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MCSA NEWS

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Overcoming Adversity When



Tragedy Strikes

Op-Ed

Overcoming Adversity When Disaster Strikes

“For many people with multiple chemical sensitivity (MCS), a hospital can be a dangerous place when a systemic fragrance-free policy and MCS treatment protocol is lacking.”

For many people with multiple chemical sensitivity (MCS), a hospital can be a dangerous place when a systemic fragrance-free policy and MCS treatment protocol is lacking. Fortunately, these policies and protocols are gradually being implemented in many hospitals. However in the face of an emergency, there may be little choice to select an upgraded and technically proficient hospital.

Christiane Tourtet, an individual with MCS, recently shared her experience by her partner Rabin’s side after an unexpected second stroke that left him unable to speak, swallow, or walk and resulted in a fall, bump on the head, and broken arm. An ambulance rushed Rabin to the hospital and the emergency medical technicians insisted Christiane go along despite her poor health and MCS.

The next 9 hours found Christiane in an icy cold emergency room without food or water and suffering from reactions to the various exposures in the hospital while Rabin fought for his life and doctor’s worked to save him.

Planned medical visits and hospital stays afford the opportunity to pack medications, food, water, and other necessary supplies. In the face of sudden emergencies, it is often best to remain calm and think clearly so as to come through the situation.

On a special diet, Christiane managed by reaching out to one or Rabin’s former co-workers who brought diet specific food and water to Christiane at the hospital. She was able to arrange this through a pre-established “emergency contact list” of people she has made connections with in the event of such an emergency.



Christiane and Rabin in his hospital room.

“Despite the adversity, Christiane accomplished a number of important things in terms of living with MCS.”

Rabin was later admitted for surgery and a long hospitalization that required a feeding tube to be placed in his stomach that Christiane would have to learn to use to feed him when he was released from a rehabilitation hospital in order to avoid paying \$360 a day for a nurse to come to her home when the medical insurance refused to cover it.

Adding to the challenge, Christiane’s car had broken down and left her stranded and unable to travel between her home and the hospital. She had no choice but to rely on an agency which charged \$16 an hour to provide food, transportation, and home care for her own ailing health.

Decisions needed to be made, including whether to put Rabin in a nursing home at a cost of nearly \$90,000 a year that insurance would not cover until their home and valuables were sold and used to pay for the care. This option seemed like one that would not only leave Christiane alone without Rabin, but also leave her homeless and destitute.

As the stress, emotions, and bills piled up, she ultimately had to fend for herself and shared, “If you could know the horror, the agony of our lives, the terror, and the endless nightmare I went through!”

Despite the adversity, Christiane accomplished a number of important things in terms of living with MCS.



Christiane feeding Rabin through his feeding tube.

“It is still very tough to get accommodations in hospitals as they are loaded with biocides, sanitizers, and medicines that are problematic exposures for people with MCS,” says Christiane. She recommends:

1. Talk to the head nurse about MCS and request ADA (Americans with Disabilities Act) accommodations.
2. Ask that the staff avoid the use of fragranced hand sanitizers and cleaning while in the patient room.
3. Request to be transferred to another room if maintenance work (cleaning, painting, floor polishing) is required in the patient room.
4. Bring a physician’s letter and brochures about MCS to present to the head nurse and staff.
5. If the hospital has rooms with windows that can be opened, request to be located there.
6. Wear a mask and non-latex gloves when needed. Most hospitals have non-latex gloves now.
7. Bring your own food and drink and talk to the head nurse about bringing outside food for the patient if needed.
8. Most hospitals have an office of volunteers who can assist with ADA accommodations such as special parking and transport via wheelchair to the patient room if required.
9. Bring warm clothes, as hospitals are usually very cold.
10. Keep an emergency kit in the car with essential supplies for the unexpected medical emergencies, car troubles, or natural disasters. Pack stable food, water, medications, supplements, brochures, doctor’s letters, warm clothes, a blanket, and a list of emergency contacts.

