

# Avoiding Environmental Hazards,

By **Dan Howard**  
for TRIB TOTAL MEDIA

## WHY WE OFTEN CAN'T FIGURE IT OUT FOR OURSELVES

**Reactions to health and environmental** problems occur in time delay. If we are exposed to carbon monoxide, mold, pet allergens or any other trigger, we do not usually react right away. It may be 6 hours, or it may be a day or even weeks before we react. Our brains are wired to react immediately to problems. We touch the hot stove we are immediately burned. We cut our fingers, it hurts. Reacting to time delay environmental effects is difficult.

**Everyone can react differently.** The best example that I have is that some children can eat a single peanut and become deadly ill. Most children could live on peanut butter and jelly. This can be confusing to the person that is not getting ill from an exposure.

**Individual health histories make each of us different in our reactions.** There are medications and illnesses that make us more sensitive to certain exposures. As an example, there is one common mold that can affect organ transplant patients on immune-suppressant drugs, and be of little consequence to most other persons.

**Time of exposure can differ.** One family member that is in an affected part of the home longer than the rest of the family can have more serious reactions. We use the words "time loading" to describe this factor. As an example, many municipal



water systems actually have arsenic in their water. Our bodies can handle those small exposures. However, if I give you multiple exposures from several sources, you can become very ill. More exposure over more time can make one person ill, and not affect other family members.

**We are affected by the sum total of our exposures.** Homes, cars, schools, workplaces, grocery stores, places of worship are a part of most of our lives and one of those exposures can increase sensitivity to other exposures. As an example, medical facili-

ties are a common source of exposure to environmental hazards.

**We just do not know what substances are hazards.** Who would think that a new foam mattress or a new furnace installation could cause us health problems? Well, these and many other common materials can be a source of problems. The wasp nest blocking the gas dryer vent could make us sick. The new interior french drain is often a source of mold and can allow gases previously trapped under the home to vent into the air we breathe.

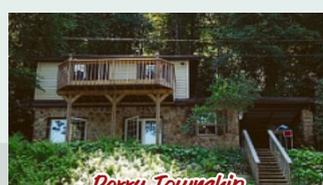


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**Worthington Borough**  
A lot of house for the money! Great location with a nice yard, off street parking & a storage building in the back. First floor laundry, remodeled first floor bathroom, large bedrooms, 2 porches for outdoor enjoyment.

**Ford City Borough**  
This 4 bedroom Victorian Brick beauty is encompassed with endless character. Home has been updated w/oak hardwood floors, fresh paint while keeping historical details intact! Newer furnace and AC.

**Perry Township**  
100 Ft of river frontage along with updated kitchen and bath. This is an ideal camp or year round home. Boat dock surrounded by large rocks and trees makes a quiet place to sit and relax.

**Kittanning Township**  
Great fresh interior, new roof, get ready to move in before the holidays. Three bedrooms, and a possible bedroom on the lower level. Professional landscaping, rear patio with awning covering, paved drive.

**Vandergrift**  
Great home or investment property. Many new updates new carpeting, laminate flooring, windows and siding. Off street parking with a potential of extra income by remodeling above the garage to make another apartment. This is a very well kept property and worth a look.

**Parks Township**  
One of a kind!! This amazing house has 4 bedrooms and 2.5 bath an attached garage and a detached garage. Beautiful country living but close to town. Public water is available- lines installed and tap is paid.

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