

EMPOWERING COMMUNITY AND REMOVAL OF BARRIERS



What is MCS?

- A recognized disability and medical condition;
- Triggered by sensitization from exposures to chemicals and fragrances found in commonly used products, such as personal care products, cleaning supplies, laundry soaps, and “deodorizers,” as well as chemicals emitted from building materials and furnishings;
- Exposure to these chemicals results in symptoms that include brain fog, breathing difficulties, pain, fatigue, as well as cardiac, urinary, musculoskeletal, and gastrointestinal effects;
- There is no known cure. Only good management, which is dependent on healthy spaces;

Therefore, healthy living is key to the prevention of this disability.

Relevant facts

- Over 85,000 synthetic chemicals are in commerce today, with 500-1000 more introduced each year.
- Governments, academics and industry have studied and understood the effects of merely a fraction of them.
- Some have been legally recognized as “toxic” to human health or the environment, yet they remain on the market
- Levels of indoor air pollutants are often 2 to 5 times higher than outdoor levels.
- Canadians spend 90% of their time indoors.
- Most are unsuspecting consumers of these products.
- Polluted air is among the top five risk factors for the development of chronic non-communicable diseases, including MCS.

Healthy indoor air is key to the prevention and good management of chronic conditions.

MCS Metrics

- As of 2020, 1,130,800 Canadians are diagnosed with MCS;
- This represents 1 in 34 Canadians;
- The number of Canadians with MCS has more than doubled from 2000 to 2016;
- Close to 50% of people with MCS become unemployed due to their condition;
- 65% of those live below the poverty line.

Management of MCS requires accessible air in the built environment by the removal of barriers through the use of healthy products (fragrance-free, lowest-emission and least-toxic) and advocating for these healthy environments in all aspects of daily life.

We all breathe the same air; let's make it free of barriers and prejudice!

MCS Information Sheet: References

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