Additionally, Christiane says, “Do not wait to call 911 if you suspect a stroke or other medical emergency. Go at the slightest sign to avoid further complications that occur when treatment is not timely.”

She also recommends making mutual plans with trusted friends, neighbors, and church members to assist one another with groceries and transportation in the event one of you has a problem and needs help.



Christiane and Rabin at the hospital.

“The emotional and physical stress can be extreme;” says Christiane. “It is important to find every minute to take care of yourself.”

Most important, work with your hospital to establish fragrance free policies and an appropriate MCS treatment protocol such as those found at <http://tinyurl.com/cvajj0l>.

Preparing ahead of time is most important when these types of situations arise.

*Scientific Study****Science Close to Confirming Biomarkers for Multiple Chemical Sensitivity***

“Relevant alterations of normal detoxifying activities have been identified in patients with MCS when compared with controls.”

Science is getting closer to developing reliable biomarkers to diagnose multiple chemical sensitivity (MCS) as an organic disease process.

Relevant alterations of normal detoxifying activities have been identified in patients with MCS when compared with controls. These alterations involve catalase, glutathione-transferase and peroxidase.

“The finding of relevant alterations of catalase, glutathione-transferase and peroxidase detoxifying activities significantly correlating with clinical manifestations of MCS, has recently registered some progress towards the identification of reliable biomarkers of disease onset, progression, and treatment outcomes,” say scientists Chiara De Luca and colleagues in a well cited newly published peer-reviewed study reviewing MCS, *“The Search for Reliable Biomarkers of Disease in Multiple Chemical Sensitivity and Other Environmental Intolerances”*

De Luca cites a fast increase of new onset food and environmental allergies, as well as environment-associated disabling conditions, including MCS, fibromyalgia, chronic fatigue syndrome, electric hypersensitivity, amalgam disease, and others.

De Luca says that these conditions share the features of poly-symptomatic multi-organ cutaneous and systemic manifestations that are thought to be an inherited/acquired impaired metabolism of chemical/physical/nutritional xenobiotics that trigger adverse reactions at exposure levels far below what is thought to be toxicologically-relevant values.

MCS diagnosis is currently based on the inclusion criteria after exclusion of any other known organic cause, and on the Environmental Exposure and Sensitivity Inventory (EESI), a standardized instrument for measuring self-reported chemical sensitivities.



**“Identifying
biomarkers
and
mechanisms
for MCS
will help to
lead to
better
treatments.”**

Several countries have already taken steps to recognize MCS as a disease process. Germany, Austria, and Japan have listed it as a recognized disease in a local modification of the ICD (International Classification of Diseases)-10 code issue by the World Health Organization. Sweden has recognized electromagnetic field sensitivity as a functional syndrome. The USA has been slow to recognize any environmental illness in the ICD; however, several state agencies and medical associations have acknowledged MCS as a disability.

MCS is not allergic or immune in nature and research is now establishing biomarkers that point towards free radical/antioxidant homeostasis disturbances.

De Luca says, “Available data provide indirect evidence, awaiting further confirmation, that functional or/and genetic defects of endogenous enzymes detoxifying peroxides or stable toxic products of lipid oxidation like 4-HNE, may cause chronic oxidative stress and consequent metabolic alterations characteristic for the patients with MCS.”

Identifying biomarkers and mechanisms for MCS will help to lead to better treatments.

“Today, the only therapeutic approach with demonstrated beneficial effects is exposure avoidance, with the consequent complex task of removing putative indoor triggers from the living environment, often impossible in working and public places,” says De Luca.

Another researchers, Martin Pall, PhD., says that “therapy should focus on down-regulating the cycle biochemistry, rather than on treatment of symptoms.”



