ambient and occupational) and the largest odds ratios were estimated for frequent OP users who were carriers of the 192QQ paraoxonase genetic variant related to slower detoxification of OPs.

CONCLUSIONS:

We provide evidence that household use of OP pesticides is associated with an increased risk of developing Parkinson's Disease.

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

See *Flash Flooding on Navajo Nation* on page 6

Flash Flooding on Navajo Nation Displaces Scores, Wrecks Homes

Parts of the Navajo Nation are recovering after severe flooding caused by heavy rain in the reservation's Central Agency area, displacing families and affecting people in Chinle, Many Farms, Rock Point, Tselani/Cottonwood, Dennehotso, and Tonalea among other towns.

More flash flood warnings were expected into the weekend, and other parts of the Navajo Nation were feared to be at risk as President Ben Shelley issued warnings and contemplated updating the flooding-induced state of emergency he had declared in August.

The Navajo Nation has been plagued with water woes ranging from a years-long drought, to a winter deep freeze that disrupted water supply, to the current inundation.

The water issues are not unconnected, said Navajo Department of Emergency Management Director Rose Whitehair. Short bursts of intense rain are responsible for the flash flooding, Whitehair said in the statement, which makes it difficult to predict where it will happen. And drought has hardened the ground so much that the water has no place to go.

"We need everyone to exercise caution and be alert to their surroundings. Though it might not be raining in your area, it can be raining in areas upstream."

As many as 50 chapters have requested assistance in Arizona, New Mexico and Utah, the Navajo Nation said, with 22 people evacuated in Chinle, 40 evacuated or rescued in Many Farms and Rock Point, and 20 homes damaged in Tonalea, Arizona.

Even with floodwaters subsiding, however, homes were still plagued by mud, rain, mold and infestation.

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

Next Newsletter: November 1, 2013



Mold Worries Parents at South Charleston Middle School

Parents of South Charleston Middle School students are outraged over mold and other ongoing faulty building conditions they say they reported to the Board of Education a year ago.

Sarah Providenti, a seventh-grader at South Charleston Middle, says she has been to the doctor eight times with respiratory problems since school started last month.

"I feel horrible every day and I don't feel like going to school, but I have to," Sarah, an honor roll student, told board members at a meeting Thursday evening.

Visible water leaks and mold are prevalent throughout the school, including in classrooms, hallways and in the auditorium, with most of the problem rooted to the roof.

"The conditions there are criminal. Absolutely criminal," Haden said.

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

Quick Links:

Website: <http://globalindoorhealthnetwork.com>

Health Effects:
http://globalindoorhealthnetwork.com/health_effects.html

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

Working Together for Healthy Indoor Environments