

"Lynne Roberts"
<polyhymnia14@gmail.com
>

To <MCS@nicnas.gov.au>

cc

bcc

13/04/2010
09:30 AM

Subject MCS Report [No Protective Marking]

DOCUMENT NOT YET CLASSIFIED

Thankyou for sending me a copy of the updated report. I wish to make the following comments.

Re diagnosis:

I was diagnosed in 2000 as having allergies to a number of food, environmental and chemical triggers, or in other words, I was told that I suffer from MCS. Diagnostic methods used were as follows:

- Skin patch testing – accurate but limited in what it can test for
- Sub-lingual drops testing – less accurate as I could have been reacting to other environmental triggers at the time
- A 6 week period of testing in an Environmental Control Unit – very accurate as food triggers were eliminated by a fasting period and all environmental factors were strictly controlled
- Kinesiology – I found this very helpful in cutting down the length of the testing process, and also reasonably accurate, but other sufferers of my acquaintance found it less helpful

I'm convinced of the need for the Environmental Control Unit as the best method of diagnosing MCS and also for devising a treatment strategy in that it pinpoints the triggers that need to be eliminated in order to avoid allergic reactions.

Re treatment:

The best form of treatment is avoidance of the triggers. Most GPs are largely ignorant of this branch of medicine, and not all are supportive or understanding. It's very unhelpful to have a doctor suggest that this is either a psychological or stress-induced condition. The stress arises as a result of having the condition – the isolation that it imposes, the lack of understanding of other people and constant fear of a reaction. In addition to this, many of us find it difficult to impossible to access medical care from regular clinics because we react to the disinfectants used in such places. It would be helpful to have the services of a dietitian in helping us to manage what is often a very limited range of foods. Naturopaths are also essential in that they have a better grasp of appropriate dietary supplements than the average GP does.

Re management:

Educating the public would go a long way towards enabling us to lead more normal lives, especially in the following areas:

- Use of chemicals in the medical profession – many of us would find it very difficult to access hospital treatment or other ongoing treatment for non-related conditions
- The banning of fragrance in the work place, hospitals and education facilities
- The use of less toxic building and maintenance materials would enable us to live more safely in our own homes as well as being able to access public buildings
- Dealing with the problems of smoke from wood fires – this often prevents us from safely leaving our homes
- Finding alternatives to the current use of pesticides in the environment, particularly in public parks and in the growing of food

Regards,

Lynne Roberts

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