Making Our World Safer for People with Multiple Chemical Sensitivity (MCS)

Presented by the MCS Project, Boston Self Help Center
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What is MCS?

Multiple Chemical Sensitivity – a medical condition that involves extreme physical reactions to common chemicals

Sore throat
Migraine
Seizure
Anaphylactic shock
Or other physical reactions
Who gets MCS?

Anyone can!

Certain populations – like children, women, and the elderly – are more vulnerable.
How do you get MCS?

One severe exposure to toxic chemicals

A series of low-level exposures
All around us!

Where are these chemicals?

- Conventional cleaning products
- Fragranced personal-care products
- Pesticides
- Paint
- Cigarette smoke
- Plastics
- Automobile exhaust
Why are these chemicals so dangerous?

- Made from petroleum
- Banned by the government
- Listed as hazardous waste
Why are these chemicals in my house and workplace?

- Trade-secret laws are used to hide ingredients
- Most chemicals are not tested for safety
- FDA regulations are not enforced
– Replace products one by one
– Reduce use of toxic products little by little
If switching to safer products feels hard, start by just buying a fragrance-free hand soap.
Language to look for

Fragrance free

Hypoallergenic

No perfume or dyes

Beware of the term “natural.”

“Green” is not necessarily safe.
Fragrance-free laundry soap is readily available at major retail chains.
Integrated pest management (IPM) and organic pest management (OPM) emphasize **PREVENTION** of pest infestations.