



Breakspear
Medical

Your guide to becoming scent-free

Just because it is organic or natural
doesn't mean that it is scent-free

Introduction

Breakspear Medical asks all patients and visitors not to wear anything perfumed/scented when attending the clinic.

We strive to keep the allergy testing clinic as scent-free as possible. The use of scented products is not permitted within the building at any time, including materials used for cleaning. All staff have received training on how to comply with our scent-free policy.

The reason for the restriction on scents is that there are many perfume-, scent-, fragrance- and chemically-sensitised patients attending the clinic who may react to just a small amount of a wide variety of smells. If they are reacting to something in the air, this will affect their allergy test results and, for some, it may cause a reaction which leads to a runny nose, breathing problems, headache or nausea.

Even without using a spray of perfume or aftershave, many people are unknowingly filling the air with scents that may cause an adverse reaction in a sensitive person.

Becoming scent-free is particularly important when undergoing allergy testing and treatment at Breakspear Medical.

Anyone wearing scented products may be asked to wash or shower and change into a hospital gown during their visit to reduce the impact.

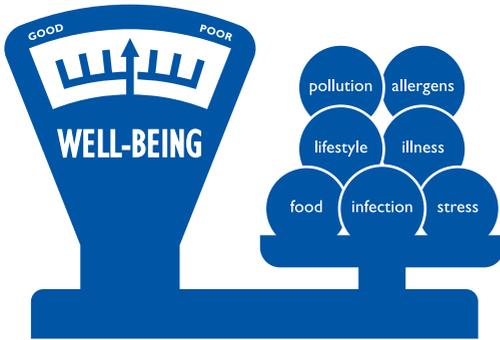
Living scent-free

It is a current cultural phenomenon that so many things are scented and most people feel that a smell like a mountain meadow means that it is clean, fresh and desirable. Not many people give thought to what it is that is creating the enticing artificial smell; the smell is in fact volatile organic compounds (VOCs) being inhaled as vapours and absorbed through the skin.

As Breakspear Medical is a medical facility specialising in allergy and environmental medicine, new reports and studies that focus on these areas of concern are frequently reviewed by our doctors and collected for reference in our medical library.

More and more studies are being published that link more frequently occurring conditions, such as non-specific headaches, asthma, eczema, dermatitis, psoriasis, multiple chemical sensitivities, chronic fatigue and numerous other conditions, to fragrances.

Breakspear Medical recommends that all our patients live a low- or no-scent lifestyle.



The Load Phenomenon can be likened to a scale, where the 'load' of external and internal factors impact upon a person's threshold of well-being. The greater the load, the lower the threshold of a person's immune system and the greater the likelihood of chronic and acute reactions.

There's no 'normal' threshold, as everybody reacts differently, and we are all under a different range of stresses.

Reducing the Load Phenomenon

In order to help the body heal, it is important to reduce the load on the body's immune system. Think of the body as having to reach a threshold above which symptoms occur. This threshold is not fixed and can be lowered by stress, infection and general factors such as lack of sleep. To reach the threshold, the effects are cumulative as the body interacts with environmental agents. Once the threshold is reached, symptoms will be produced and this is what we call the Load Phenomenon.

Loads include things like indoor and outdoor air pollution, impure water and food. If a person is sensitive to certain foods and chemicals in the environment, the threshold is swiftly reached and symptoms produced. However, if a person has few stresses, plenty of exercise, ample sleep and no infection, despite their encountering items to which they are sensitive, their threshold may not be reached.

- Perfume/scent/fragrance can be burdening the body of both the person wearing it and anyone near them.
- Controlling environmental illness can be a challenge requiring patience and persistence. The goal is to buy the body time to heal by avoiding chronic and acute reaction.
- Becoming scent-free is an easy step to help with treatment of environmental illness.

Order your scent-free products online at Breakspear Pharmacy

To help you become scent-free, Breakspear Pharmacy offers a wide range of organic and scent-free personal hygiene products and household cleaning products. Talk to one of our staff members about products available or shop online:

www.breakspearmedical.com/shop

Your easy steps to becoming scent-free for your visit to Breakspear Medical

Do not use perfume/aftershave or any scented toiletries

- Please avoid using scented soap, standard hair products, skin lotions or any other perfumed toiletries.
- Be sure not to wear clothes that may still have traces of fragrance on them.
- Standard cosmetics, such as lip balm, should also be avoided. If you use makeup, please ensure it is scent-free.

Wash and dry your clothes with unscented laundry products

- Most laundry detergents, fabric softeners and anti-static dryer sheets are scented, which can adversely affect you and other patients. Use a 'for sensitive skin' or scent-free non-biological laundry powder with low perfume levels or none. *Note: sometimes it can take several washes to significantly reduce the fragrance from clothes that have been cared for with scented products.*
- Boric acid will effectively clean your clothes and scent-free anti-static balls in the dryer will help reduce static and wrinkles.
- Dry-cleaned clothes need to be thoroughly aired, by hanging them unwrapped in a well-ventilated area for an extended period before bringing them into the clinic, or if possible, leave them in your car.

Eliminate air fresheners from your environment

- Do not use house or car air fresheners, particularly ones that spray into the air, as these can adhere to your clothing, handbag, briefcase, rucksack or footwear, as well as leave a detectable scent on hair and skin.
- Do not use scented candles or potpourris or burn incense in your home, as these may also leave a scent on hair, skin, clothes and furniture, which could trigger a reaction in you or another patient.

For more information, visit www.breakspearmedical.com or speak to a member of staff.



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Proud to be scent-free