

# MCS Matters

As I sit in my new 50 year old MCS friendly council house, with boxes everywhere, writing this winter edition of MCS Matters after almost a year of homelessness, Christmas 2010 already looms large on the horizon. And the brand new year of 2011, pregnant with all its potential for both good and ill, follows with it. What shall we make of them? What can we make of them?

For me, initially, it will simply be a case of rebuilding a new home (on much higher ground this time I may add). Then, from that new foundation, hopefully a new, more meaningful and happier kind of life to go right along with it. I am, quite literally, firing my intention in those directions with all the sustained accuracy and power I can still muster. And hoping - like many I guess - that it's enough. May we ALL realise at least some of our hopes and dreams in the coming new year. A very merry Christmas to each and every one of you.

## Scientific Research

**Statins** are a class of drug used primarily with the intention of treating and preventing cardiovascular diseases (CVD). They do this, it is claimed, by attempting to lower cholesterol levels. Why? Because high cholesterol levels have been associated with CVD. But the story doesn't end there. Statins are also used extensively with other CVD "risk factor" illnesses like diabetes and high blood pressure. Casting such a wide net it is statistically very likely that a substantial percentage of MCS sufferers have already been prescribed a statin drug - or will be at some point in their MCS lives. It is with this in mind that I want to make you aware of a recent BMJ study (March 2010) entitled 'Unintended effects of statins in men and women in England and Wales...'.

As chemical injury sufferers you are no doubt aware of the crucial importance of detoxification and the role of the key organs in the body that facilitate that - like the liver and kidneys (skin too). Hold this in mind while you read the following extract from said BMJ study:

"Statin use was associated with decreased risks of oesophageal cancer but increased risks of moderate or serious liver dysfunction, acute renal failure, moderate or serious myopathy, and cataract. Adverse effects were similar across statin types for each outcome except liver dysfunction where risks were highest for fluvastatin."

Ouch! Full BMJ study here folks:

<http://www.bmj.com/content/340/bmj.c2197>

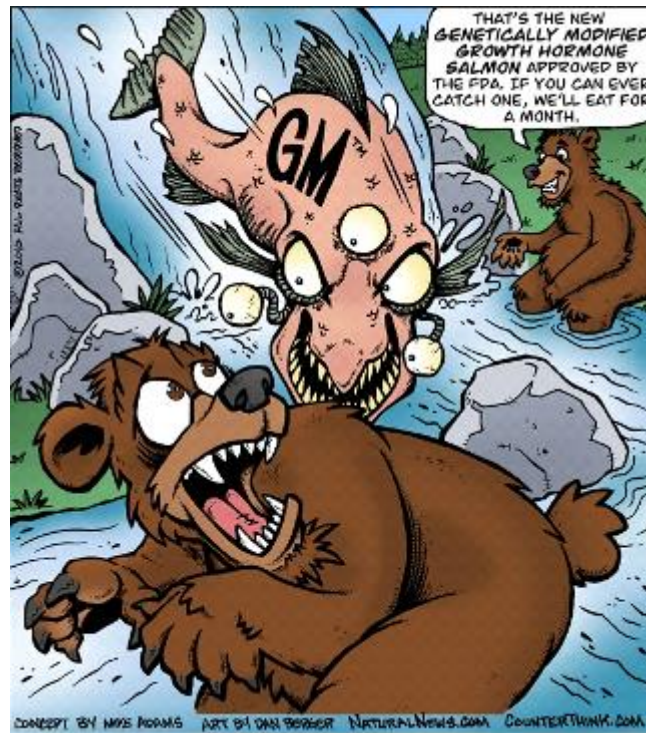
Time perhaps to look into safer alternative methods then? Yes. Very much so!

## Flooring & Wallpaper

A very recent study (Oct 19th) by the Healthy Stuff organisation - apparently the largest ever conducted into chemicals used in home improvement products - found serious toxins like lead, phthalates, cadmium, organotins (and other harmful ingredients) in common everyday products like flooring and wallpaper! Bad news for MCS sufferers for sure. But think how often our children and our family pets are on the floor! And how long they typically spend there! An utterly scandalous state of affairs really. Doesn't it make you wonder why we pay government health & safety officials the big fat salaries that we do? Hmm? Meantime, get much more on this eye-opener of a study via this web link:

[www.healthystuff.org/departments/home-improvement/press.releases.php](http://www.healthystuff.org/departments/home-improvement/press.releases.php)

And don't even start me on genetically modified salmon



## More on Common Household Chemicals

From the USA, Department of Environmental Health, Massachusetts:

STUDY TITLE: 'Common household chemicals and the allergy risks in pre-school children'

OBJECTIVE: We examined the residential concentrations of VOCs, emitted from building materials, paints, furniture, and other lifestyle practices and the risks of multiple allergic diseases as well as the IgE-sensitization in pre-school age children in Sweden.

CONCLUSION: We propose a novel hypothesis that PGEs (propylene glycol & glycol ethers, ed) in indoor air exacerbate and/or induce the multiple allergic symptoms, asthma, rhinitis and eczema, as well as IgE sensitization respectively.

Full PubMed article here:

<http://www.ncbi.nlm.nih.gov/pubmed/20976153>

## Updated list of MCS Research Papers

I recently came into possession of a new (and very substantial) list of scientific research studies that have established findings in favour of a physiological basis for MCS. Unfortunately, I have not yet had the opportunity of applying for (and hopefully receiving) permission to make said list publicly available to all via MCS International's substantial free downloads section. If you can't wait until that happens then drop me an email and I'll send you a full copy privately.

## On A Lighter Note

At the tail end of last winter, while homeless and living in a hotel room, I had let my beard grow wild - just like the weather we had been having. One snowy morning I was putting some stuff into the boot of my hired car as an old lady, who must have been in her eighties, shuffled by with huge smile on her face and a friendly nod. My wooly hat was covered in snow as she turned about, came back over to me, touched my arm and said "I hope you don't mind my saying young man" (I liked that bit) "but you would make an excellent Santa!"

Fast forward. Two weeks later and it's still snowing. I'm in a hotel dining room eating my dinner. I look up from my meal to see a small boy of about 4 years staring right at me with his mouth partly open. His slightly older sister is sitting next to him and his parents are at the other side of his table - all oblivious to his open mouthed staring. I give him a warm smile and continue eating. A minute or so later I look up again - and he is still staring open mouthed at me. This time his father looks over at his son and sees him staring off to the side in my direction. So dad turns to see what his son is staring at - to see me smiling back at them both. Dad smiles at me with a nod, turns to his son and whispers "David it's not polite to stare". And without even so much as taking his eyes off me for a second David replies in a slow semi-whisper "Daaad, is that Santa?".

The beard got the chop shortly thereafter :) Here is a snapshot taken a few pre-flood months earlier when the beard was a bit shorter. What do you think?



Answers on a postcard please, to the "Is Gordon Really Santa?" competition. The lucky winner with the wittiest and/or most humorous response will not only win a copy of Els Valkenburg's new book 'Understanding Multiple Chemical Sensitivity' - BUT - might also be treated to me climbing down their chimney in the wee small hours of Christmas eve! Ho ho ho and lol lol lol :)