

MOLD REPORTS

These
“Allergic Reactions”
may be the most
common *health problems*
of mold exposure.

- ✓ respiratory problems, such as wheezing, and difficulty breathing
- ✓ nasal and sinus congestion
- ✓ eyes-burning, watery, reddened, blurry vision, light sensitivity
- ✓ dry, hacking cough
- ✓ sore throat
- ✓ nose and throat irritation
- ✓ shortness of breath
- ✓ skin irritation
- ✓ central nervous system problems (constant headaches, memory problems, and mood changes)
- ✓ aches and pains Ref. #1
- ✓ possible fever

“There are 5 distinct groups of people who are most at risk!”

(See Page 2)

Newsweek

**A Hidden Health Hazard: Sneezing and sniffing?
Maybe the problem isn't a cold but mold.
It's more dangerous than you think.
(causes allergies, asthma attacks, colds and flu)**

Deena Karabell had lived in her New York City apartment for 15 years, so when she fell ill in 1983, she never suspected that her apartment itself could be to blame.

Over the next 15 years she grew progressively weaker. Finally, in the spring of 1998, she lost 30 pounds and went into anaphylactic shock three times.

She literally lay dying in her bedroom when a hired nurse noticed a strong odor of mold in the closet.

Suddenly things clicked. Karabell's family moved her out immediately. Today--at a safe distance from the mold--she is almost back to normal. "People are amazed at my recovery," she says.

Molds have been an under recognized health problem, but that is changing. Health-care professionals now know that molds can cause allergies, trigger asthma attacks and increase susceptibility to colds and flu.

Anyone with a genetic predisposition can become allergic if exposed repeatedly to high enough levels.

Last year Dr. David Sherris at the Mayo Clinic performed a study of 210 patients with chronic sinus infections and found that most had allergic fungal sinusitis.

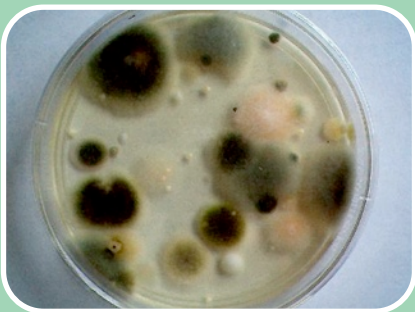
"The prevailing medical opinion has been that mold accounted for 6 to 7 percent of all chronic sinusitis," says Sherris.

"We found that it was 93 percent--the exact reverse."



Ref. #2

“Hidden Mold in Homes”



How Am I Exposed To In-Door Molds?

Mold is found everywhere, indoors and outdoors. It is common to find mold spores in the air of homes and growing on damp surfaces.

Much of the mold found indoors comes from outdoor sources. Therefore, everyone is exposed to some mold on a daily basis without evident harm. Mold spores primarily cause health problems when they enter the air and are inhaled in large numbers.

People can also be exposed to mold through skin contact and eating.

How Much Mold Can Make Me Sick?

It depends. For some people, a relatively small number of mold spores can cause health problems.

For other people, it may take many more.

“The basic rule is, if you can see it, or smell it, (musty odors) take steps to eliminate the excess moisture, and to cleanup and remove the mold as soon as possible.”

Who Is At Greater Risk When Exposed to Mold?

Exposure to mold is not healthy for anyone inside buildings. It is important to quickly identify and Ref. #2

correct any moisture sources before health problems develop.

The following individuals appear to be at higher risk for adverse health effects of molds:

- infants and children
- elderly
- immune compromised patients (people with HIV infection, cancer chemotherapy, liver disease, etc.)
- pregnant women
- individuals with existing respiratory conditions, such as allergies, multiple chemical sensitivity, and asthma.

Are Some Molds More Hazardous Than Others?

Allergic persons vary in their sensitivities to mold, both as to amount and type needed to cause reactions. In addition, certain types of molds can produce toxins, called **mycotoxins**, that the mold uses to inhibit or prevent the growth of other organisms.

