

GLOBAL INDOOR HEALTH NETWORK

"WORKING TOGETHER FOR HEALTHY INDOOR ENVIRONMENTS"

<http://globalindoorhealthnetwork.com>

Inside This Issue

- 1 New York City Building Violations Law May be Expanded to Include Asthma Triggers
- 1 Welcome New Member
- 2 Gluten Sensitivity and the Impact on the Brain
- 3 Sickened BHS Students Call for Action
- 4 Member Profile: John McBride
- 4 Update about the CIRS-WDB Paper and the Global IHN Position Statement
- 5 Tenants File Complaint with USDA
- 5 Central Nervous System Aspergillosis Causing Spinal Cord Compression
- 6 Leaks Cause Trouble in Oregon Schools
- 6 Quick Links

Welcome New Member

We have one new member. Please join me in welcoming Mabel Larzelere from Pennsylvania.

Mabel Larzelere is a Derivatives Analyst in the Futures Market and a member of the USA Water Polo Team. She is currently on medical leave due to her family's exposure to mold. Mabel wants to help inform tenants, workers and others about the health effects of mold, and she would like to help establish exposure limits in Pennsylvania.

Welcome Mabel

New York City Building Violations May be Expanded to Include Asthma Triggers

Legislation for the expansion of the Alternative Enforcement Program (AEP) under the NYC Safe Housing Act was introduced at City Hall on Tuesday. The current law highlights 200 of the city's worst multiple dwelling buildings with severe violations and forces owners to bring them up to code.

Council Speaker Christine Quinn and NYC Department of Housing Preservation and Development (HPD) Commissioner Rafael Cestero announced proposed changes to the law to include asthma triggers, such as mold and vermin infestations, and to encompass more than twice as many units.

AEP puts landlords on notice to make comprehensive repairs to units in violation. If the landlords do not comply, HPD has the power to go in and make the repairs, billing the owner for the cost.

With asthma triggers added to the list of violations, Quinn believes that the fruits of this expansion will be seen beyond building repairs, and will lead to reduced asthma emergency room visits in area hospitals.

With this legislation we acknowledge that mold and rodent infestation housing violations, that make a major contribution to the asthma epidemic in New York City, are just as serious as other major code infractions," said Council Member Rosie Mendez, chairwoman of the Public Housing Committee and cosponsor of the bill.

To read the entire article:

[NYC Building Violations Law May be Expanded to Include Asthma Triggers](#)

See *Gluten Sensitivity* on page 2

Gluten Sensitivity and the Impact on the Brain

Article by Dr. David Perlmutter:

Several years ago, parents of a lovely nine-year-old girl, Karen, brought her to see me because she had poor memory. They indicated that she had difficulty in thinking and focusing, and because of these issues she was falling further and further behind in her school work. Interestingly, they stated that at times she was fine, while clearly at other times her brain function seemed to be different. They indicated that she had difficulty keeping her thoughts together and that she became profoundly frustrated when this would occur.

What caught my attention was the interesting fact that her problems were not constant, indicating that basically her brain was intact but something seemed to be detrimentally influencing her from time to time, causing her to have these significant issues with respect to how her brain functioned. In considering what factors change day to day in terms of someone's exposure, certainly diet is at the top of the list.

Recognizing that gluten sensitivity (a protein found in wheat, barley and rye) is extremely common, I decided to perform a simple blood test to determine if this child was gluten sensitive. When the laboratory studies were completed, we were surprised to learn that she was profoundly sensitive to gluten. So, at that point I instructed her parents to put her on a gluten-free diet.

[Karen began to improve within two weeks and continued to show significant improvement over the next several months. At the end of the school year, tests showed that Karen was a 3rd grader performing at the 8th grade level.]

"It seems astounding that a disease that is so common, is nevertheless, fairly obscure. Despite the fact that it was originally described in 1888..."



Gluten Sensitivity (continued)

Current studies indicate that about one percent of Americans are gluten sensitive. This is an astounding statistic when you consider that at the time of this writing, there are approximately 297,000,000 Americans. That means, about 3 million Americans are gluten sensitive. When you consider the population from birth to age five years is 23 million children, that means that approximately 230,000 of these children are gluten sensitive.

