



Association pour la santé environnementale du Québec  
Environmental Health Association of Québec



**EHAC • ASEC**

Environmental Health Association of Canada  
Association pour la santé environnementale du Canada

## Ressources pour les étudiants en médecine

### Recherche pour sensibilité chimique multiple (SCM/MCS) récente:

- 1) Molot, Sears and Anisman (2023)- “It’s Time to Catch Up With the Science”

<https://www.sciencedirect.com/science/article/pii/S0149763423001963?via%3Dihub>

- 2) Molot et al. (2021)- pathophysiological mechanisms of MCS and genetic TRPV receptor role in sensitivity

[https://www.degruyter.com/document/doi/10.1515/reveh-2021-0043/html#j\\_reveh-2021-0043\\_ref\\_131](https://www.degruyter.com/document/doi/10.1515/reveh-2021-0043/html#j_reveh-2021-0043_ref_131)

- 3) Molot et al. (2021)- Sensibilité neurologique aux expositions environnementales : mécanismes physiopathologiques dans la neurodégénération et la sensibilité chimique multiple

[https://aseq-ehaq.ca/wp-content/uploads/2021/11/Sensibiite-neurologique\\_John-Molot.pdf](https://aseq-ehaq.ca/wp-content/uploads/2021/11/Sensibiite-neurologique_John-Molot.pdf)

- 4) Hu and Baines (2018)- Ontario Ministry of Health Taskforce findings

<https://www.cfp.ca/content/64/6/413.short>

- 5) Anne Steinmann’s research on everyday VOC exposure:

Fragranced products (2020): <https://link.springer.com/article/10.1007/s11869-020-00928-1>

Pandemic products and toxic VOC emissions (2021):

<https://link.springer.com/article/10.1007/s11869-020-00912-9>



**Car air fresheners and toxic VOC emissions (2020):**  
<https://link.springer.com/article/10.1007/s11869-020-00886-8>

**Common household products and toxic VOC emissions (2019):**  
<https://link.springer.com/article/10.1007/s11869-019-00754-0>

**Fragranced laundry product and dryer vent emissions (2021):**  
<https://link.springer.com/article/10.1007/s11869-020-00929-0>

**6) Perte de tolérance induite par les substances toxiques pour les produits chimiques, les aliments et les médicaments : évaluation des modèles d'exposition derrière un phénomène mondial**

[https://aseq-ehaq.ca/wp-content/uploads/2021/08/TILT\\_Initiators-Global-Phenomenon-FR-FINAL.pdf](https://aseq-ehaq.ca/wp-content/uploads/2021/08/TILT_Initiators-Global-Phenomenon-FR-FINAL.pdf)

**7) Miriam Diamond's research on exposure inequities:**

WAN Y, DIAMOND, ML, & SIEGEL, JA. 2020. Elevated Concentrations of Semi-volatile Organic Compounds in Social Housing Multi-unit Residential Building Apartments. Environ Sci Technol Lett. <https://doi.org/10.1021/acs.estlett.0c00068>

**8) Other research on exposure inequities- PM Concentrations higher in Toronto social housing buildings (2022):**

<https://www.sciencedirect.com/science/article/abs/pii/S2210670721007691>

**9) The nationally representative 2007-2010 Canadian House Dust Study (2022) associations between house dust, chemical exposure, and characteristics of housing interiors (such as air fresheners, carpet, cat products):**

<https://www.mdpi.com/1660-4601/19/16/10329>

**10) UCLA bibliography of academic articles about the intersections of chemical exposure, environmental inequity, MCS, and gender:**

[https://csw.ucla.edu/wp-content/uploads/2017/03/CE\\_WG\\_Master\\_Bibliography\\_11.2017.pdf](https://csw.ucla.edu/wp-content/uploads/2017/03/CE_WG_Master_Bibliography_11.2017.pdf)

