



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



EHAC • ASEC
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Resources

RECENT RESEARCH ON MULTIPLE CHEMICAL SENSITIVITY (MCS):

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) - Neurological susceptibility to environmental exposures: pathophysiological mechanisms in neurodegeneration and multiple chemical sensitivity

<https://www.degruyter.com/document/doi/10.1515/reveh-2021-0043/html>

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

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

4) Toxicant-induced loss of tolerance for chemicals, foods, and drugs: assessing patterns of exposure behind a global phenomenon

<https://enveurope.springeropen.com/articles/10.1186/s12302-021-00504-z>

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) 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>

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

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

8) 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>

9) 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

MCS DISABILITY ADVOCACY:

1) The Legal Rights and Challenges Faced by Persons with Chronic Disability Triggered by Environmental Factors

<https://archdisabilitylaw.ca/resource/paper-the-legal-rights-and-challenges-faced-by-persons-with-chronic-disability-triggered-by-environmental-factors/>

2) Letter Template for Clinicians:

https://aseq-ehaq.ca/wp-content/uploads/2021/04/Letter-of-support-EN_Website.pdf

3) Canadian Human Rights Commission Duty to Accommodate and Policy on Environmental Sensitivities:



<https://www.chrc-ccdp.gc.ca/en/about-human-rights/what-the-duty-accommodate>

<https://www.chrc-ccdp.gc.ca/en/resources/publications/policy-environmental-sensitivities>

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

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

5) 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>

6) Canadian Center for Occupational Health and Safety (CCOHS)

https://www.ccohs.ca/oshanswers/hsprograms/scent_free.html

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

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

8) Artificial scents have no place in our hospitals - CMAJ, November 3, 2015, 187(16)

<https://aseq-ehaq.ca/wp-content/uploads/2020/07/artificial-scents-hospitals.pdf>

9) Fragrance-Free Poster (Why Fragrance-Free Facilities? *Fragrance is the new second-hand smoke*)

https://aseq-ehaq.ca/pdf/fragrance-free_Colour_EN.pdf

https://aseq-ehaq.ca/pdf/fragrance-free_B-W-1-EN.pdf

10) Multiple Chemical Sensitivity: Chemical indoor air pollution is the new tobacco

<https://aseq-ehaq.ca/en/multiple-chemical-sensitivity-chemical-indoor-air-pollution-is-the-new-tobacco/>

MCS CLINICAL ASSESSMENT AND EDUCATION:

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>

3) 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

MCS EXPOSURE PREVENTION RESOURCES:

1) ASEQ-EHAQ Eco Living Guide:

<https://EcoLivingGuide.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

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>