It seems astounding that a disease that is so common, is nevertheless, fairly obscure. Despite the fact that it was originally described in 1888, we still don't hear much about it. Standard medical text books typically describe celiac disease (gluten sensitivity) as being primarily a gastrointestinal problem. I recall in medical school being taught that celiac disease was characterized by abdominal pain, abdominal distention with bloating and gas, decreased appetite, diarrhea, nausea, unexplained weight loss and growth delay in children. Newer research indicates that celiac disease can have a profound effect on the nervous system.

Dr. Maios Hadjivassiliou of the United Kingdom, a recognized world authority on gluten sensitivity, has reported in the journal, [*The Lancet*](#), that "gluten sensitivity can be primarily and at times, exclusively a neurological disease." That is, people can manifest gluten sensitivity by having issues with brain function without any gastrointestinal problems whatsoever. Dr. Hadjivassiliou indicates that the antibodies that a person has when they are gluten sensitive can be directly and uniquely toxic to the brain.

[Gluten Sensitivity and the Impact on the Brain](#)

See *Sickened BHS Students Call for Action* on page 3

Sickened BHS Students Call for Action

Students entering Biddeford High School's English wing on Monday were greeted by a pair of closed-up rooms that were duct-taped shut and adorned with signs warning, "Do Not Enter."

Parental complaints fingering the high school's air quality as the culprit of their children's' medical struggles prompted the cleaning and testing of rooms 203 and 215.

One day into her second semester as a sophomore, (Marina) Gagne dropped at cheerleading practice after school, unable to breathe. She was rushed to the hospital and diagnosed with having had an allergic reaction, without the allergen being pinpointed.

Her mother, Laurie Hale, said she called the office of Superintendent Sarah-Jane Poli after this first reaction, asking that the school's air quality and the possibility of mold be investigated. According to Hale, she was assured that testing would be done and she would be kept apprised.

Gagne returned to class after a reaction-free February break, but, minutes into her class in room 203, a rash broke out on her hands, arms and neck. She was sent to the nurse, where her lower body turned purplish, and she quickly became unable to breathe, she said. Gagne was immediately treated with an EpiPen and rushed out of the school by ambulance.

According to Gagne, she isn't the only one complaining about sickness they believe to be related to mold or the school's air quality. Gagne said a number of students and staff members have voiced concern over migraines and a variety of minor symptoms suffered within the school.

"Minutes into her class...a rash broke out on her hands, arms and neck.

Her lower body turned purplish, and she quickly became unable to breathe."



Signs on the door at Biddeford High School

Sickened BHS Students Call for Action (cont'd)

"The whole school itself is sick," said Gagne. "It's already come to the point where parents are going to do something about it. More and more kids are getting sick."

Kelsie Bernier, a sophomore at BHS, is an honors student who once won an award for having the highest marks in her English classes at Biddeford Middle School. Today, she struggles to get by in her English class in room 205, accrediting the onset of migraines and reactions similar to those of Gagne, she said.

"These kids shouldn't have to go to school scared that they'll get sick," said Roberta. "We're talking about kids' lives here and they're getting sick for no reason."

After Kelsie's reaction in late October required hospitalization, the two classrooms were tested and were confirmed to have levels of mold slightly above outside air levels, according to a study commissioned by the school department.

To read the entire article:

[Sickened BHS Students Call for Action](#)

Member Profile: John McBride

John was born in 1962 in New Jersey. His family has a long history of helping others. On his dad's side, his great great grandfather, John Henry McBride, was an Alderman in Jersey City. His dad's mother was also nationally known for finding missing children. She was a psychic named Dorothy Allison. She worked with several law enforcement agencies and the FBI. She appeared on many television shows including Unsolved Mysteries. John assisted with some of the missing children cases. On a lighter note, on his mother's side, his granddad was a professional wrestler. His dad was very active in the civil rights movement. As you can see, this is where John gets some of his fight and determination.

