

## GLOBAL INDOOR HEALTH NETWORK

"WORKING TOGETHER FOR HEALTHY INDOOR ENVIRONMENTS"

<http://globalindoorhealthnetwork.com>

### Inside This Issue

- 1 Bahamas A.G. Office—17 Attorneys Call in Sick
- 1 Welcome New Members
- 2 EPA Workers Say Building is Making Them Sick
- 2 Assistance with Disability Claims
- 3 Ireland—Substandard Rental Housing
- 3 Research Papers Added to the Website
- 4 Member Profile: Angel De Fazio
- 4 Conference for Global Indoor Health Network
- 5 The Art of Medicine
- 6 Florida's Aging, Leaky Schools
- 6 The Invisible Toxins in Your Living Room

### Welcome New Members

We have one new member. Please join me in welcoming Gordon Bruce from Scotland.

**Gordon Bruce** has 23 years of experience in the construction industry, ranging from joiner, estimator, quantity surveyor, commercial manager and building surveyor. He has recently become involved in mould remediation and would like to learn more about this issue. Gordon is located in Lanarkshire, Scotland.

Gordon's email address is:

[bypasslocks@btinternet.com](mailto:bypasslocks@btinternet.com)

---

Welcome Gordon

---

### Bahamas A.G. Office—17 Attorneys Call in Sick

While several lawyers attached to the Attorney General's Office called in sick (on October 25), it remains unclear if this was connected to the mould problem that persists in the Post Office building.

Sources close to the matter claimed that as many as 17 lawyers failed to turn up. Attorney General John Delaney could not verify that number but admitted that "several" persons had called in sick.

Mr. Delaney said that he also could not confirm whether their reported illnesses were in any way related to the mould issue that persists in the 40-year-old Post Office building which also contains offices of the Ministry of Labour and Social Development, and the Post Office.

"I have been here a year and there have been a number of mould remediation exercises. The last one was in August. The mould issue is of concern to staff, senior administration and myself."

### Mold Problems in the Bahamas A.G. Office



Map of the Bahamas

See *EPA Workers in Sick Building* on page 2

## EPA Workers Say Building is Making them Sick

When it opened in November 2002, the Environmental Protection Agency's campus in Research Triangle Park, N.C., was touted as a state-of-the-art facility.

An investigation by WRAL-TV in conjunction with the Investigative Reporting Workshop, found that soon after the building opened, EPA employees began complaining that contaminated air was causing a range of health problems, among them, asthma, shortness of breath and eye trouble. Although the agency has taken numerous actions to try to fix the situation, some staffers say it is still risky for them to go to work — and have had to get permission to telecommute from home. Others continue to work in the affected building, but believe their health is suffering.

MaryJane Selgrade, who retired in July as acting director of the Experimental Toxicology Division of the Research Triangle Park campus, says EPA was slow to respond to employee concerns about air quality.

"Early on it seemed they cared more about the equipment than the people," Selgrade said. "There was almost a sense of apathy. They reacted slowly. It was frustrating for everybody."

To read the entire article:

[EPA Workers Say Building is Making Them Sick](#)



*EPA Research Triangle Park*

## Assistance with Disability Claims

One of our members has been using a company called Disability Claims Solutions (DCS) to assist with her disability claim. She wanted others to know about DCS in case it might be helpful.

Effective October 1, 2010, DCS began offering "SSDI (Social Security Disability Income) application advocacy as well as additional services assisting insureds in understanding their disability policies."

[DCS Offers SSDI Services and Advocacy](#)

To learn more about DCS, go to the following links.

[DCS website](#)

[DCS newsletters](#) (The September 2010 Newsletter has an article about the CIRS-WDB paper.)

[DCS blog site](#)

Some of the interesting articles included on their site:

[UNUM's Internal Physicians—Bought and Paid For](#)

[Most Frequently Asked Disability Claim Questions](#)

[The Truth About Neuropsychological Tests](#)

See *Ireland—Substandard Rental Housing* on page 3

## Ireland--Substandard Rental Housing

Some rented houses and apartments are new-build and of good quality. But others are old and dilapidated – vermin-infested, lacking proper heating and hot water and with mould growing on the walls. Many of these are occupied by individuals in receipt of State rent supplements – the most vulnerable and isolated tenants – who are in need of special protection from greedy and uncaring landlords.

