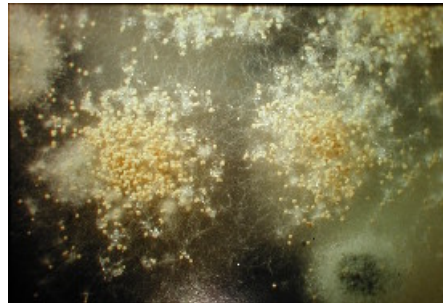


# Commonwealth Medical Laboratories

## NOW OFFERING:

- Indoor air sample analysis to measure the level of biological air contaminants
- Do-It-Yourself kits for dust mite and toxic mold
- Complete dust allergen analyses
- Mold Lift Tape to identify visible patches of mold



## Affordable Environmental Testing for your Home



Commonwealth  
Medical  
Laboratories

4228 Aiken Drive Warrenton, VA 20187

Phone: 800-222-5775

Fax: 540-428-2905

Email: [cml@allergytest.com](mailto:cml@allergytest.com)

"ALLERGEN AVOIDANCE IS NOT A 100% REDUCTION OF THE AEROALLERGEN EXPOSURE, BUT IT IS A REDUCTION TO LEVELS BELOW THE THRESHOLD DOSE THAT INITIATES SYMPTOMS."

Allergen avoidance is highly recommended by your doctor as a first-line treatment for your allergic response. When you are allergic to a particular substance, there is a certain amount of it that can be tolerated without exhibiting symptoms. However, once your threshold is exceeded, your symptoms will appear. Therefore, allergen avoidance is not a 100% reduction of the aeroallergen exposure, but it is a reduction of the threshold dose that initiates symptoms. In simpler terms, if you know that a glass can hold eight ounces of water and you decide to add more than that amount, spillage will occur. This "spillage" is the allergy trigger and the point in time when your symptoms will appear.

An analysis of the dust and/or air samples collected from within your home can characterize and quantitate the specific environmental allergen triggers. Since the susceptibility of individuals varies, it is not currently

possible to set a minimum exposure level for the general population. Susceptibility varies with age, general health and exposure levels. However, identifying the level of the contaminants within your home can help with your intervention efforts to reduce your exposure. A post-interventional dust analysis may then provide a measure of your intervention's effectiveness.

The most efficient way to reduce your indoor level of air pollution is to identify the pollutants and then remove the source. If total elimination is not possible, the level of the pollutant must be reduced to a level below your threshold level to decrease or eliminate symptoms and improve your comfort level.



A magnification of pollen



---

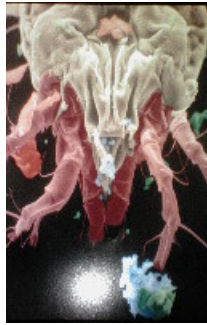
The level of indoor air pollutants may be 100 times higher than outdoor levels and Americans spend up to 90% of their time indoors -

*Environmental Protection Agency*

---

## **DUST MITE**

They don't bite and they don't carry disease but to the person who is allergic to dust mites, they can sure be



A highly magnified picture of a dust mite

a nuisance. The allergenic component responsible for causing these allergic reactions is actually the protein contained within the dust mite's waste. Every time someone walks on the carpet or sits in an upholstered chair, these particles become airborne for about 30 seconds and prompt the allergic response. Considering that the ideal conditions for the proliferation of these mites include low light, in-

creased relative humidity (above 50%) and moderate indoor temperatures, your mattress and carpeting qualify as ideal breeding grounds. Several thousand mites can live for *months* on 250 mg of human dander. Considering that the average person produces more than four times that amount each day, a prolific food source is readily available. Studies have indicated that dust mites are found in 86-99% of all homes and the results of a recent study found that in 23% of these homes the level was high enough to trigger respiratory problems. The prevalence of these tiny creatures may seem overwhelming, however, there are things that you can do to help alleviate or drastically reduce your symptoms. CML provides both an on-site kit to measure dust mite concentration in your home as well as complete lab analyses for other types of airborne particles within your home.

## **MOLD**

Approximately 25% of the earth's biomass is comprised of fungi. There are four basic requirements that are critical for the growth of fungi on wood and wood-based products. These include a temperature between 60° and 105° F, sufficient oxygen, sufficient moisture and a food source. Molds can be found virtually anywhere in the home. However, attics, bathrooms, basements, kitchens, crawl spaces and other high humidity areas are the trouble spots. While the effects of the toxic molds are still investigational, there is good evidence that indoor mold does play a role in allergy and asthma. Mold spores contain allergens, proteins that provoke an allergic response. Air sampling with the AeroTrap™, mold lift tape and quick on-site kits are available from CML to assist you in identifying any mold problem that may be present within your home.

## **PETS**

Approximately 30-40% of American households have pets, however, animal dander can be detected in virtually all homes. While many people believe that the animal's hair is responsible for their allergy, it is in fact the dander (skin) and saliva that are the culprits. Cat dander is of particular concern because of its "stickiness." It readily adheres to the clothing of people who come in contact with it and it is then transported into the workplace, schools, other homes and public places. Once an animal is removed from the home it can take weeks or months before all of the allergen is eliminated.

## **COCKROACH**

*Any* detected level of cockroach allergen is high enough to cause allergy symptoms.

---

