

Your home could be a health risk

All of us face a variety of risks to our health as we go about our day-to-day lives. Driving in cars, flying in planes and being exposed to environmental pollutants all pose a certain degree of risk. Some risks are simply unavoidable. Some we choose to accept because to do otherwise would restrict our ability to lead our lives. And some risks we might decide to avoid if we had the opportunity to make informed choices. Indoor air pollution is one of those risks.

In the last several years, a growing body of scientific evidence has indicated that the air within homes and other buildings can be more seriously polluted than the outdoor air in even the largest and most industrialized cities. Other research indicates that people spend approximately 90 percent of their time indoors. Thus, for many people, the risks to health may be greater due to exposure to air pollution indoors than outdoors.

In addition, people who may be exposed to indoor air pollutants for the longest periods of time are often those most susceptible to the effects of indoor air pollution. For example, the young, the elderly, and the chronically ill, especially those who suffer from respiratory or cardiovascular disease.

While pollutant levels from individual sources may not pose a significant health risk by themselves, most homes have more than one source that contributes to indoor air pollution. Some of these sources can include smoke, dust, pet dander, radon, mold

and other pollutants which can pose serious health risks and contribute to respiratory disease, asthma and even lung cancer. Fortunately, there are steps that most people can take both to reduce the risk from these existing sources and to prevent new problems from occurring.

According to the Ontario Lung Association, the best ways to eliminate the effects of these harmful indoor pollutants are filtration and ventilation. "Proper ventilation ensures you will be getting the freshest possible air, while a state-of-the-art filtration system keeps those unwanted air particles out," said Jean Deslandes, marketing manager for Venmar Ventilation, the country's leader in residential ventilation. "The air you breathe is constantly circulated for optimum freshness while being simultaneously cleaned, for the healthiest possible air."

Venmar's whole-house HEPA air purification systems provide fresh air and at the same time ensure the best indoor air quality by trapping airborne allergens such as pollen, dust, pet dander mold and bacteria. The HEPA filter systems, which trap up to 99.97% of .03 microns particles are so effective they are used in operating rooms of hospitals across North America. The new HEPA series is now available at local Home Depot and Rona Home and Garden stores. For more information on indoor air quality call 1-800-567-3855 or visit www.venmar-ventilation.com.

