

"Vicki Kotsirilos"  
<vicki.k@optusnet.com.au>

09/03/2010  
03:24 PM

To <graham.harvey@Nicnas.gov.au>,  
[REDACTED]  
cc "Vicki Kotsirilos" <vicki.k@optusnet.com.au>  
bcc

Subject RE: Fwd: draft MCS report [No Protective Marking]  
[SEC=UNCLASSIFIED]

**UNCLASSIFIED**

Dear Michael and Graham

The document on MCS is excellent. Thank you very much and well done.

I know I did make an emphasis on the importance of lifestyle changes for patients with MCS at the meeting.

I have several patients who have done well with chemical avoidance and positive lifestyle changes such as stress management, regular daily outdoor exercise for fresh air, preferably in a natural setting such as a park, and healthy dietary changes.

Please see my suggested changes on PDF. Note AIMA should be "Australasian..."

Thank you for allowing me to contribute to the working party and to this important document.

WITH KINDNESS

Vicki

PS Happy to have my name in document where relevant

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