Pall has developed a therapeutic approach involving numerous agents that are predicted to down-regulate the cycle. He also cites similar approaches developed by several physicians. Most of the agents used in the approach have been identified through clinical trial and clinical observation. His approach includes a combination of:

- Vitamin C (ascorbic acid)
- Tocopherols/Tocotrienols
- Selenium
- Carotenoids
- Flavonoids
- Reductive stress relieving agents
- Mitochondrial regeneration agents
- L-Carnitine/Acetyl-L-carnitine
- Hydroxocobalamin/B₁₂
- Folic acid
- Vitamin B₆/pyridoxal phosphate
- Riboflavin
- Other B vitamins
- Glutathione/glutathione precursors
- α-Lipoic acid
- Magnesium
- SOD minerals/zinc, manganese, copper
- NMDA antagonists
- Riluzole
- Taurine
- Inosine/uric acid
- Long chain omega-3 fatty acids
- Agents that lower NF-κB activity
- Curcumin
- Algal supplements
- Hyperbaric oxygen
- Minocycline and Other Tetracyclines
- Creatine
- Lowered vanilloid activity
- Carnosine
- TRH
- D-ribose
- Ecklonia cava extract

De Luca concludes that, “Based on present available information, selected therapeutic proposals based on active antioxidant/chelator/gene- and immune-modulating principles, able to selectively prevent formation and release of excess reactive species or hydro- or lipid-peroxides, and to enhance specific detoxification pathways through ROS/RNS modulation, are to be taken into consideration for future clinical trials, which will be possible only if and when appropriate medical infrastructures with specific environmental requirements will be provided for these patients on the large scale.”

Scientific Study

Fibromyalgia & Depression

“Fibromyalgia is a functional pain disorder more appropriately grouped with other functional pain disorders.”

New research from the Center for Neurosensory Disorders suggests that fibromyalgia is a functional pain disorder more appropriately grouped with other functional pain disorders, rather than as a group of genetic conditions treated with antidepressants and known as affective spectrum disorders.

Previously, researchers believed that fibromyalgia may be caused by depression. However, current research has uncovered many physiological variations in fibromyalgia patients that cannot be explained by depression.

Gracely and colleagues comment on several aspects of fibromyalgia which support the development of reactive depression in a small subgroup of fibromyalgia patients. Similar to cases of new diabetes and cancer diagnoses, a subgroup of patients with fibromyalgia develop depression; however, the depression occurs after the fibromyalgia rather than before.

Reactive or situational depression is defined as a depressed mood often present when adjusting to a stressful life event such as a fibromyalgia, cancer, or diabetes diagnosis, death of a loved one, loss of a job, or divorce. This type of depression stems from feeling blue about a situation. In the case of fibromyalgia, it may stem from being in pain and unable to fully engage in life or earn a living. The depression lifts when the situation is resolved or improved.

The situational depression that occurs in some cases of fibromyalgia stems from being forced to adapt to the onset of illness. Often it is difficult and takes time to obtain a proper diagnosis. In the interim, friends and family may not take the patient complaints seriously leading to undue suffering, stress, and hardship.

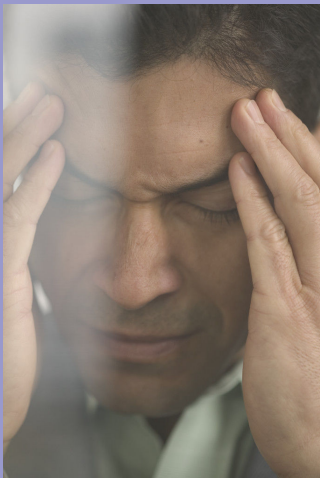
Many fibromyalgia patients do not develop depression at all, particularly those who are diagnosed early and have good medical care, strong support systems, and effective coping strategies that make adapting to illness less stressful.

One of the challenges in fibromyalgia is the invisible nature of the condition. The patient may be suffering greatly; however, appears perfectly normal on the outside.

