Global Indoor Health Network

What Causes 50% of Illnesses Globally?

Dear friends, colleagues, and interested parties,

Millions of people around the world are being harmed by indoor air pollutants including mold, bacteria, radon, lead, chemicals, fragrances, pesticides and other contaminants. **Indoor air pollutants cause 50% of illnesses globally.**

Imagine how different things would be if the truth came to light and everyone worked together to improve our indoor air.

-Medical costs would drop significantly because people would have the knowledge they need to handle these illnesses.

-Doctors would have accurate, reliable information and would be able to provide proper medical treatment.

-We could reverse the huge increase in asthma rates and reduce the billions of dollars being spent on asthma-related illnesses.

-Builders and construction firms would have the information they need to create safe and healthy homes, schools and businesses.

-Teachers and children would teach and learn in schools with healthy indoor air, thereby increasing scores on educational achievement tests and reducing absenteeism, sick days and drop-out rates.

-Employees could work in buildings with healthy indoor air--increasing worker productivity and decreasing sick days and workers' compensation claims.

-Disability claims would drop significantly--reducing the cost and administrative burden of the rapidly increasing number of social security and private employer disability cases.

-Poor indoor air quality situations would be handled correctly--enabling business owners and landlords to properly remediate and remove contaminants, and prevent homeowners, tenants and employees from losing their homes and jobs as well as their lifetimes of achievements.

In other words, we would create a healthier, more productive society worldwide. This would be a Win-Win situation for our economy and for people around the world.

Please read the attached information for more details about this important public health issue

If you would like to become a member of the Global Indoor Health Network or donate your time, expertise or financial resources, we would like to hear from you.

Now is the time, please join us.

GLOBAL INDOOR HEALTH NETWORK

GIHN is a 501(c)(3) organization

Registered with GuideStar

contact@globalindoorhealthnetwork.com

globalindoorhealthnetwork.com

Global Indoor Health Network

"Working Together for Healthy Indoor Environments"

The Global Indoor Health Network (GIHN) is a nonprofit organization dedicated to providing education and awareness of the health effects of mold and other indoor contaminants. GIHN's worldwide network of scientists, physicians, researchers, building engineers, indoor air quality experts, attorneys, teachers, injured workers, healthy indoor environment advocates and others are working together to promote healthy indoor environments in our homes, schools and businesses.

GIHN has members throughout the United States and in eight other countries who have united to share our collective knowledge, expertise and life experiences to advance the understanding and awareness of this very important public health issue.

Indoor Air Pollutants

There are many factors that affect indoor air quality, including:

- Molds, mycotoxins and volatile organic compounds
- Microbial particulates, endotoxins and bacteria
- Radon, lead and asbestos
- Pesticides, formaldehyde and carbon monoxide
- Cleaning products, fragrances and air fresheners
- Off-gassing from carpets, furniture and paint
- And many other toxins and chemicals

Who is Affected

Poor indoor air quality affects people from all walks of life. Affected persons include both genders, all ages, those unborn and soon-to-be born, homemakers, stay-at-home moms, teachers and school children, veterans, retirees, disabled individuals, workers of all levels and skills, farmers, professionals, owners of businesses large and small, and all degrees of affluence. In short, anyone who spends time indoors is at risk.

Please join us and help support this important public health issue.

Indoor air pollutants cause 50% of illnesses globally.

Causing up to 8.5 million deaths per year

GLOBAL INDOOR HEALTH NETWORK
PO BOX 777308
HENDERSON, NV 89077-7308

EMAIL:

CONTACT@GLOBALINDOORHEALTHNETWORK.COM

WEBSITE:

GLOBALINDOORHEALTHNETWORK.COM

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Dear friends, colleagues and interested parties,

Do you know someone who has multiple health problems, but they don't know why?

Do you know someone who is ill because of exposure to mold, lead, radon, pesticides, chemicals or other contaminants affecting their indoor air quality?

Have you heard about the significant increase in asthma and inflammatory illnesses around the world?

Indoor air pollutants cause 50% of illnesses globally--harming millions of individuals and families. Indoor air contaminants cause multi-system, multi-symptom health effects. We would like to provide you with a few details regarding this important public health issue.