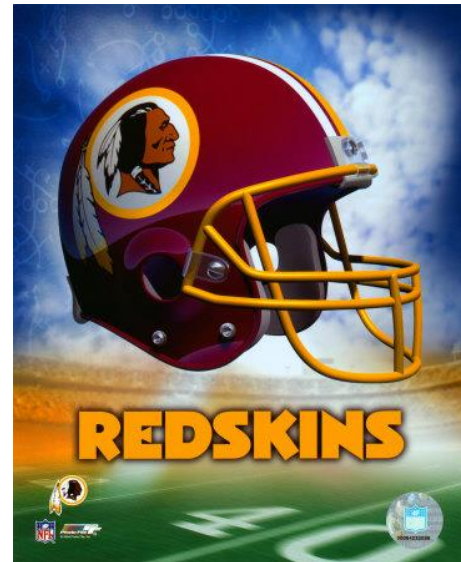
John had a previous history of fighting to right wrongs before being thrust into the mold arena. In college, John led an investigation uncovering bathroom rapes that his college administrators successfully covered up until his intervention. John also helped to organize and bring together persons and groups in which race was the main separating factor. He was also involved in campus cultural clubs and student government.

John's teenage years also added to his strength and determination. When John was 12 years old, his dad took off, and his mom died when he was only 15. He quickly learned to become independent and to fight his own battles. At age 16, John was successfully reunited with his dad. Unfortunately, John's dad died when John was 25.

John and his wife and three children (and their cat named Cuddles) lived in a rental house that was so contaminated with mold and bacteria that they had to wear masks. Their cat died and the family became very ill because of the landlord's lack of cooperation. Since that time, John has been at the forefront in helping to educate others and is working to establish laws in New Jersey. John is currently working on several bills with the New Jersey legislature. He has had numerous meetings with New Jersey legislators, and he drafted an in-depth proposal. The proposed legislation includes mandated remediation, a public registry of rental units with contamination problems, and a provision for emergency housing for those who need immediate evacuation.

John's hobbies include reading and learning about scientific and medical research and watching sports. He is a big fan of the Washington Redskins. In their spare time, John and his family enjoy going to the beach.

Email John at: moldleg333@live.com



*John McBride's favorite football team—
Washington Redskins*

Update about the CIRS-WDB Paper and the Global IHN Position Statement

As many of you know, in September, we incorporated and changed our name to Global Indoor Health Network. Prior to that, we were operating as an informal "Action Committee" under the acronym ACHEMMIC (Action Committee on the Health Effects of Mold, Microbes and Indoor Contaminants).

ACHEMMIC had adopted the POA paper (known as the CIRS-WDB paper) as its position paper. I am happy to report that the CIRS-WDB paper has been successful in its first legal challenge. Dr. Ritchie Shoemaker reports that the CIRS-WDB paper was recently challenged by the defense counsel in a lawsuit, and the judge agreed to allow the paper. That's great news and a testament to the hard work that went into creating the CIRS-WDB paper!!

The Board of Directors has approved the creation of a position statement for Global IHN. We will be creating a 5-7 page position statement. This paper will be much shorter than the 161-page CIRS-WDB paper and will represent the position statement for our new organization. The CIRS-WDB paper is included in the list of Research Papers on our website.

See *Tenants File Complaint with USDA* on page 5

Tenants File Complaint with USDA

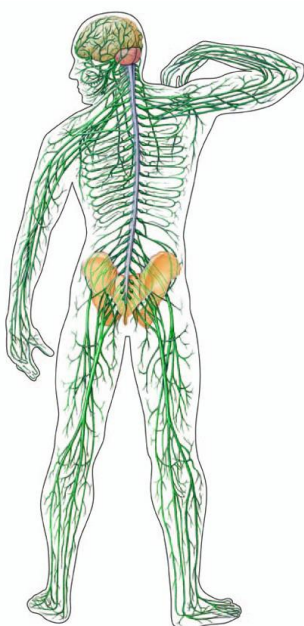
Tenants at Cherryfield Village, a development complex off Main Street (in Somersworth, New Hampshire), are concerned recent fixes to one of their buildings won't fully rid the facility of mold like property managers anticipate.