Pain is always real, regardless of the cause. Stressing and angering a patient by telling them they are overreacting, they should just be happy, or nothing is really wrong may lead to reactionary depression and prevent proper diagnosis and care that can greatly improve life. Likewise, being supportive and validating can help to prevent unnecessary cases of situational depression and encourage finding the source of the pain and adapting well to the challenges it presents.

Reference

Gracely RH, Ceko M, Bushnell MC. Fibromyalgia and depression. *Pain Res Treat.* 2012;2012:486590. Epub 2011 Nov 19.



Scientific Study

Cell Phones Alter Hormone Levels Say Researchers

“High radio frequency radiation affects the pituitary–adrenal axis altering hormones according to new research.”

High radio frequency radiation affects the pituitary–adrenal axis altering hormones according to new research.

Emad Eskander and colleagues assessed the role of exposure to radio frequency radiation emitted from mobile phones and base stations and measured its effect on human hormone profiles

There was a significant decrease in plasma ACTH, serum cortisol levels, thyroid hormones (especially T3), and testosterone levels in volunteers followed over a six year period. Prolactin was reduced in young females and elevated in adult females.

Symptoms of hypothyroidism may include fatigue, sluggishness, intolerance to cold temperatures, constipation, pale and dry skin, constipation, puffy face, hoarseness, weight gain, weak and achy muscles, heavy menstrual periods, brittle fingernails, and depression.

Symptoms of hypocortisolism include low blood pressure, dark spots on skin, nausea, vomiting, and diarrhea, weak muscles, fatigue, weight loss, poor appetite, depression, salt cravings, low blood sugar, and irregular menstrual periods.

Low testosterone results in reduced sex drive, erectile dysfunction, moodiness, fatigue, and sleep disturbances.

The combination of lowered thyroid, cortisol, and testosterone holds the potential for synergistic effects of fatigue, weakness, and sleep disturbances similar to those reported by people exposed to smart meters and those who are electrosensitive.

Persons concerned about exposure to radio frequency radiation may limit exposure by avoiding the use of a cell phone and other wireless devices in favor of traditional land line telephones and hard wired devices. There are also various shielding devices which may be purchased or made to shield a living space from nearby electromagnetic fields.



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/

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/

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".

Gasslist-L (Glutaraldehyde, Aldehyde, and Solvent Sensitivity)

<http://www.ncchem.com/snftaas/gasslist.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/

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**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/acutetoxiceffectsoffragrancescard.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

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

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

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

Escalante House

P.O. Box 652
 Escalante UT 84726
 Phone/Fax: (435) 826-4778
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

Green Homes for Sale

<http://greenhomesforsale.com/>

Safe Haven Community Housing

P.O. Box 25281
 Portland, Oregon 97298
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**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**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**

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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**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

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

Sick 9/11 Responders Must Drop Lawsuits to Qualify for \$2.8B Health Fund

<https://www.facebook.com/pages/MCS-America/95671789291>

Relative Risk, One Result at a Time

<http://www.americanscientist.org/issues/pub/relative-risk-one-result-at-a-time>

Drug Coatings Can Contain Problematic Chemicals

<http://news.discovery.com/human/pill-coatings-chemicals-hormones-111222.html>

U.S. approves Monsanto drought-tolerant GM corn

<http://uk.reuters.com/article/2011/12/22/us-usa-biotech-idUKTRE7BL19A20111222>

Irish doctor opens new chronic fatigue syndrome clinic in NYC

<http://www.irishcentral.com/news/Irish-doctor-opens-new-chronic-fatigue-syndrome-clinic-in-NYC-136017443.html>

Trapping of cis-2-butene-1,4-dial to Measure Furan Metabolism in Human Liver Microsomes by Cytochrome P450 Enzymes.

<http://www.ncbi.nlm.nih.gov/pubmed/22187484>

Fibromyalgia and depression.

