

Allergies, Asthma and Cancer Linked to Standard Janitorial Practices

Today most janitorial service companies use mass-produced and low cost cleaners that contain synthetic and potentially poisonous chemicals. These chemicals are very dangerous to your health. As a matter of fact, health experts believe and have documented a clear correlation between the prevalence of these synthetic chemicals to the rise in cases of allergies, asthma and cancer.

The air you breathe everyday in the office may be polluted by odorless, colorless fumes oozed from these toxic, poisonous and hazardous cleaners. This is called “out-gassing” and once airborne, chemicals can easily mix with those from other cleaners and become much more dangerous.

Recently, a new medical field has grown to find then purge patients’ bodies of toxins. As a matter of fact, 15% to 30% of the Americans, just like you have a new disease called “multiple chemical sensitivity.”

Below, we detail the symptoms and potential chemical causes of allergies, asthma and cancer.

Allergies are...

...the reaction from your body’s immune system to fight off substances. Some of these substances can be quite harmless such as pollen and sawdust. However some may be quite deadly. In either case, allergic reactions themselves can be miserable, severe, can lead to serious infections and even death.

Symptoms of an allergic reaction include:

- Itchy, watery and swollen eyes
- Difficulty breathing, sneezing and coughing

- Itchy and clogged nose, also post-nasal drip
- Overall congestion
- Headaches

The following cleaners often contain chemicals that trigger allergy attacks.

- All purpose cleaners – ammonia or 2-butoxy ethanol can irritate the lungs and respiratory tract.
- Tub and tile cleaners – also contains 2-butoxy ethanol.
- Liquid bleach – chlorine that is corrosive to the respiratory tract and can worsen asthma.
- Window cleaners – can also contain 2-butoxy ethanol.
- Dishwashing liquid – glycol ethers, fumes may cause labored breathing.

Important statistics you should know about allergies.

- The American College of Allergy, Asthma and Immunology shows that over half of all illnesses are caused or aggravated by pollutants found in indoor air.
- Billions of dollars are spent every year by average Americans just like you, to battle allergies.

Asthma is...

... a condition that effects the air passages of the lungs. First, the patient’s air passages are inflamed. This means that the air passages become red and swollen. Then these inflamed air passages become very vulnerable to a variety of triggers that can bring on asthma attacks.

Symptoms of an asthma attack include:

- Obstructed air flow to and from the lungs
- Difficult breathing, shortness of breath and wheezing
- Choking sensations and tightness of the chest
- Coughing and spitting of mucus from the mouth

The following cleaners often contain asthma causing chemicals or asthma triggers.

- Aerosol sprays such as air fresheners – propane, may be a cause for asthma-like symptoms as well as both eye and lung irritation.
- Liquid bleach – chlorine is corrosive to the respiratory tract and can worsen asthma.
- Scouring powders – sodium hypochlorite can cause asthma symptoms.
- Floor cleaners – petroleum distillates, fumes may produce asthma symptoms.
- Drain openers/clog removers –liquid sodium or powdered lye, fumes may trigger asthma attacks.

Important statistics you should know about asthma.

- Asthma is the leading cause of children’s hospital admissions.
- Women are getting more cases of asthma as they are typically in more frequent contact with cleaning chemicals.
- 118% increase in asthma related deaths in our children and young adults.
- Approximately 4 million children aged 0-14 years reported asthma in the preceding 12 months from 1993 to 1994.

- 160% increase in asthma rates in children ages 0-4 years from 1980 to 1994.
- 74% increase in asthma rates among children ages 5-14 years.
- 100% increase in death rates amount children ages 5-14 years from 1980 to 1993.
- \$6.2 billion is the estimated cost of treating illnesses related to asthma in 1990. Of that amount, almost \$1.6 billion was for inpatient hospital services.

Cancer is...

... uncontrolled development, growth of abnormal and mutated cells called tumors. Tumors are not normal growth and can kill a patient if the cells spread through the body, preventing the function of vital organs and body systems. There are many forms of cancer such as skin, brain, lung, colon, breast and prostate. Treatments of cancer are varied depending on the type and progression or “stage” of that cancerous growth. There are also many complications such as spreading of cancer to different parts of the body, in addition to treatment complications that can cause both pain and death.

Symptoms of cancer vary with the specific type of tumor. Sometimes, there can be no symptoms at all. Cancer can be a silent but deadly and painful killer.

- tumors
- coughing, chest pain and difficulty breathing
- diarrhea, constipation and blood in the stool
- chills, fever and night sweats
- fatigue, loss of energy and strength
- weight loss and loss of appetite

The following cleaners often contain suspected carcinogens or cancer causing chemicals.

- Disinfectants and air fresheners – formaldehyde is a suspected carcinogen or cause of cancer.
- Furniture polish – nitrobenzene and naphtha, repeated exposure has been linked to cancer.
- Metal polish – petroleum distillates are suspected carcinogens or cancer causing chemicals.
- Toilet bowl deodorizers – paradichloro-benzene is a suspected carcinogen or cause of cancer.
- Carpet shampoos and spot removers – some also contain formaldehyde.
- Carpet deodorizing powders – contain sodium aluminosilicate a suspected carcinogen or cause of cancer.

Important statistics you should know about cancer.

- 25% increase in evidence of cancer from 1973 to 1998.
- Cancer is the #1 killer disease killer of our children.
- There are over 200 different types of cancer.
- Breast cancer effects one out of eight women. Compare this figure to all cancer rates prior to the 20th century, one out of 8,000.

There is an easy solution reducing these cancer causing indoor pollutants, simply change the cleaners used in your home and offices. We offer clean and healthy alternatives that will resolve issues caused by existing and wide spread janitorial practices. Our alternatives are just as effective and in some cases more effective than their dangerous, poisonous counterparts. Call CleanStart Janitorial Service, Inc. today to enjoy a healthier and more toxic-free indoor environment.

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