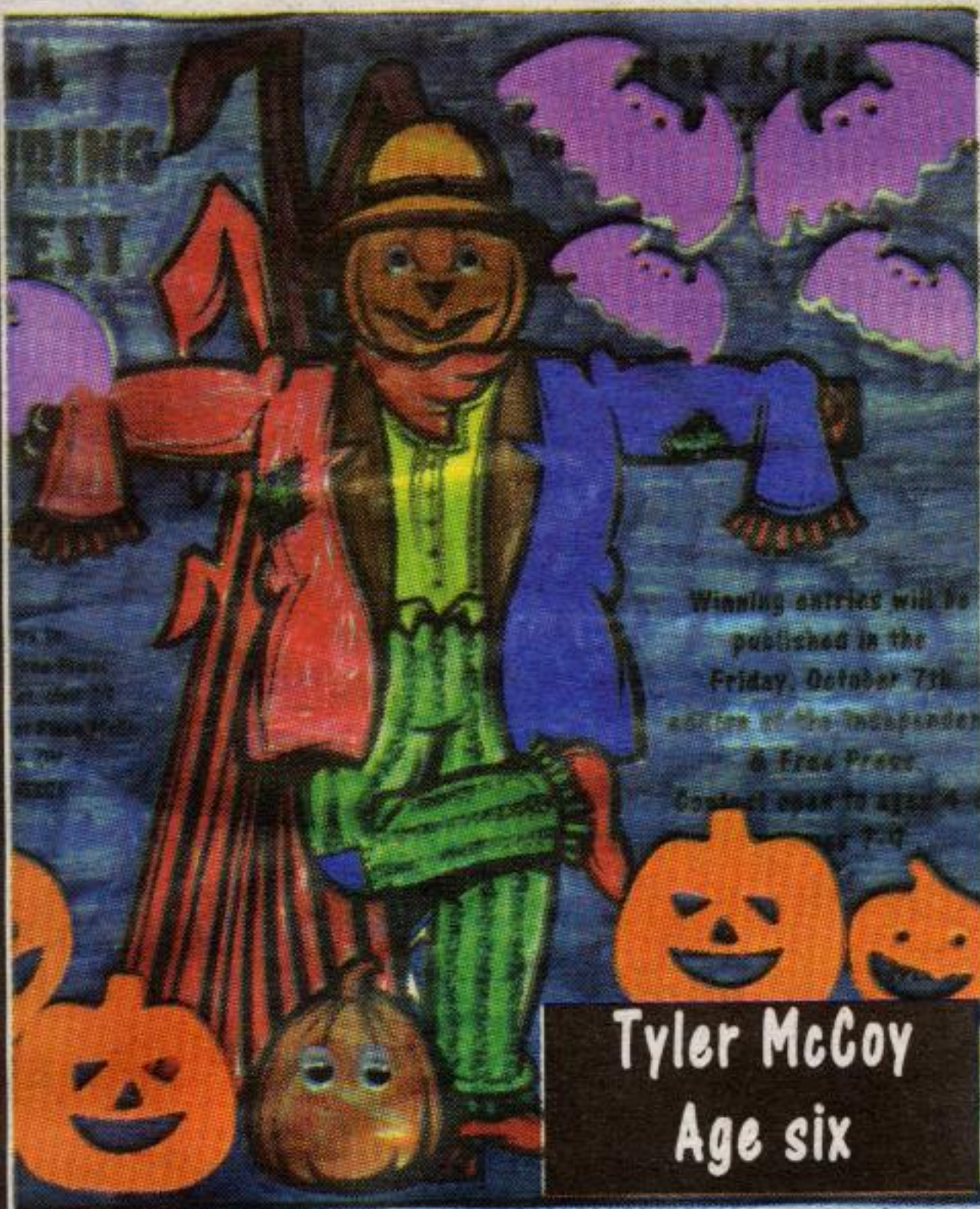


# FALL COLOURING CONTEST

and the winners are...

**The Independent & Free Press**



Each winner will receive an assortment of goodies.

## Asthma increase linked to poor indoor air

Did you know that each year, more and more people are being treated for asthma and allergy symptoms?

It is no coincidence that asthma cases have increased by more than 100% over the past 20 years. Or, that death rates due to asthma have tripled since 1976. Or that hospitalization and doctor office visits due to asthma have risen dramatically in recent years.

The fact is worsening asthma cases have coincided with the emergence of the indoor air quality epidemic. As the U.S. Environmental Protection Agency (EPA) warns, indoor air quality has become North America's number one environmental health problem. Studies show that it can be 100 times worse than outdoor pollution.

How do we know that indoor air quality is the main culprit?

First, consider that during the last 20 years, we have improved asthma medication and our understanding of asthma tremendously.

Secondly, we know that genetics is not the cause of the recent growth in asthma difficulties, since 20-plus years is nowhere near long enough for such a dramatic genetic effect to take place.

In which case, this leaves us with the conclusion that the cause is environmental. This makes perfect sense considering environmental triggers or airborne contaminants and allergens set off most asthma attacks. Many would believe that the air in the great outdoors poses the greater risk for asthmatics, since pollution and allergens are commonly associated with "outside".

However, it is the air in our homes,

schools, workplaces, and other indoor environments that may have the most severe impact on our respiratory systems, explained Jean Deslandes, Marketing Director for Venmar Ventilation, the country's leader in indoor air quality management. "To begin with, indoor air may be several times more unhealthy than the air outside, even though it may seem to be clean. Every indoor environment, no matter how clean, will be filled with sources for microscopic dust mites, chemical vapors and countless other pollutants from numerous sources."

However, our airtight, energy-efficient homes block these natural air cleaners out, while trapping and circulating airborne pollutants inside.

As the indoor air quality epidemic grows worse, more and more people, especially asthma and allergy sufferers are looking for solutions to their indoor pollution problems.

The latest technological advances in indoor air management have produced air exchanger systems that can offer optimal indoor air quality by combining the efficiency of HEPA filtration with effective mechanical ventilation. Systems like our HEPA 3000 air exchanger, allows polluted air to exit and fresh air that is filtered through a HEPA filter to flow throughout the home," added Deslandes. "It also allows excess humidity and dangerous volatile organic compounds (VOC), carbon monoxide and other harmful gases that are not captured by filtration to escape the home."

For more information on indoor air quality visit [www.venmar.ca](http://www.venmar.ca).

—News Canada

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