

toxic free airlines ←

Toxic Free Airlines
18 Hillford Place
Redhill
Surrey
RH1 5AU

dee@toxicfreeairlines.com
www.toxicfreeairlines.com

AEROTOXIC SYNDROME

WHAT IS IT?

It's the name given to the ill health caused by breathing in contaminated air on an aircraft. Pilots, cabin crew and passengers can all suffer from it.

HOW DOES THE AIR GET CONTAMINATED?

The air we breathe in the cabin is bled off from the engines and is known as "bleed air." Along the way it can pick up constituents of fuel, hydraulic fluid and engine oil. An organophosphate that is a neuro toxin is added to the engine oil called Tricresyl Phosphate (TCP)

ISN'T THE AIR FILTERED?

The recirculated air goes through a High Efficiency Particulate Air filter to screen out dust, bacteria and viruses. The bleed air is unfiltered.

WHAT DOES IT SMELL LIKE?

Some contaminants such as carbon monoxide and TCP are odourless. The combined chemicals have been described as smelling like sweaty socks, wet dog, vomit or an old, musty smell.

WHY ALL THE FUSS ABOUT A BAD SMELL?

When these toxins are inhaled they can damage your lungs, nervous system, brain, heart and eventually cause cancer as they accumulate in the body.

WHAT ARE THE SYMPTOMS?

Short term: headache, dizziness, sore throat, nose & eye irritation, breathlessness, cough, flu-like feeling but with normal or low temperature, nausea, vomiting, diarrhoea, mental confusion, memory loss, fatigue, hot flushes, nerve pain, chemical bronchitis/pneumonia. Long term: pains in arms, pins & needles in hands & feet, numbness, muscle pain & weakness, joint pain, chronic fatigue, nerve damage, difficulty finding words, dyslexia, inability to regulate body temperature, asthma.

These are just some of the symptoms. You can suffer from some or all of them depending on what and how much you have been exposed to. Some people will even die from heart failure, brain haemorrhages or pneumonia.

DO THE SYMPTOMS START IMMEDIATELY?

Some people will develop symptoms straightaway, others can take up to 14 days after a flight to react.

WHY DOESN'T EVERYONE ON THE AIRCRAFT GET ILL?

Everybody's ability to detoxify is different.

Genetic susceptibility, age, amount of previous exposures, diet, level

clean air
is safe air

www.toxicfreeairlines.com

of exercise, medication being taken, general fitness and weight can all determine how much you will be affected.

I'VE NEVER BEEN ILL AFTER A FLIGHT SO IT DOESN'T AFFECT ME, DOES IT?

Your blood pressure could be raised without you realising it. Also, if the pilot flying your plane is breathing contaminated air it could affect his ability to concentrate and make decisions.

WHAT CAN I DO?

- Wear a mask when you fly particularly during engine start up, taxi, take-off, climb and from top of descent to engine shut down. And whenever you smell fumes, oil or strange odours.
- Always ask the Cabin Crew for the aircraft registration and write it down.
- Insist the Cabin Crew report any unusual smells or cabin conditions to the Captain.
- Drink lots of water, increase sweating with exercise and saunas. Cut as many chemicals as possible from your diet and reduce alcohol consumption, increase Vitamin C intake.
- Get your blood pressure checked after every flight.
- Raise awareness. Tell friends, family and other passengers about the problem.
- Be aware of other people on your flight coughing or complaining of headaches and dizziness. They may be more susceptible and giving you an early warning.

PASSENGERS AND CREW ARE THE ONLY CHEMICAL DETECTORS ON BOARD AN AIRCRAFT.

- Log any flights with fumes or illness at www.toxicfreeairlines.com
- Watch "Welcome Aboard Toxic Airlines" a documentary by Tristan Loraine.
- Report it: Write a letter stating your flight details and ill health symptoms to:

Aviation Health Unit, Medical Division, CAA Safety Regulation Group,
Aviation House, Gatwick Airport South, West Sussex RH6 0YR

Tel: 01293 573674 e mail: AviationHealthUnit@caa.co.uk

Send a copy to the airline you travelled with.

Most GPs have never heard of Aerotoxic Syndrome so if you are unwell after a flight print information off the internet and take it with you.

Good information sites include: www.toxicfreeairlines.com
www.aerotoxic.org www.aopis.org www.drmyhill.co.uk