“Mycotoxins are found in both living and dead mold spores.”

Materials permeated with mold need to be removed, even after they are disinfected with cleaning solutions.

Allergic and toxic effects can remain in dead spores. Exposure to mycotoxins may present a greater hazard than that of allergenic or irritative mold.

A Spreading Concern Inhalational Health Effects of Mold

As recently as 25 years ago, inhaled effects of mold was considered primarily a nuisance, not a serious health threat. But the growing scientific and medical evidence suggests the threat is widespread and, for some people, quite serious.

In the 9 June 2006 report *Mold Prevention Strategies and Possible Health Effects in the Aftermath of Hurricanes and Major Floods*, **the CDC concluded that "excessive exposure to mold-contaminated materials can cause adverse health effects in susceptible persons regardless of the type of mold or the extent of contamination."**

The CDC based some of its findings on a landmark 2004 report, *Damp Indoor Spaces and Health*, by the Institute of Medicine (IOM) of the National Academies.

Mycotoxins have often been the main point of contention in recent insurance claims and lawsuits over suspected harm from moldy buildings.

In the 2004 EPA-funded report *Guidance for Clinicians on the Recognition and Management of Health Effects Related to Mold Exposure and Moisture Indoors*, researchers at the Center for Indoor Environments and Health at the University of Connecticut Health Center wrote that **mycotoxins can elicit responses in almost anyone they come in contact with, that the health effects are worrisome, and that infants, at least, should be removed from suspect settings.**

It is likely that building dampness and mold have caused

widespread but largely unrecognized adverse respiratory health effects for centuries, says William Fisk, acting division director for the Environmental Energy Technology Division at the Lawrence Berkeley National Laboratory.

But the increasing immune-compromised population around the world may be one reason why health problems from inhaled mold and bacteria appear to be on the rise recently.

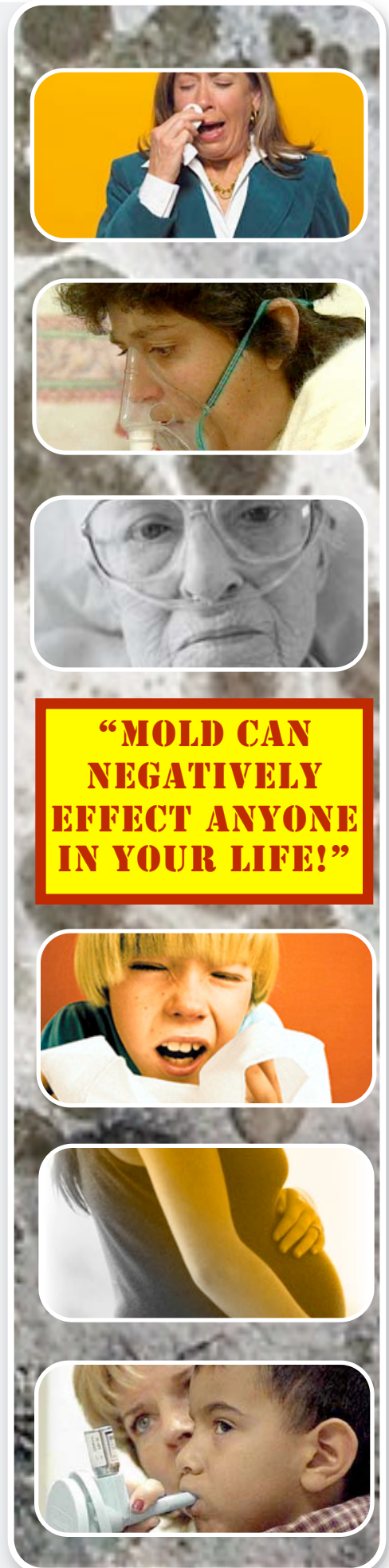
The CDC has identified many immunocompromised subpopulations, as well as pregnant women, as being potentially more vulnerable to exposures in damp indoor spaces.