<http://www.ncbi.nlm.nih.gov/pubmed/22191023>

Air-Freshener Burns: A New Paradigm in Burns Etiology?

<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3237275/?tool=pubmed>



Featured Research Studies

How does long term exposure to base stations and mobile phones affect human hormone profiles?

<http://www.sciencedirect.com/science/article/pii/S0009912011027330>

Emad F. Eskander, Selim F. Estefana, Ahmed A. Abd-Raboua

Hormones Department, Medical Research Division, National Research Centre, Cairo, Egypt

Received 9 December 2010; revised 2 November 2011; Accepted 6 November 2011. Available online 26 November 2011.

Abstract

Objectives

This study is concerned with assessing the role of exposure to radio frequency radiation (RFR) emitted either from mobiles or base stations and its relations with human's hormone profiles.

Design and methods

All volunteers' samples were collected for hormonal analysis.

Results

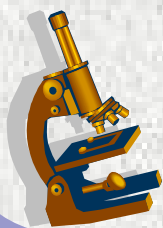
This study showed significant decrease in volunteers' ACTH, cortisol, thyroid hormones, prolactin for young females, and testosterone levels.

Conclusion

The present study revealed that high RFR effects on pituitary–adrenal axis.

Highlights

- ▶ This study is concerned with assessing the role of long-term exposure to high radio frequency radiation emitted either from mobile phones or from base stations and its relations with human's hormone profiles.
- ▶ All volunteers are followed for 6 years and blood samples were collected regularly every 3 years for time intervals of 1 year, 3 years and 6 years for hormonal analysis and the blood samples were taken at 8.0 a.m.
- ▶ This study showed reduction in volunteers' plasma ACTH, serum cortisol levels. Also, they showed decrease in the release of the thyroid hormones especially T3. In addition, each of their serum prolactin in young females (14–22 years), and testosterone levels significantly dropped due to long-term exposure to radio frequency radiation. Conversely, serum prolactin levels for adult females (25–60 years) significantly rose with increasing exposure time.
- ▶ In conclusion, the present study revealed that high radio frequency radiation effects on pituitary–adrenal axis represented in the reduction of ACTH, cortisol, thyroid hormones, prolactin in young females, and testosterone levels.



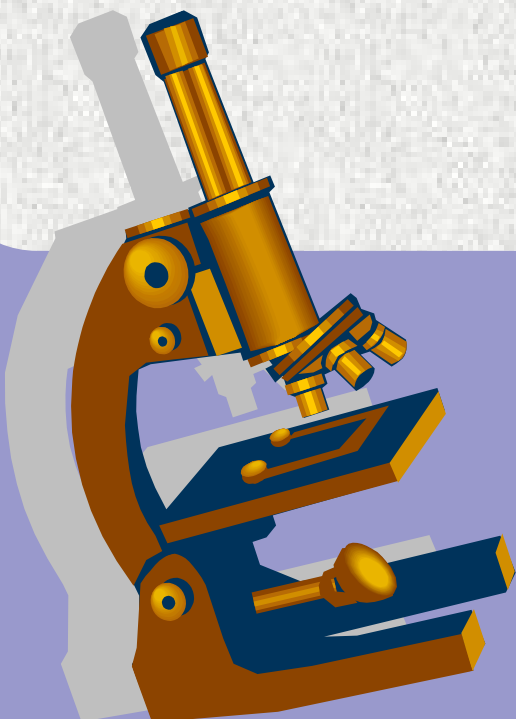
Evaluation of Hepatic Glutathione S-Transferase Mu I and Theta I Activities in Humans and Mice Using Genotype

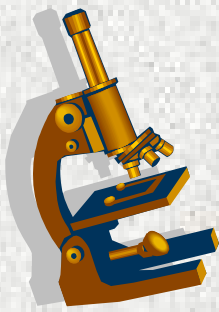
<http://dmd.aspetjournals.org/content/early/2011/12/14/dmd.111.042911.full.pdf+html> (full text)

