

MCS Matters 1

Welcome to [The 25% M.E. Group's](#) new regular Multiple Chemical Sensitivity page!

It will come as no surprise to many of you that a substantial percentage of M.E. sufferers - particularly among the severely affected - also suffer to some degree or another from that disabling hypersensitivity to certain chemicals and chemical combinations generally known as Multiple Chemical Sensitivity (MCS).

This new Quarterly page will be dedicated to exploring this difficult "overlapping" condition by offering the latest in MCS news, practical hints and tips for dealing with this difficult addition to our severe ME illness and, with your help, just generally sharing with each other our precious wisdoms won the hard way from simply having to live from day to day with the diabolical duo of ME and MCS – especially when both are severe.

What is MCS?

Here is an excellent consensus definition of Multiple Chemical Sensitivity (MCS) signed by 34 researchers and clinicians, published in Archives of Environmental Health 1999; 54(3) 147-149.

1. The symptoms are reproducible with repeated [chemical] exposure.
2. The condition is chronic.
3. Low levels of exposure [lower than previously or commonly tolerated] result in manifestations of the syndrome.
4. The symptoms improve or resolve when the incitants are removed.
5. Responses occur to multiple chemically unrelated substances.
6. [Added in 1999]: Symptoms involve multiple organ systems.

MCS is a very real and disabling physiological illness – especially when severe. Anyone who tries to tell you different simply hasn't done his or her homework properly – we'll cover that here later.

MCS News

Professor Malcolm Hooper has recently produced a "copyright free" DVD dealing with both ME and MCS. Available for £5 (inc postage for UK only) from ME Support Norfolk. Tel 01603-746140.

Fuan Kime's new MCS related documentary "The Tomato Effect" now has a short viewable trailer. You can catch it here: www.rabble-rouser.com

The World's Worst Chemical Disaster

"3rd December 1984: Shortly after midnight poison gas leaked from a factory in Bhopal, India, owned by the Union Carbide Corporation. There was no warning, none of the plant's safety systems were working. In the city people were sleeping. They woke in darkness to the sound of screams with the gases burning their eyes, noses and mouths. They began retching and coughing up froth streaked with blood. Whole neighborhoods fled in panic, some were trampled, others convulsed and fell dead. People lost control of their bowels and bladders as they ran. Within hours thousands of dead bodies lay in the streets" www.bhopal.org/whathappened.html

Initial deaths: 3,000-8,000. Subsequent deaths: 15,000 – 20,000. Permanent disabilities: 50,000.

Top Tip No-1

Avoidance: There is simply no substitute for this. Stay well away from all problem chemicals whenever you possibly can – AND - clean out your living environment too as much as possible.

MCS Help-Line

I will be manning the international version on Wednesdays: 2pm to 4pm and 6pm to 7pm. Telephone: +44 (0)77 31 41 51 99. GMT only.

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