

# Health Effects of Mould & Biological Agents

One of the most important health alerts regarding water damaged buildings and mould was published in 2014 and supported by NHS and Fungal Research Trust.

The paper warns that 1 in 8 deaths are attributable to lung disease and specifically mentions mould (fungi) which is a result of damp buildings. The European cost is in excess of 370 billion Euros ([read more here](#)).

If you check any of the following you may be exposed to water damage contamination such as mould or bacteria or combination. You should be aware that even dead mould and bacteria can cause allergic and toxic reactions.

This information has been gathered from various sources.

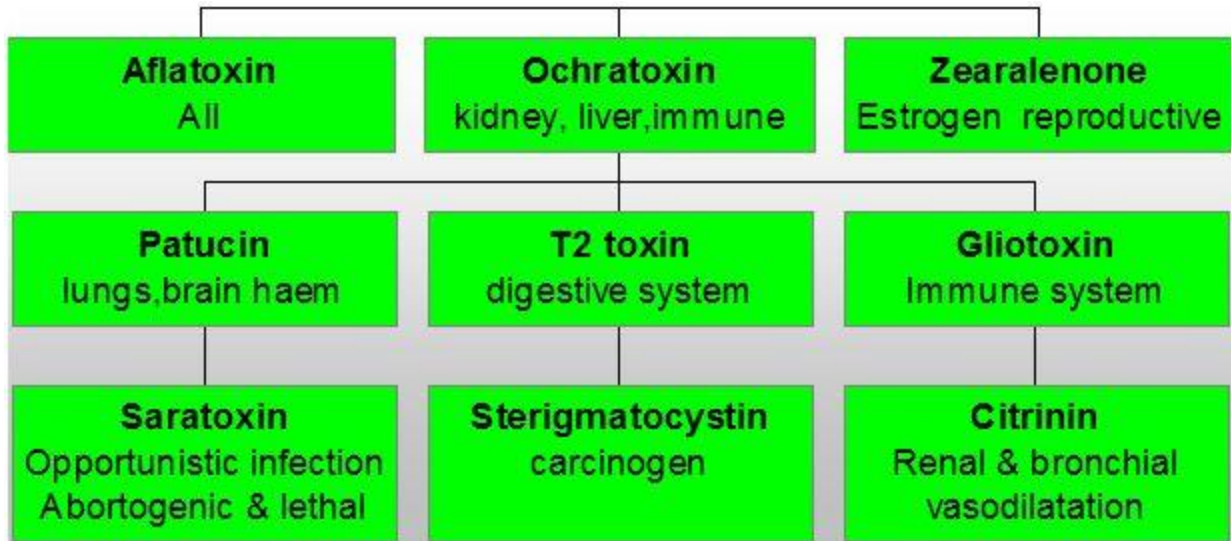
## Allergic Reactions

- Blotches and Mottle Effect to Skin
- Asthma
- Sinus and Eye Irritation
- Itchy Eyes
- Swollen Eye Lids / Lips
- Acne / Eczema

## Toxins

- Headache and ice pick pain
- Brain Fog
- Blurred Vision and/or Flashing Lights and Stars or Snow
- Gastric Problems
- Heart Palpitations
- Tingling Lips
- Creeping skin (insects underneath)
- Memory Loss
- Problems with Concentration
- Nose Bleeds
- Chronic Fatigue
- Muscle Wasting / Weight Gain
- Depression
- Vertigo
- Frequent Diarrhoea
- Achy Joints
- Liver Issues
- Static shocks
- Leukaemia Symptoms / Diagnosis

The following mycotoxins and their health effects can be produced by some toxic moulds. These toxic moulds do not always produce the toxins but when they do even minute quantities can have devastating health effects. Many of the moulds typically found in buildings are capable of producing these toxins. See below:



*Client with mottled and burning skin caused*



*Client with mottled and burning skin caused by hidden mould exposure*



*Mould fungal balls from a client's intestine said to be the same species as those present in her home.*

If you would like to read any more information on the hazards of mould please see below some of the most respected organisations in the world:

1. [World Health Organisation Guidelines on Dampness and Mould 2009](#)
2. [National Health Service](#)
3. [Centre of Disease Control](#) - Mould after flood damage
4. [Environmental Protection Agency](#) USA
5. [US National Library of Medicine/Institute of health](#)
6. [BBC News - National Institute of Health and Medical Research in Paris](#)

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