

The increasing health issues in the Middle East region

The World Health Organization (WHO) and the Middle Eastern scientific community have raised concerns about a rising prevalence of diseases in the region, which were traditionally more common in Western countries. This shift is attributed to factors including the use of new lightweight construction materials, tightly sealed buildings, and inadequate fresh air ventilation. These conditions foster the development of bacteria, mold, and the release of chemicals from building materials.

Building-related illness (BRI) is a significant concern for new constructions, encompassing various health problems linked to air quality and environmental conditions within buildings. Common symptoms of BRI include headaches, dizziness, nausea, coughing, and irritation of the eyes, nose, or throat. The Middle Eastern scientific community has highlighted growing health issues in the region, driven by environmental changes and lifestyle shifts, increasing the prevalence of diseases such as Alzheimer's, Parkinson's, respiratory illnesses, diabetes, and chronic fatigue ([Middle East Health -](#)) ([WIRED Middle East](#)) ([Nature](#)).

New buildings are particularly susceptible to these issues due to the modern emphasis on energy efficiency, which often results in tightly sealed environments that limit natural ventilation. This can lead to the accumulation of indoor air pollutants from building materials, furnishings, and everyday activities ([RICS](#)). Additionally, poor maintenance of HVAC systems and insufficient airflow can exacerbate the problem ([The Institute for Functional Medicine](#)).

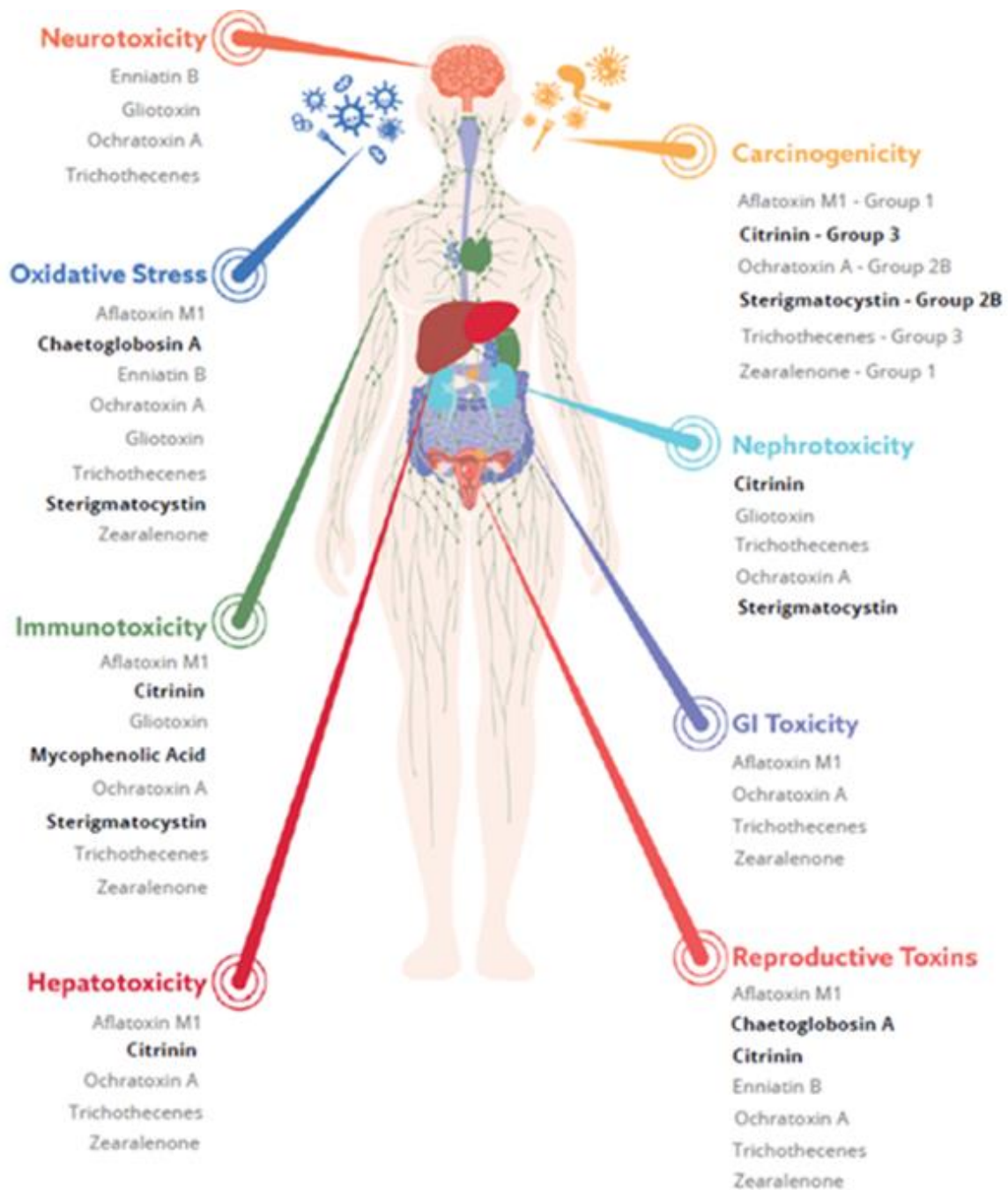
Research highlights that indoor mold significantly contributes to respiratory diseases such as asthma. Studies have shown a strong association between household mold and increased asthma prevalence, indicating a need for improved indoor air quality ([Middle East Health -](#)) ([WIRED Middle East](#)). Organizations such as Building ForensicsIAQ.com work closely with healthcare professionals, advocating for better environmental hygiene and the use of advanced diagnostic tools to identify and mitigate mold-related health risks ([Middle East Institute](#)).

Overall, the scientific community in the Middle East is actively working to address the health challenges posed by mold, emphasizing the need for comprehensive strategies to improve indoor air quality and reduce associated health risks. Professional surveys and linking symptoms to buildings are essential in identifying these issues.

1. **Health Effects:** Mold can cause various health issues, including respiratory problems, allergic reactions, and infections. Symptoms often include nasal stuffiness, throat irritation, coughing, and eye or skin irritation. People with mold allergies may experience more severe reactions, and those with immune suppression or chronic lung diseases are at higher risk of infections ([RICS](#)) ([CDC](#)).
2. **Mycotoxins:** Molds produce mycotoxins, toxic compounds that can cause a variety of adverse health effects. The WHO notes that mycotoxins can lead to acute poisoning, immune deficiency, and even cancer. Common mycotoxins include aflatoxins, which are highly carcinogenic and can lead to liver cancer, and ochratoxin A, which can cause kidney damage and potentially affect fetal development ([World Health Organization \(WHO\)](#)) ([World Health Organization \(WHO\)](#)).

3. **Indoor Air Quality:** Indoor environments with high moisture levels promote mold growth, leading to significant indoor air pollution. This is a major cause of morbidity and mortality worldwide. The WHO emphasizes the importance of controlling indoor dampness and mold to prevent these health risks. Measures include maintaining low indoor humidity, ensuring proper ventilation, and promptly addressing any leaks or water damage ([World Health Organization \(WHO\)](#)) ([World Health Organization \(WHO\)](#)) ([MASTERY MEDICAL](#)).

How mould can affect different organs





For more information and support on mold-related health issues and CIRS, contact our experts at Buildingforensicsiaq.com, where we provide comprehensive testing and treatment options tailored to your needs.

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