Ministers have emphasized a need for “fairness” as they prepare a four-year economic recovery plan. What hope can be invested in that aspiration when no significant attempt has been made to deal with tax evasion and the exploitation of tenants by unscrupulous property owners? For a number of years now, the voluntary tenants support group Threshold has been lobbying for the establishment of a certification scheme under which landlords would have to prove their compliance with basic quality and safety standards before a property could be rented, rather than depending on inspections by local authorities. Such a system would also force landlords to become tax-compliant and raise much-needed revenue for the State. Nothing has happened.

[Ireland—Substandard landlords and rental housing](#)



Check out the [CDC's Indoor Environmental Quality Policy](#)



*Dublin, Ireland*

## Research Papers added to the website

The following research papers were added to the website.

[Molds and Chronic Illness](#) by Dr. Kaye Kilburn. This paper provides an overview of the symptoms and health effects of mold exposure, including brain damage, asthma and reactive airway disease, sinus and respiratory problems, eye irritation, chemical sensitivity, immune and autoimmune changes, hormonal changes, heart problems, and damage to organs.

### [CDC Indoor Environmental Quality Policy](#)

*The CDC's policy was created to “establish guidance and procedures to protect and maintain safe indoor environmental quality, and guidelines for reporting and investigating complaints for all CDC employees at all CDC work areas including animal facilities.”*

One excerpt from the CDC policy: “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.”

See *Member Profile: Angel De Fazio* on page 4

## Member Profile: Angel De Fazio

Angel De Fazio was born and raised in New York. In 1990, she relocated to Las Vegas, Nevada to finish college. Angel earned a B.S. in Sports Injury Management from UNLV in 1996, with an undeclared minor in health education.

After becoming poisoned by poor IAQ formaldehyde ventilation at SW Naturopathic Medical School, she founded the National Toxic Encephalopathy Foundation (NTEF) in 1998. The NTEF's main mission is to create awareness of the everyday chemicals in our environment and their impact upon the Central Nervous System (CNS).

Angel's 40 years of environmental activism took root on April 20, 1970--the first Earth Day celebration when she marched to create awareness of the environment and human health.

In November of 2007, the NTEF filed a citizen's petition with the FDA against "Angel Perfume", asserting that it was a drug and not merely a fragrance and also alleged that the maker had violated more than a dozen Federal Laws.

In May of 2009, Angel spearheaded Indoor Air Quality Awareness Day (IAQAD) in southern Nevada to raise public awareness of indoor air chemical pollution upon health. In conjunction with IAQAD, Clark County, Nevada, the Cities of Las Vegas and Henderson encouraged employees and residents to go fragrance free and avoid chemical usage on May 26.

In addition to pursuing a safer environment, Angel is very active in politics. She was the Recording Secretary for a Democratic Club along with making a concerted effort to educate incumbents and political challengers of IAQ concerns.

Angel is an animal lover and adores Shelties.

Angel's email address is: [angel@ntef-usa.org](mailto:angel@ntef-usa.org)

The link for the NTEF website is: [NTEF-USA.org](http://NTEF-USA.org)



*Angel's "Mercedes of Vegas"*

## Conference for Global IHN

The Global Indoor Health Network Education Committee is in the beginning stage of planning a conference for our organization.

**Many of you have told me that you would like to get everyone together. This is your opportunity!!**

The tentative timing for our conference is May or June of next year.

**If you have experience planning or organizing conferences, we need your help.**

**Please let me know if you would like to help with this exciting project.**

**GLOBAL INDOOR HEALTH  
NETWORK  
1<sup>ST</sup> ANNUAL CONFERENCE**

On a related note, **the EPA has asked us to participate in a conference they will be sponsoring in September of 2011.** They have asked Dr. Ritchie Shoemaker and Dr. Jack Thrasher to lead a panel discussion of our CIRS-WDB paper.

I will provide more details when available.

