



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

ECO-JOURNAL

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News from ASEQ-EHAQ

Hello to everyone,

We hope that you are doing well – as well as you can be! Every month we write a little note to you as part of what we hope is useful information for yourself, family and friends. We would like to hear back from you about this newsletter.

- Is it useful to you?
- Do you feel a sense of connection?
- Do you share it with others?
- Do you think we need to cover other subjects? If yes, what would those be?
- Would you like to write your experiences about living with the disability of multiple chemical sensitivity (MCS)?
- Would you like to write about another topic?

Have you noticed that we post each article on social media individually? Recently on Facebook we reached over 600, 000 people, with around 22,000 people following and liking us!

If you have something to say, we are ready to publish! We will help with editing and translation. Please write to us. We value your input and we are listening. For instance, in a survey we had sent out in late 2021, you wanted the opportunity to meet with us at ASEQ-EHAQ and opted for 'Open doors via Zoom'. We are listening! The last Friday of every month, from 2:30 to 4:30 pm, we will have our Zoom open to you. Please do drop in to say hello!

The action to remove the report from the National Institute of Public Health Québec (INSPQ) report on MCS is still open. Thanks to your donations, we are able to pay for this service and keep this action ongoing. At the time of writing this message, we have 773 letters sent to decision makers in the government of Québec. We need to reach at least 1000 letters. Why should you sign the letter even if you live outside of Québec or Canada?



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This report is now part of the literature on MCS. It will be quoted in other documents. This has already happened in correspondence sent to us from a third party. This will happen no matter where you live on our planet. Secondly, according to what we have been told, this report has been shared widely across Canada. What do you think could result from that? We have to work together to stop this, putting all our differences and our fears aside and working together as one.

The author of the report has publicly stated in a conference to professionals that to 'cure' MCS, people with this condition have to be exposed to chemicals. This in a nutshell, is the aim of the INSPQ report on MCS. It is not meant to help or support us. But to push these unfounded, irresponsible statements and steer the medical world firmly into psychiatry for MCS.

This letter is not the only action that we are taking. However, it is one of the necessary and important ones. If you have concerns, we invite you to contact us.

[Click here to sign the letter](#)

[Click here to read the story behind the INSPQ report on MCS](#)

If you have not done so already, please sign the letter. [Here is a video you can watch and share.](#)

Kindly consider sharing it with family and friends. You can also point out [the scientific flaws in the INSPQ report on MCS](#), because '... the conclusion of the INSPQ that the etiology of MCS is psychogenic is wrong and potentially detrimental to patient care, professional and public education and appropriately guided research.'

We invite you to participate in three ongoing surveys, which are very important for us to be able to push the MCS agenda forward, including addressing the INSPQ report on MCS. Here they are:

1. Let us work together to [remove stigmatization of MCS](#) : [Click here for the survey](#)
2. The impacts of MCS on your life: [Click here for the survey](#)
3. Tell us about your housing situation, do you need healthy housing: [Click here for the survey](#)



As you may have noticed, we have resumed working on our affordable housing project. Please visit the section on '[Share your Story](#)'.

If any of the above-mentioned items needs clarification or further discussion, please reach out to us at: office@aseq-ehaq.ca, or by phone at: 514 332 4320.

As always, we wish you a splendid month of February, filled with love, good health, joy and peace.

Take care and be well,

Rohini Peris, President

Michel Gaudet, Executive Director