In an assessment of health and economic impacts of dampness and mold published in the June 2007 issue of *Indoor Air*, Fisk and EPA indoor environment specialist David Mudarri found that approximately **47% of U.S. homes have dampness or mold problems**. Their review of other studies led them to conclude that schools, offices, and institutional buildings have similar problems.

Many new studies have provided additional evidence that mold likely deserves serious attention. Fisk and Mudarri demonstrated in their June 2007 assessment that **21% of current U.S. asthma cases may be attributable to dampness and mold in homes, with schools, offices, and institutional buildings playing a similar unhealthy role.**

In a companion meta-analysis of 33 studies also published in the June 2007 issue of *Indoor Air*, Fisk and Berkeley Laboratory colleagues found that **dampness and mold exposures increase the occurrence of a range of respiratory problems by 30-50%.**

Ref. #3





ASTHMA & MOLD

Asthma Facts

- Asthma leads to 2 million emergency room visits and 5,000 deaths per year in the U.S.
- Asthma accounted for more than 14 million missed school days in 2000.
- Asthma costs (health care costs and lost productivity) totaled \$14 billion in 2002.

How Does **Mold** Affect Asthma?

“For people sensitive to molds, inhaling mold spores can cause an asthma attack.”

Americans spend up to 90% of their time indoors. Indoor exposure to asthma triggers plays an important role in asthma in the U.S. Asthma triggers commonly found indoors include:

1. Secondhand (cigarette) Smoke (see www.epa.gov/asthma/shs.html)
2. Cockroaches and Other Pests (see www.epa.gov/asthma/pests.html)
3. Dust Mites & House Dust (see www.epa.gov/asthma/dustmites.html)
4. **Molds** (see www.epa.gov/asthma/molds.html)
5. Pets and Other Animals (see www.epa.gov/asthma/pets.html)
6. Nitrogen Dioxide (see www.epa.gov/asthma/no2.html)
7. You will also find information on EPA's Website about:
8. Outdoor Air Pollution (see www.epa.gov/asthma/outdoorair.html)



Resources for the Information in this Report

Ref. # 1 Combines Information From:
The Arizona Department of Health Services
<http://www.azdhs.gov/phs/oeh/invsurv/airqual/aboutmold.htm>

U.S. Environmental Protection Agency
<http://www.epa.gov/mold/>
<http://www.epa.gov/mold/moldresources.html>

Ref. #2 "A Hidden Health Hazard: Sneezing and sniffing?
Maybe the problem isn't a cold but mold. It's more dangerous than you think.(causes allergies, asthma attacks,colds and flu)"
From: **Newsweek** Date: December 4, 2000
Author: Underwood, Anne

Ref. #3 "A spreading concern inhalational health effects of mold."
From: **Environmental Health Perspectives**
Date: June 1, 2007
Author: Weinhold, Bob

Additional Helpful Resources:
U.S. Environmental Protection Agency
http://www.epa.gov/mold/append_b.html
http://www.epa.gov/mold/mold_remediation.html

Concerned About Mold in Your Home or Work Place?

1. Act Quickly - Mold Damage may need to be contained to prevent additional damage or cross contamination.
2. Find a **Institute of Inspection, Cleaning and Restoration Certification (IICRC)** certified "Mold Remediation" Company. Then Check them out with the **BBB (Better Bus. Bureau)**.
3. Demand a "**Complete Evaluation**" including an on site inspection, moisture, humidity, and water intrusion evaluations, and a **thermographic evaluation** - to detect hidden mold and moisture problems.
4. Ask for a written copy of their **MOLD Remediation Protocols**, AND demand a written estimate.
5. Plan on spending 1-on-1 time with the company to go over the estimate.

J & M, Inc. Is a Locally owned, IICRC Certified Mold Remediation and Thermographic Analysis Specialist, and a proud member of the Arizona BBB. Please give us a call if you need help. **480-706-0737**