See *The Art of Medicine* on page 5



## The Art of Medicine

Medicine is an art. There is not always one right answer. Not every patient is cast from the same mold and broad brushstrokes of a one-size-fits-all treatment model are not always appropriate. Innovation and creative thinking is necessary to develop new methods of health care delivery, discover new medicines or treatment options, or prevent the emergence of new diseases. By educating health care practitioners to be more receptive to creative input and encouraging innovative thinking, the great minds entrusted with delivering health care will not become stifled by the repetition and unoriginality that is today's health care system.

More and more, the advantages of evidence-based medicine are promoted as a means of providing consistent care using the latest scientific data. Too often, this evidence is used as a rote tool applied to each patient, rather than a summary of available information that provides a guide for medical decision-making. The standardization and regulation required in today's health care system has pushed creativity and innovation out the door, leaving room for endless paperwork and documentation.

Medicine and health care should not be completely subjective. But, as with the more traditional concepts of "art" — music, painting, poetry, dance — medicine requires the objective elements of solid training and technique with an element of innovation and creativity. Whether dealing with an emotional patient or a challenging diagnosis, health care practitioners frequently need to think outside the proverbial box.



## The Art of Medicine (continued)

Opportunities for creativity are endless: changing a patient's behavior, applying a new treatment regimen, or listening to a patient's story. By enhancing more traditional, artistic creativity, health care providers learn to be more reflective and introspective, allowing for innovative and original approaches to medical situations.

Medicine, while founded in science, has long been called an "art." Likewise, the delivery of medical care is known as "practice," though it will likely never be made perfect. The rigorous training and skills associated with providing expert medical care today leaves little room for individualization, but by fostering creativity among its practitioners, society will benefit from the innovation and groundbreaking discoveries realized by those entrusted to provide the best care possible.

To read the entire article:

[The Art of Medicine](#)



## Florida's Aging, Leaky Schools

Bill Smith sends this warning to Florida's teachers, students and parents: If you think indoor-air quality in public schools is bad now, just wait a few years.

It could get a lot worse, said Smith, president of the state group representing school-facilities planners.

During the past few years, the Florida Legislature has cut hundreds of millions of dollars for public-school construction and maintenance.

"If you don't have any money to fix roofs and air-conditioning systems, which are 50 percent of the cause of your air-quality problems, what do you do?" said Smith, facilities director for the Okaloosa County School District. "Where are we going to be in five years?"

Smith points out other factors that require vigilance in keeping school buildings safe: Florida is plagued with hurricanes and high humidity, which breed mold. And about one-quarter of public-school buildings are more than 40 years old.

Leaky, humid buildings are perfect places for growing mold, and health experts say children are particularly vulnerable to its potentially harmful effects. Symptoms can range from itchy eyes and runny noses to respiratory infections and difficulty breathing.

In a recent report, the Orlando Sentinel documented thousands of complaints from Central Florida educators, parents and others about mold and other air-quality problems in classrooms, media centers and other school buildings.

Read the entire article about [Florida's aging, leaky schools](#). Click on the following link to read this related article.

[Toxic Schools: Could Mold be the Reason Your Child is Sick?](#)

**[Next Newsletter: Friday, November 19](#)**



## The Invisible Toxins in Your Living Room

The air inside your home can be 5 times more polluted than the air outside—and even more dangerous for your health. Breathe easier with these simple yet important tips.

You pride yourself on keeping your home clean and safe. But the biggest threat to your well-being isn't visible to the naked eye. Pollution in your home is often 2 to 5 times higher than it is outdoors, according to the EPA. "The air in your house contains pollen, mold, and ozone that leach in from the outdoors, as well as pet dander and pollutants from household cleaning products," says Ted Myatt, ScD, a senior scientist at the consulting firm Environmental Health and Engineering, Inc.

Come winter, weatherproofing combined with heated, dry air can boost indoor pollution levels even higher by sealing in airborne toxins and lowering levels of humidity. The combination of the two can pose an even greater risk. "Exposure to indoor pollution is associated with allergies, severe asthma, hospitalizations for cardiovascular and respiratory disease, and even heart attacks," Dr. Myatt says.

[The Invisible Toxins in Your Living Room](#)

**Working Together for Healthy Indoor Environments**