



MEDICAL CENTER FOR IMMUNE & TOXIC DISORDERS
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Conference: Indoor Air Contamination, Mold and Toxins
Speaker: Andrew Campbell, M.D.
Date/Time: Tuesday, November 6, 2007 ~ 6:30 p.m. start
Location: Jabez Sanford Hardin Performing Arts Center
7022 Evans Town Center Blvd.
Evans, GA 30809
www.columbiacountyga.gov
Contact: Iris Brooks Ph: 706-595-7620
For: Free Discourse Open to Public
Type: Lecture with open forum for Q & A following

My concern from a health perspective is that caused by water intrusion. A pipe left uncapped, a slow leak behind a wall, a small leak in the roof, these and others can cause drops or a trickle of water to accumulate unseen and unnoticed behind walls or other spaces. This wet environment then allows organisms to flourish in this hidden environment. The most common ones we know about are molds. We know more about them than we did just a few years ago and more attention is given to them especially after Katrina and Rita.

Here are some of the effects of the most common ones: **Aspergillus** is known to cause respiratory problems and affects the brain and nervous system. It is the most common cause of mold infections worldwide. **Aspergillus** also produces aflatoxins which is the most toxic substance known to mankind. **Penicillium** can cause tremors and MS-like symptoms in people. **Fusarium** can cause pharyngitis as well as skin and eye infections, especially in contact lens wearers. **Stachybotrys**, known as 'black mold', can cause headaches, weakens the immune system causing a person to have frequent infections and releases a mycotoxin known as trichothecene. Look up 'trichothecene' in the search on the CDC website (www.cdc.gov) and you can read how dangerous it can be. Under additional information, the third citation is from a study that was partially conducted at our Medical Center.

Not only will molds grow when there is water intrusion, but so will gram positive and gram negative bacteria which go on to release endotoxins along with the mycotoxins from molds. These toxins then combine with substances that make up floors, walls, carpet and paints and combine to form volatile organic compounds (VOC's). We now have a 'toxic soup' that can and does affect our health.

Symptoms start slowly and innocuously. Irritation of the eyes and throat, chronic sinus problems, breathlessness and cough initially. Then, as things progress, unusual fatigue, out of the ordinary headaches, memory loss aches and pains affect the person whether it is an employee or family member. Some will try to explain it away with the usual: "it must be stress" or "I need to start taking vitamins" or "I need to start exercising" or "I really need a vacation".

Once a person has been affected, it is important to remember that these are not allergies, they are the effects of toxins on one's health and organs. Treatment with a physician who is well read and experienced in the field of toxicology and mycology is essential. Most American trained physicians have had little instruction in toxicology. First, the correct diagnoses have to be made, and treatment of the cause is crucial and fundamental. Medication to treat only the symptoms only serves to delay the well-being of the patient.

Once the source of the water intrusion is found, the remediation should be undertaken by an experienced professional with knowledgeable repairmen. The removal and disposal of the damaged components and fragments contaminated by biological organisms requires special training and experience.

The key, of course, is to avoid as much as possible the problems caused by water intrusion. Regular attention to maintenance and quick response to a leak in a building or structure or home will go a long way towards preventing most problems. Repair and cleanup again should be done by experienced professionals rather than a fast patch up job or painting over the problem which does not solve the cause of the water intrusion.

Please join me on November 6, 2007 to discuss in more detail the facts and concerns of such toxic related elements that can and may have already affected your life or the lives of your loved ones.

I look forward to seeing you there!

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