—News Canada



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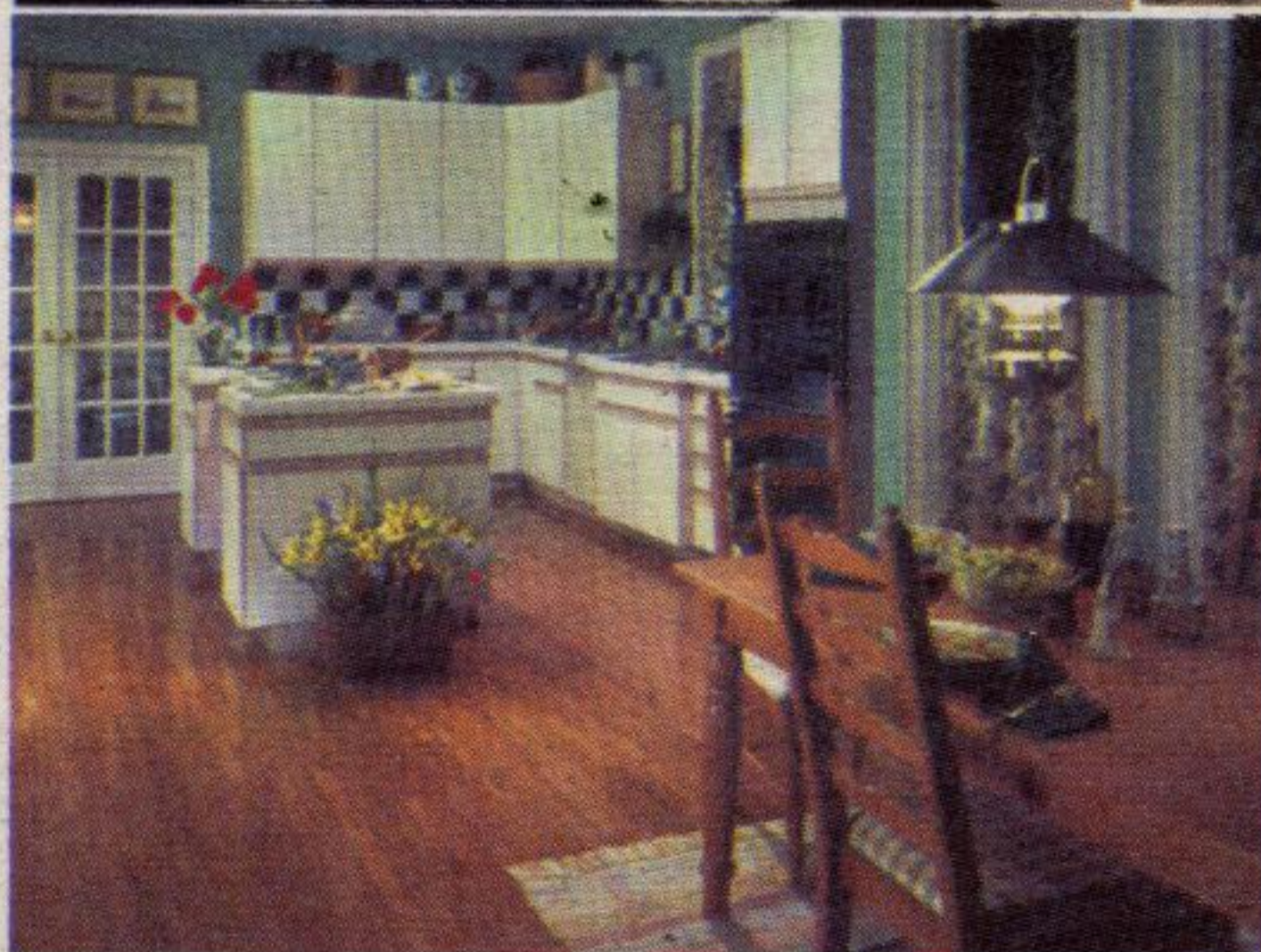
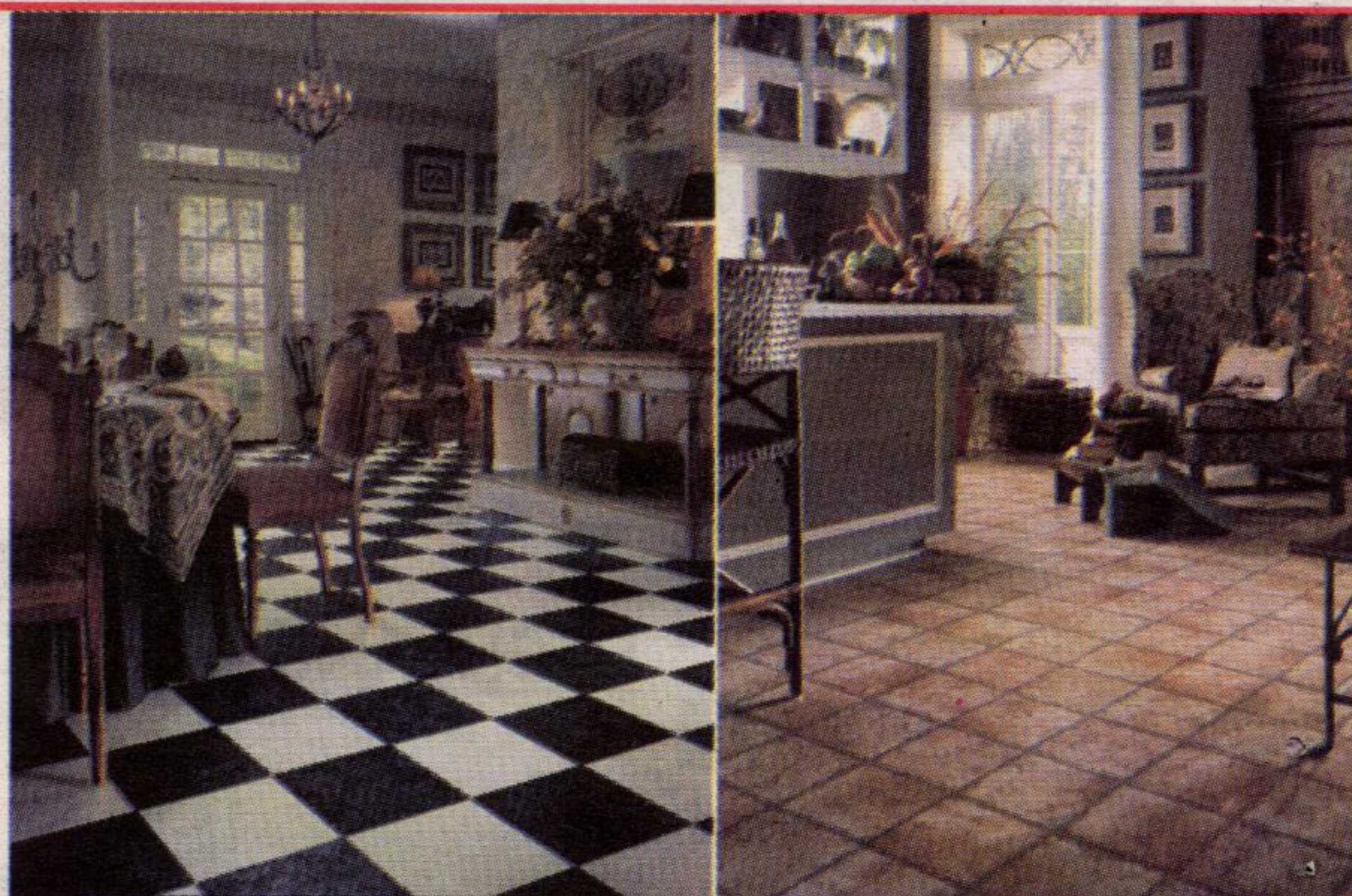
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