



Association pour la santé environnementale du Québec  
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### Understanding Multiple Chemical Sensitivity (MCS): A Call to Action

Multiple Chemical Sensitivity (MCS) is a disabling condition affecting individuals worldwide. Despite various organizations working to raise awareness, many people still remain unaware of this condition. MCS is characterized by heightened sensitivity to chemicals, fragrances, and pollutants, causing respiratory issues, inflammation, and allergy-like symptoms. Research shows that pollutants, even at low levels, can trigger MCS, particularly in vulnerable groups such as women, children, and those living in socio-economically disadvantaged environments.

Biologically, MCS involves the sensitization of TRP receptors (TRPV1 and TRPA1), which become hyperactive and respond to chemicals at levels usually deemed safe. Studies indicate that individuals with MCS often experience more severe reactions due to genetic predispositions that impair their ability to detoxify chemicals. Inadequate ventilation, mould, and indoor pollutants further exacerbate the condition, particularly for low-income families living in substandard housing.

Unfortunately, MCS patients face stigmatization and inadequate care from healthcare providers. Medical professionals often misdiagnose or disregard the condition, leading to deteriorating health and social isolation for those affected. There is an urgent need for education, policy changes, and proper accommodation to support individuals with MCS. We must work together to raise awareness, combat stigma, and create a safer environment for all.





For a deeper exploration, a comprehensive document titled ***Understanding Multiple Chemical Sensitivity (MCS): A Holistic Examination of the Causes, Cues, and Current Perception of MCS*** [can be viewed here](#). This document can be used by individuals with MCS to better advocate for themselves and present relevant research when needed.

By enhancing public knowledge and advocating for inclusive policies, we can help MCS patients live with dignity and access the healthcare they deserve.