

## **Health Effects of Mold**

All Molds Have the Potential to be:

- Allergenic
- Infectious
- Toxigenic

Am I suffering from the effects of mold exposure?

All molds should be treated as potential threats to health because a large percentage of them are known to be allergenic and infectious. Black molds like *Stachybotrys*, *Penicillium*, *Aspergillus* and others have the ability to produce mycotoxins that can lead to a variety of serious health problems with death being the result in some cases. If you think you have a mold problem, there are high odds that you do have a mold problem.

### **Early symptoms of mold exposure include:**

Headaches  
Runny nose  
Chest congestion  
Difficulty breathing  
Dry and itchy eyes  
Fatigue  
Loss of appetite  
Loss of will  
Cold or flu-like symptoms  
Vomiting  
Chest pain  
Dermatitis

### **Mold's Allergenic Potential:**

Symptoms of allergies to mold are coughing, wheezing, stuffy or runny nose, headaches, sore throat, fatigue, and dizziness, even reduction of the acuteness of the senses and lack of will. These symptoms will logically be more prominent in people who're already allergic to mold, but new allergies can be developed after only one exposure, and long term exposure will only make these symptoms worse. Mold can grow upon dust, which can create Organic Dust Toxic Syndrome (ODTS), and can cause severe cold or flu-like symptoms. Mold also produces things called Volatile Organic Compounds (VOCs) which create most of the damp, musty or moldy smells related to mold growth.

### **Mold's Infective Potential:**

There are estimated to be more than a million species of fungi in the world and of them only a few thousand are commonly found in the living environments of human beings. Of that thousand or so many have been reported to have caused infections in humans, animals and plants. Certain genera, like *Aspergillus* for example, have many species known to cause infections, allergies and produce toxins that can make people sick. Aspergillosis is the main infectious disease caused by *Aspergillus*, but the disease

can come in many forms, ranging from lesser, allergy style illnesses, to fatal diseases characterized by actual mold growth (called a fungal ball) in the lungs or other organs, where it produces toxins, eats away at the organ's lining, and eventually leads to necrosis, and death if untreated. There are many types of aspergillosis, and they're only the effects of one genera of mold. Invasive Aspergillosis can kill people with compromised immune systems. Other diseases caused by known pathogenic molds are: Blastomycosis, Candidiasis, Coccidioidomycosis, Cryptococcosis, Histoplasmosis, Paracoccidiomycosis, Sporotrichosis, and Zygomycosis. Like Aspergillosis, many of these diseases come in more than one form, and they can all infect nearly any part of the body.

### **Mold's Potential Toxicity:**

There are many species of mold known to produce toxins, which, when ingested (the majority of cases have resulted from actual ingestion, but when mold spores are contaminating the air, it greatly raises the possibility of this) can lead to some potentially fatal diseases. The species of fungi known as Ergot (*Claviceps purpurea*) has for centuries now been known to cause a disease called ergotism, which can initiate gangrene in limbs, and even lead to death. Ergot commonly infects wheat and rye, and is in turn ingested by people who eat it. The mold, *Stachybotrys Chartarum* can produce toxins that reduce white blood cell count, cause hemorrhaging and even death! Other molds that can produce toxins are: *Aspergillus flavus*, *Fusarium graminearum*, *Memnoniella*, and some 200 or so others. Not all mycotoxins produced by molds are actually bad, but there are enough of them being produced these days inside homes for one to be concerned.

### **Conclusion:**

If you have any reason to believe you have a mold problem, whether it's due to a moldy odor, signs of moisture problems, or you're experiencing any of the symptoms above, call our toll free number today and set up an appointment. *You don't have to live in a moldy environment.*