Cherryfield Village, a lower-income housing development subsidized by the U.S. Department of Agriculture Rural Development, is managed by a Massachusetts-based company called Sterling Management, Inc.

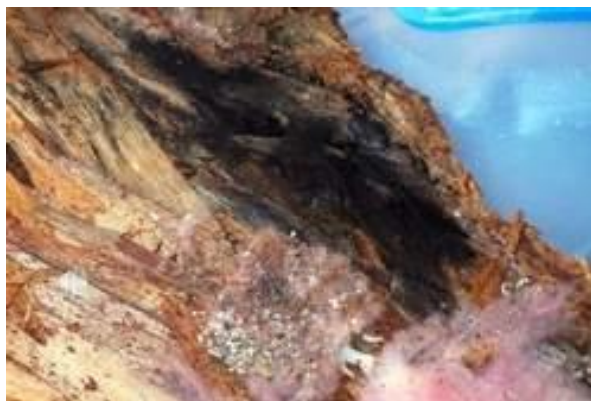
Willard said about 75 percent of the 35-unit property's tenants signed and submitted a grievance about the issues to both Sterling and Rural Development at the beginning of September. She claims not much has been done other than the replacement of a section of rotted wooden siding on Oct. 29, and hopes intervention from a higher level of Rural Development will help end the issues before more people get sick.

To read the entire article:

[Somersworth Apartment Tenants Concerned About Mold File Complaint with USDA](#)



Central Nervous System



A piece of siding at Cherryfield Village Apartments

Central Nervous System Aspergillosis Causing Spinal Cord Compression

Research report by Faraz Ahmed and Riaz Ahmed DM, Department of Neurology, India.

Central nervous system (CNS) aspergillosis is a rare and uniformly fatal complication of disseminated disease, involving the cerebral hemispheres and cerebellum in the majority of cases. It is a ubiquitous mold and refers to a group of diseases caused by monomorphic mycelial fungi of the genus *Aspergillus fumigatus*. Outbreaks of invasive aspergillosis are a problem in immunocompromized persons after they are exposed to air-borne spores. Aspergillosis causing spinal cord compression due to epidural abscess formation and hypertrophic pachymeningitis is a rare entity.

A 16-yr old male was diagnosed in early childhood of chronic granulomatous disease with recurrent abscess formation of lymph nodes and pneumonias.

The abscess material grew *Aspergillus fumigatus*.

To read the entire paper:

[Central Nervous System Aspergillosis Causing Spinal Cord Compression](#)

Leaks Cause Trouble in Oregon Schools

With the recent snowfall comes frozen pipes. With them come water damage and, in some cases, mold.

Two schools suffered the wrath of Central Oregon's cold weather over the Thanksgiving weekend, and parents want answers.

At Culver Middle School, a pipe burst, destroying textbooks, computers, desks and school records.

On Monday, ceiling tiles collapsed in one of Bend High School's oldest classrooms, built in the '70s, when a pump ailed, releasing hot water into the ceiling.

Students were evacuated as soon as the leak was noticed. Though maintenance crews and staff say the situation is under control and no mold has been sighted, parents say their children's health is on the line.

The big issue: Is the health of schoolchildren being jeopardized by a lack of attention to air quality, especially in older school buildings?

To read the article and watch the video:

[Leaks Cause Problems in Oregon Schools](#)



I wish each of you and your families a safe, happy and healthy holiday season.

If you are looking for gift ideas this holiday season, please check out our on-line store:

<http://www.cafepress.com/globalindoorhealthnetwork>

Next Newsletter: Friday, December 17



Leaks Cause Trouble in Oregon Schools

Quick Links

Website:

<http://globalindoorhealthnetwork.com>

Members:

<http://globalindoorhealthnetwork.com/members>

Health Effects:

http://globalindoorhealthnetwork.com/health_effects.html

Personal Stories:

http://globalindoorhealthnetwork.com/personal_stories.html

Working Together for Healthy Indoor Environments