

On the Frontlines

Dear members and friends,

As September brings a new season, it also brings renewed opportunities to turn awareness into meaningful action. This month, we are highlighting the many ways our community continues to move important conversations forward, from contributing lived experience to research and engaging in advocacy to sharing practical knowledge that can support healthier daily living. Each contribution strengthens our collective voice and helps keep MCS visible in discussions about health, accessibility, and inclusion across Canada.

Four New Peer-Reviewed Studies on MCS

We are pleased to share an important milestone in ASEQ-EHAQ's research program: four new peer-reviewed studies on Multiple Chemical Sensitivity (MCS) have been published in the *International Journal of Environmental Research and Public Health*. These open-access studies strengthen the evidence surrounding chemical exposures, disability recognition and accommodation, socioeconomic barriers, and the implementation of fragrance-free policies. With four additional studies currently underway, this growing body of research will help inform future advocacy, policy development, accessibility practices, and public understanding. You can learn more about each study and access the full articles in this month's newsletter.

Participate in New MCS Research Studies

ASEQ-EHAQ and EHAC-ASEC have launched four new studies to better understand the experiences and barriers faced by individuals living with MCS. The studies explore climate vulnerability, professional knowledge and awareness, practical strategies for requesting inclusion, and the lived experiences of individuals with MCS. A fifth study focused on experiences of MCS in Québec is also awaiting ethics approval. We encourage eligible community members to participate and share these opportunities with others. Your voice can

help strengthen advocacy, guide policy development, improve accessibility, and increase the visibility of MCS across Canada. [You can share your voice here.](#)

Reminder: Complete the Disability Tax Credit Survey

We are continuing to gather responses to our short survey on access to the Disability Tax Credit (DTC) for individuals living with MCS. The survey examines barriers such as limited awareness of eligibility, difficulties finding knowledgeable healthcare professionals, application-related fees, and challenges navigating the review process. Whether you have been approved, denied, decided not to apply, or are unfamiliar with the DTC, your experience is valuable. The findings will support discussions with government, policymakers, and the medical community about improving access to disability benefits and related supports. [Fill out the short survey here.](#)

Important Articles to Read and Share

Knowledge is a powerful tool for change. These three important documents provide current Canadian evidence on the prevalence of Multiple Chemical Sensitivity (MCS), its significant socioeconomic impacts, and the need to include environmental accessibility in environmental justice policies and actions.

Together, they help make visible the scale and consequences of MCS in Canada and provide credible information that our community can use when speaking with healthcare providers, employers, policymakers, elected representatives, family members, and others.

Please read, download, and share these resources widely. Every conversation helps build understanding, strengthen recognition of MCS, and advance accessibility, inclusion, and meaningful change.

[Preliminary 2025 Statistics on MCS \(January – July 2025\)](#)

[Environmental Justice Must Include Environmental Accessibility](#)

[Socioeconomic Impact of MCS in Canada](#)

Order Pamphlets or Share Them Online

Help raise awareness and understanding of Multiple Chemical Sensitivity (MCS) by sharing reliable information in your community.

To order printed pamphlets, email contact@aseq-ehaq.ca with your **name, full mailing address, and the number of pamphlets you would like of each type**.

You can also access and share our pamphlets online:

[View and share our pamphlets](#)

Please share them widely with healthcare providers, workplaces, community organizations, family, friends, and others who can help build greater awareness and understanding of MCS.

Upcoming Events

Advocacy: Taking Action

 September 8, 2026 |  2:00–3:00 PM ET |  Online via Zoom

[Register here](#)

Join us for a practical workshop focused on turning awareness into action. Participants will explore effective advocacy strategies, learn how to communicate with decision-makers and allies, and identify opportunities to advance accessibility and inclusion for individuals living with MCS. This session is open to individuals living with MCS, caregivers, advocates, and anyone interested in creating healthier, more accessible communities.

Indoor Air Quality and Accessibility in the Built Environment

 September 22, 2026 |  1:00–2:15 PM ET |  Online via Zoom

[Register here](#)

This upcoming workshop will examine how indoor air quality (IAQ) can create barriers to accessibility and inclusion. Drawing on science, accessibility law, the United Nations Convention on the Rights of Persons with Disabilities, and lived experience, the session will

explore biological sensitization, source control, fragrance-free approaches, and lowest-emission practices that support healthier built environments. The workshop is open to anyone interested in accessibility, public health, and inclusive spaces.

Open House: Housing Challenges and Healthy Living Environments

 September 25, 2026 |  2:00–4:00 PM ET |  Online via Zoom

[Register here](#)

Join us for a bilingual community conversation about the housing challenges faced by individuals living with MCS. Participants can share experiences, discuss barriers to finding and maintaining healthy housing, and explore accommodations, tenant rights, available resources, and practical solutions. Whether you would like to contribute to the conversation or listen and learn, all are welcome in this respectful and supportive space.

As we welcome a new season, we remain grateful for the insight, dedication, and resilience of our community. The progress being made reflects what is possible when lived experience, evidence, and collective commitment come together. Thank you for continuing to stand with us as we work toward a future where individuals living with MCS are recognized, respected, and fully included.

Take good care,

Rohini Peris

President & CEO

Michel Gaudet

Executive Director