Shingo Arakawa^{1,4}, Kazunori Fujimoto¹, Ayako Kato¹, Seiko Endo¹, Aiko Fukahori¹, Akira Shinagawa¹, Thomas Fischer², Juergen Mueller² and Wataru Takasaki

Abstract

We investigated the impact of glutathione S-transferases Mu I (GSTM1)- and Theta I (GSTT1)-null genotypes on hepatic GST activities in humans, and compared the results with those of Gstm1- and Gstt1-null mice. In liver with GSTM1/Gstm1-null genotype, GST activity toward p-nitrobenzyl chloride (NBC) was significantly decreased in both humans and mice. Additionally, in liver with GSTT1/Gstt1-null genotype, GST activity toward dichloromethane (DCM) was significantly decreased in both humans and mice. Therefore, null genotypes of GSTM1/Gstm1 and GSTT1/Gstt1 are considered to decrease hepatic GST activities toward NBC and DCM, respectively, in both humans and mice. This observation shows the functional similarity of GSTM1 and GSTT1 toward some substrates between humans and mice. In the case of NBC and DCM, Gst-null mice would be relevant models for humans with GST-null genotype. In addition, decreases in GST activities toward 1,2-dichloro-4-nitrobenzene, trans-4-phenyl-3-buten-2-one, and 1-chloro-2,4,-dinitrobenzene were observed in Gstm1-null mice, and a decrease in GST activity toward 1,2-epoxy-3-(p-nitrophenoxy)propane was observed in Gstt1-null mice. However, an impact of GST-null genotypes on GST activities toward these substrates was not observed in humans. In the case of these mouse-specific substrates, Gst-null mice may be relevant models for humans regardless of GST genotype, since GST activities, which is higher in wild-type mice than in humans, were eliminated in Gst-null mice. This study shows that comparison of hepatic GST activities between humans and mice using genotype information would be valuable in utilization of Gst-null mice as human models.





Impact of GSTM1, GSTT1, GSTP1 polymorphism and environmental lead exposure on oxidative stress biomarkers

<http://www.academicjournals.org/sre/PDF/pdf2011/16Dec/Khansakorn%20et%20al.pdf>
(full text)

Nitchaphat Khansakorn¹, Waranya Wongwit¹, Prapin Tharnpoophasiam¹, Bunlue Hengprasith², Lerson Suwannathon³, Krittaya Pethchpoung⁴, Krongtong Yoovathaworn⁵, Suwannee Chanprasertyothin⁶, Thunyachai Sura⁷, Sming Kaojarern⁷, Piyamit Sritara⁷ and Jintana Sirivarasai^{7*}

Oxidative stress and genetic related to antioxidants could have influence on susceptibility to lead (Pb) toxicity. In this study, we aim to examine the effects of genetic variations of glutathione S-transferase (GST) gene on oxidative stress alterations (by the measurements of malondialdehyde; MDA and glutathione; GSH) among general population. Real-time-PCR with Taqman probes was performed to analyze GSTM1, GSTT1 and GSTP1 Ile105Val. Blood lead and GSH levels were determined by spectrophotometer. MDA level was measured by HPLC with fluorescence detector. Mean blood Pb level in this study group was 4.85 µg/dl (ranged 2.00 and 18.50 µg/dl). Gender, cigarette smoking and alcohol consumption affected significant blood Pb levels. To further investigation, blood Pb levels were calculated into 3 tertiles and statistical results found only in tertile 3. Individuals with the Val/Val allele for GSTP1-105 had higher blood Pb, and MDA levels but lower GSH level as compared to individuals with Ile/Ile genotype ($p < 0.05$). Similar results were found in GSTM1 deletion, except for the GSH levels. In contrast, no effects of GSTT1 on three parameters were observed. Our findings support consideration of genetic variations of GSH-related genes as the important risk factor for lead toxic effects in the general population with environmental exposure.

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