



Carpet myth dispelled

Study shows carpet use immobilizes dust particles

“Myth: an invented story, idea or concept; something that is widely believed but false.”

Where do myths begin and how do they start? There are a number of myths surrounding wall-to-wall carpet and they are truly false.

Many people believe that carpet is a source of poor indoor air quality that can negatively affect overall respiratory health. Many scientific studies conducted recently have now proven that the truth, in fact, is the complete opposite of this myth.

In 2005, the German Allergy and Asthma Society (DAAB) released results from a study that proved indoor fine dust particle levels are reduced by the use of carpet in a room. Carpet acts as a perfect natural filter by trapping and immobilizing potential allergy-causing particles settling on the floor surface and preventing them from re-entering the indoor air system. By trapping particles on the floor surface, wall-to-wall carpet prevents these particles from becoming re-airborne, minimizing the number of allergens in the breathing zone. The allergens are easily removed from the carpet surface through proper maintenance and regular vacuuming.

A 10-year study done in Sweden further supports that there is no link between carpet in the home and the incidence of asthma or allergies. The Canadian Carpet Institute has com-

plied these studies and others into a document entitled “Carpet and Health” and are distributing this to better educate consumers and healthcare professionals. More information about these and other studies is available online at www.canadiancarpet.org.

Not only is this myth untrue, carpet’s inherent properties continue to make it the very best flooring choice for many rooms in your home. Karyn Kelly, the marketing manager for Beaulieu Canada, Canada’s largest carpet manufacturer explains, “The physical properties of carpet make it an effective insulator against cold, which can reduce the cost of home heating and air conditioning by increasing the R-value of the carpeted area”. In bygone years, European aristocracy hung tapestries on their castle walls. Not only were these pleasing to the eye they also provided insulation in a drafty castle. Wall-to-wall carpet also absorbs and contains noise, providing more peace, quiet and privacy in bedrooms, home theatres and recreational rooms.

Not only is carpet good for your health and home, it is a wonderful decorating tool. Whether you prefer a casual, traditional or contemporary décor the number of carpet styles available today is virtually limitless. You can learn more about today’s carpet and decorating options online at www.yourhomestyle.ca , or visit a store near you.

—News Canada

Fact or fiction

Is exercise bad for arthritis-sufferers?

Many people with arthritis think they shouldn’t exercise because it will further damage their joints. Nothing could be further from the truth. Activities that use large muscles, such as those in the arms and legs, are the most important part of any fitness program. Health care providers often recommend activities like aquafit, swimming, walking, cycling and dancing. They often suggest working out with a friend or joining an exercise group since it can make the experience more enjoyable.

Other suggestions include:

- Work up to exercising for a total of at least 30 minutes, three to five times a week. Regular exercise is the key to success, but it doesn’t have to be all at one time. Three 10-minute periods of exercise a day work just as

well as one 30-minute session.

- Do weight-bearing exercises. Activities such as walking help to build strong bones and prevent osteoporosis. Exercising with hand and ankle weights or weight machines is another way to increase strength and reduce pain without making the joints worse. You can consult a physiotherapist or fitness instructor to create an effective custom program.

Proceed with Caution

To help you get started, visit www.arthritis.ca/lifestyle to sample some exercises; but remember to take it easy at the beginning and consult a health care provider about exercise plans if you have any questions or concerns.

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