

Main Street

*A Newsletter for Members and Associates
of the Indoor Air Alliance*

Winning Hearts and Minds

The staff and members of the Indoor Air Alliance are engaged in a daily battle to “win the hearts and minds” of the population with asthma, COPD, and allergies and of the healthcare community.

The question is - why is the linkage between environment and health not believed and supported by more patients and their doctors? I often feel like a lonely evangelical voice when I speak on this issue. However, I have recently discovered that I am not alone in seeking to raise the visibility of this topic.

This summer, the National Institutes of Health (NIH) will update the national guidelines on asthma care. Among steps under consideration are for doctors to assess patients’ control every few months, looking for vital clues: Have you missed any work or school because of asthma? Changed any of your activities or your environment? Sleeping worse?

I hope that this new set of guidelines goes to the logical next step and includes a review of the patient’s environment. I expect this to be the case; both the NIH and the American Lung Association agree that over 60% of asthma attacks are caused by allergens in the air.

In this battle for the hearts and minds, the resetting of guidelines by the most respected medical research body in the country may be a positive event for us. As always, changes like this have to trickle through the community and may take years to make any notable difference. For example, medical schools will need to absorb this into their curriculum so that new MDs enter practice with this concept as part of their training.

I am keeping my fingers crossed and will keep you informed as soon as this report is released.

Glenn Morris, Executive Director

In This Issue

***New Members
Welcome.....page 2***

***IAA Profile
Gene Swier.....page 3***

Case Study.....page 4

***School Daze
A Texas Mystery...page 4***

9Health Fair.....page 3

Patton Boggs.....page 2

***Winning
Hearts & Minds.....page 1***

Contact Us

Indoor Air Alliance

9640 East Kent Place, Aurora CO 80014

Glenn Morris can be reached at 800-772-7067 or via email: glenn@IndoorAir.Org

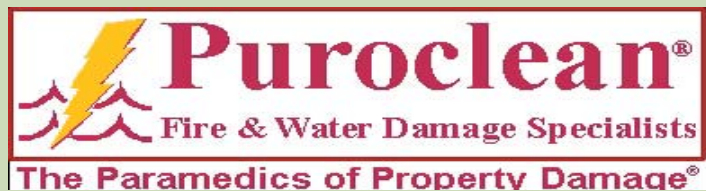
Welcome New IAA Members



Your Health is Our Primary Care
970-667-7071

Dr. Dee Koloski ND, LAc and Dr. Kathryn Plummer ND opened Sage Holistic Health in 2003 in Loveland, Colorado. The clinic offers a wide scope of treatment options including naturopathic and Chinese medicine as well as clinical nutrition, homeopathic medicine and botanical medicine, to name a few. Doctors Koloski and Plummer recognize that the indoor air environment can have a significant impact on the health and quality of life of their patients.

www.sageholistichealth.com



John Meyer, President of Puroclean in Broomfield, Colorado, thinks of his company as the “Paramedics of Property Damage.” They respond to a wide variety of problems that can arise in a home 24 hours a day, including fire, water, smoke and vandalism. Indoor air quality issues often can arise as part of the situations Puroclean normally addresses. They also remediate mold problems and the moisture issues normally involved with mold. Puroclean is part of a national organization, but John has managed to keep his company a family business that values quality workmanship and concern for the customer. John and his team can be reached at 303-589-9394.

www.puroclean.com/office/508/

PATTON BOGGS

The Denver office of Patton Boggs will be providing pro-bono legal services to IAA as part of their on-going commitment to community service. Patton Boggs’ web site describes their views quite well: “we believe that lawyers have a profound obligation to give back to their communities. We also believe that pro bono work is good for the firm—community service fosters social justice, improves the quality of a lawyer’s life, has a positive effect on legal skills and enhances professionalism.” We look forward to Patton Boggs’ help as we grow the organization and move into new areas.

Case Study...