- According to a report by Dr. Harriett Ammann: Health effects from exposures to molds in indoor environments can result from allergy, infection, mucous membrane and sensory irritation and toxicity alone, or in combination. Mycotoxins are nearly all cytotoxic, disrupting various cellular structures such as membranes, and interfering with vital cellular processes such as protein, RNA and DNA synthesis.

- From a report by Dr. Ruth Etzel to pediatricians: Mycotoxins can have protean manifestations; the symptoms depend on the specific toxin or mixture of toxins and whether exposure is by ingestion, inhalation, skin and mucosal exposure, or a combination of two or more of these routes. The most well-characterized presentations among infants and children are summarized under four headings: vomiting illness, bone marrow failure, acute pulmonary hemorrhage, and recurrent episodes of apnea and/or pneumonia.

- From a report on the neurotoxic effects: Exposure to mycotoxins may occur via enteric, inhalation, or direct contact to skin and mucosa. Acute and chronic disorders, irritation, systemic reactions, and even cancer may develop after the exposure to these toxins. Symptoms include respiratory complaints that involve the nose and lungs; eye symptoms, and mucous membrane irritation. The major presentations are headache, general debilitating pains, nose bleeding, fevers with body temperatures up to 40 degrees C (104 degrees F), cough, memory loss, depression, mood swings, sleep disturbances, anxiety, chronic fatigue, vertigo/dizziness, and in some cases, seizures.

- In a study by Berkeley Labs and the U.S. Environmental Protection Agency: Of the 21.8 million people reported to have asthma in the U.S., approximately 4.6 million cases are estimated to be attributable to dampness and mold exposure in the home, says the study. In addition, this paper estimates that the national annual cost of asthma that is attributable to dampness and mold exposure in the home is $3.5 billion.

- In a March 2011 report by the U.S. Public Interest Research Group: A growing body of scientific evidence shows that the widespread use of chemicals in our society harms our health and the health of our children. The incidence of many serious health problems – including premature birth, learning disabilities, behavioral disorders, asthma and allergies, early puberty, obesity, diabetes, reduced fertility, and some types of cancer – shows links with exposure to chemicals that can interfere with the process of growth and development.

- The following excerpts are from a 2009 report by the World Health Organization titled "Guidelines for Indoor Air Quality—Dampness and Mould":

  - Healthy indoor air is recognized as a basic right. People spend a large part of their time each day indoors: in homes, offices, schools, health care facilities, or other private or public buildings. The quality of the air they breathe in those buildings is an important determinant of their health and wellbeing. The inadequate control of indoor air quality therefore creates a considerable health burden.

  - Microbial pollution involves hundreds of species of bacteria and fungi that grow indoors when sufficient moisture is available. Exposure to microbial contaminants is clinically associated with respiratory symptoms, allergies, asthma and immunological reactions.

  - Excess moisture on almost all indoor materials leads to growth of microbes, such as mould, fungi and bacteria, which subsequently emit spores, cells, fragments and volatile organic compounds into indoor air. Moreover, dampness initiates chemical or biological degradation of materials, which also pollutes indoor air.

  - Health hazards result from a complex chain of events that link penetration of water indoors, excessive moisture to biological growth, physical and chemical degradation, and emission of hazardous biological and chemical agents.

- In the Indoor Environmental Quality Policy established by the U.S. Centers for Disease Control, acceptable indoor air quality is defined as: Quality of air in an occupied enclosed space that is within established limits of temperature and humidity and which does not contain known air contaminants at harmful concentrations. The CDC's policy contains specific guidance regarding several indoor contaminants including pesticides, air fresheners, fragrances, tobacco, and volatile organic compounds.

For more details about the health effects of indoor air pollutants, check out the Global Indoor Health Network's position statement that was just released a few months ago. Here is the direct link for our paper: http://globalindoorhealthnetwork.com/files/GIHN_position_statement.pdf.

We also have an extensive list of research papers and personal stories available on our website.

Please join us and help support our efforts to bring attention to this important public health issue. To donate your time, expertise or financial support, please contact us via email or through the contact form on our website at:

globalindoorhealthnetwork.com

We look forward to working with you to advance the awareness, understanding, prevention and treatment of the health effects of poor indoor air quality in our homes, schools and businesses around the world.

Sincerely,

Cheryl Wisecup

Cheryl Wisecup
President, Global Indoor Health Network