

On the Frontlines

Dear members and friends,

October reminds us how closely our health is connected to the environments where we live, work, learn, and receive care. As colder weather brings more time indoors, questions about indoor air quality, chemical exposures, accessible healthcare, and healthy housing become increasingly important.

This month, we continue to advance research, share practical information, and create opportunities for dialogue and collective action. Every person who participates in a study, shares a resource, attends an event, or speaks about multiple chemical sensitivity (MCS) helps strengthen awareness and move us closer to a more accessible and inclusive Canada.

Advancing Research on MCS

ASEQ-EHAQ and EHAC-ASEC continue to build the evidence needed to advance the recognition, understanding, and accommodation of MCS.

Five recently published peer-reviewed studies examine chemical exposures, disability recognition and accommodation, socioeconomic barriers, and the implementation of fragrance-free policies. Published in the *International Journal of Environmental Research and Public Health*, these open-access studies provide valuable evidence that can support advocacy, policy development, professional education, and accessibility practices.

This research helps ensure that discussions about MCS are informed by evidence as well as the lived experiences of individuals and families across Canada.

[Explore the published research](#)

Share Your Voice Through MCS Research

Four new research studies are underway to deepen our understanding of the experiences and barriers faced by individuals living with MCS. These studies explore:

- Climate change vulnerability and MCS
- Professional knowledge and awareness of MCS
- Strategies used to request inclusion and accommodation
- The lived experiences of individuals living with MCS

A fifth study examining experiences of MCS in Québec is awaiting ethics approval.

Participation from individuals with lived experience is essential. Your insights can help identify gaps, guide future resources, strengthen advocacy, and inform policies and practices that better reflect the realities of MCS.

[Learn more and participate in current research](#)

Upcoming Events

Healthcare and MCS: Improving Patient Experiences

 October 13, 2026 |  2:00–3:00 PM ET |  Online via Zoom

[Register here](#)

Join us for a workshop exploring the healthcare experiences of individuals living with MCS and opportunities to improve accessibility within healthcare settings.

The session will examine common barriers to care, discuss strategies for creating safer and more inclusive healthcare environments, and highlight practical approaches that support

respectful, patient-centred care. The workshop is open to everyone and may be especially relevant to healthcare professionals, administrators, policymakers, disability advocates, caregivers, and individuals with lived experience.

Open House: Exploring Resources for Scent-Free Environments

 17 October 30, 2026 |  2:00–4:00 PM ET |  Online via Zoom

[Register here](#)

Join us for a bilingual guided tour of the ASEQ-EHAQ and EHAC-ASEC website. Together, we will explore helpful resources related to scent-free environments, MCS, accessibility, accommodations, and advocacy. Participants will learn where to find practical materials that can be shared with workplaces, healthcare settings, community organizations, family members, and others.

The Air We Share: Indoor Air Quality and Accessibility in the Built Environment

 17 November 3, 2026 |  1:00–2:15 PM EST |  Online via Zoom

[Register here](#)

This workshop will explore how indoor air quality can affect accessibility within the built environment. Drawing on emerging science, accessibility law, the United Nations Convention on the Rights of Persons with Disabilities, and lived experience, the session will examine how indoor pollutants can create barriers to health, inclusion, and participation.

Participants will learn about source control, fragrance-free approaches, biological sensitization, and lowest-emission practices that can support healthier and more accessible shared spaces.

The Air We Share: Practical Steps Toward Cleaner Indoor Air

 November 24, 2026 |  1:00–2:15 PM EST |  Online via Zoom

[Register here](#)

Cleaner indoor air begins with practical, informed choices. This workshop will explore steps that individuals, workplaces, organizations, and communities can take to reduce indoor air pollutants and create healthier, more accessible shared spaces.

Participants will learn about source control, fragrance-free practices, safer product selection, ventilation, and other strategies that can help reduce exposures and remove barriers for individuals living with MCS.

Please consider sharing these resources with healthcare professionals, workplaces, community organizations, family members, friends, and others who can help build greater awareness and understanding of MCS.

As we move further into the fall season, we remain grateful for the dedication, knowledge, and resilience of our community. Your participation continues to make MCS more visible and strengthens the call for healthier environments, equitable access, and meaningful inclusion.

Thank you for standing with us and helping move this work forward.

Take good care,

Rohini Peris

President & CEO

Michel Gaudet

Executive Director