Ms. H was referred to the Indoor Air Alliance by her doctor. She had a history of allergies and her doctor wanted to make sure that her indoor environment at home was not contributing to her allergies. We did a full Healthy Home Survey, including indoor air pollution screening, ductwork screening and mold screening.

Her home was a single family home built in 1923. Most of the ductwork had been recently replaced, the furnace was only five years old and she had a good (and clean) electronic filter on the system as well as a whole house humidifier. There was evidence of moisture seepage in the basement around the windows and along one wall. She also has two large birds, two cats and a dog, and two electric bubbling water fountains. Her hobby is collecting paperback novels and has more than 70 cardboard boxes of books.

IAA found that the humidity in the home was 70%, on a day when the outdoor humidity was 22%. CO₂, VOCs and particulates were also elevated. The ductwork was in fair condition; mold was elevated for *Penicillium/Aspergillus*.

IAA made the following recommendations:

1. The first priority was to reduce the humidity in the home. We suggested removing a water fountain and lowering the central humidistat.
2. She had blocked the fresh air intake in the furnace room because cold outside air was coming in. We recommended clearing the vent.
3. Replacing all the cardboard boxes that house her book collection in her home with plastic boxes.
4. Replacing all downspouts with newer, longer spouts to move rain water away from the house and fixing drainage issues around the basement windows and foundation.
5. Remediate mold found on the basement walls with a solution of oxygenated bleach and water.
6. Installing an Air Purifier to remove biological odors and contaminants from her pets and mold.

Results

Work is still under way, but Ms. H already feels more comfortable and her allergy symptoms have diminished significantly. Humidity is under control and the combination of fresh air and the Air Purifier have reduced the VOCs and the odors in the home. Drainage issues have also been resolved. The referring doctor has been advised of the findings and the progress of his patient during this process. We will retest the home once all work has been completed.

School Daze

One of our Indoor Air Specialists (IAS), Jerry Brown of A-Pro in Texas, shared this story with us recently.

A client of Jerry's, a teacher at a local middle school, told him she was feeling bad at school and that she thought it was something in the air. Her complaints were dizziness, fatigue, and impaired ability to focus and concentrate. She noted also that these symptoms were not there every day, but a few times a week.

After some questioning and a screening of her classroom for a few days, Jerry was able to determine that VOCs in the classroom were slightly elevated at all times and spiking twice a week—at night and lasting through most of the next morning.

The culprit—the cleaning company (lowest cost bidder) was not using the approved chemical to clean and wax floors. Instead, the company was using cheaper and far more toxic chemicals. The cleaners started using the approved chemicals and the teacher's allergic reactions disappeared. Good work, Sherlock!

IAA Profile: Eugene (Gene) Swier

Indoor Air Alliance Board member



Eugene L. Swier, businessman, writer/author, and inventor, graduated in January, 2000 Summa Cum Laude from Harrington University in London, England with a Master of Science degree in Safety and Environmental Management. In addition to many years of Industrial Hygiene experience, Mr. Swier also currently holds the distinguished and coveted designation as a national board Certified Safety Professional (CSP).

Mr. Swier recently sought to expand his more than 30 years of experience in construction to the growing residential home market and became certified through additional formal training as a Certified Home Inspector.

Mr. Swier's other achievements include being Founder and successive past President of a State association for his industry in Life Safety. His noted efforts caused Mr. Swier to be selected as a Founder and successive past President of a regional association in the same industry; representing the six New England states. Mr. Swier is currently Founder and President of the National Association of Certified Home Inspectors, Chesapeake Chapter and is a NACHI designated Educator.

Gene is a valued member of the Indoor Air Alliance. His education and experience help us to develop new protocols and expand our program into new areas, such as mold and radon.



9Health Fair is Colorado's largest and most-trusted non-profit health fair program that offers free and low-cost health awareness and educational screenings in hundreds of communities around Colorado. The Indoor Air Alliance has been approved by 9Health Fair to participate in the 2008 Health Fairs. We look forward to increasing awareness of our mission and providing valuable information to the public in Colorado.