**Défense des droits des personnes atteintes de SCM:**

**1) Modèle de lettre pour les cliniciens :**

[https://aseq-ehaq.ca/wp-content/uploads/2021/04/Letter-of-support-FR\\_Website.pdf](https://aseq-ehaq.ca/wp-content/uploads/2021/04/Letter-of-support-FR_Website.pdf)

**2) Commission canadienne des droits de la personne - Obligation d'adaptation et politique sur les sensibilités environnementales:**

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Environmental Health Association of Canada - Association pour la santé environnementale du Canada



<https://www.chrc-ccdp.gc.ca/fr/droits-de-la-personne/quest-ce-que-lobligation-dadaptation>

<https://www.chrc-ccdp.gc.ca/fr/ressources/publications/politique-concernant-lhypersensibilite-environnementale>

**2) UCLA Center for the Study of Women compilation of resources on gender, race, class and chemical sensitivity:**

<https://csw.ucla.edu/cswresearch/chemical-entanglements/>

**3) Article (2003) supporting the view that “chemical-free living space and chemical avoidance were rated by 95% of respondents as helpful:”**

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1241653/pdf/ehp0111-001498.pdf>

**4) Perales et al. (2022) study demonstrating that air quality accessibility interventions improve MCS:**

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8822326/>

**5) Poster sans fragrance (Pourquoi des lieux sans fragrances ou parfum ? *Les fragrances sont la nouvelle fumée secondaire*)**

[https://aseq-ehaq.ca/pdf/fragrance-free\\_Colour\\_FR.pdf](https://aseq-ehaq.ca/pdf/fragrance-free_Colour_FR.pdf)

[https://aseq-ehaq.ca/pdf/fragrance-free\\_BW-1-FR.pdf](https://aseq-ehaq.ca/pdf/fragrance-free_BW-1-FR.pdf)

## **Évaluation et formation cliniques de la SCM:**

**1) Marshall et al. (2002) “Identifying and managing adverse environmental health effects: Taking an exposure history:” CH2OPD2 mnemonic (Community, Home, Hobbies, Occupation, Personal habits, Diet and Drugs)**

<https://www.cmaj.ca/content/166/8/1049.long>

**2) Link to the Chemical Intolerance Self-Assessment (QEESI) from University of Texas Health San Antonio:**

<https://tiltresearch.org/qeesi-2/>

**3) Toxicant Induced Loss of Tolerance (TILT) booklet:**

[https://issuu.com/elisco/docs/tilt\\_ebook](https://issuu.com/elisco/docs/tilt_ebook)



## **RESSOURCES POUR LA PRÉVENTION DE L'EXPOSITION A LA SCM :**

### **1) ASEQ-EHAQ La vie écolo:**

<https://lavieecolo.ca/>

### **2) Environmental Working Group Product Guides:**

EWG Skin Deep Database (assesses over 97 000 personal care products):

<https://www.ewg.org/skindeep/>

EWG Guide to Healthy Cleaning (assesses over 2500 cleaning products):

<https://www.ewg.org/guides/cleaners/>

EWG (2023) Article “What are VOCs?” <https://www.ewg.org/news-insights/news/2023/09/what-are-vocs>

### **3) Nova Scotia Integrated Chronic Care Service (ICCS) (2022) Approved Scent-Free Product Guide and (2018) Scent-Free Resource Binder:**

<https://www.nshealth.ca/sites/nshealth.ca/files/patientinformation/1943.pdf>

[https://www.nshealth.ca/sites/nshealth.ca/files/scent\\_free\\_resource\\_binder\\_1.pdf](https://www.nshealth.ca/sites/nshealth.ca/files/scent_free_resource_binder_1.pdf)

### **4) UCLA Center for the Study of Women Fragrance-Free Toolkit:**

<https://csw.ucla.edu/toolkit>

### **5) Clean Air Guide:**

<https://tiltresearch.org/wp-content/uploads/sites/46/2021/03/Create-a-Clean-Air-Oasis-5.0.pdf>