

Increasing illness in the UAE: A growing concern

Summary

The UAE has seen a notable rise in diseases and mental illnesses typically linked to the Western world, now recognized by the World Health Organization (WHO) as epidemic. These include Alzheimer's, Parkinson's, respiratory illnesses, diabetes, and chronic fatigue. There is a confirmed link between illness, inflammatory response, and DNA, with triggers measurable both inside and outside the body. Changes in construction, regulations, and the use of biocides significantly impact occupants' health. Advances in diagnosis and measurement have revolutionized medical care and treatment, and this paper explores some issues and solutions.

Building-related illnesses causation and challenges

The rise in medical conditions can often be identified by conventional medicine, but treatment is hampered when exposure to triggers remains. Identifying and reducing these triggers is crucial. Despite debates about cause and effect, data confirms that "Building related illness" is now central to risk management and treatment. Rapid construction in the UAE using lightweight materials has led to a misconception that conventional fitting out and engineering practices are adequate.

Current failures in diagnosis and treatment

The broad spectrum of illnesses is often misdiagnosed. The WHO acknowledges that treatment is complicated by the intricate interplay between biological and chemical exposures, individual genetic differences, and immune responses. This complexity often leads to delays in accurate diagnosis and effective treatment. The WHO now states that 20% of the world's population with specific HLA genes are at risk of these health risks.

Objective of the survey and investigation

The objective of the Building Forensics survey is to directly support the client and their medical team in assessing possible,

probable, and identifiable triggers associated with building-related illness.

Warning signs and symptoms

New and early warning symptoms such as fatigue, brain fog, IBS, gynaecological changes, hair loss, weight gain, and skin issues are typical markers of building-related illnesses. Building Forensics provides clients with a checklist of symptoms and over 30 possible triggers.

Environmental Hygienist's role

Environmental Hygienists support medical practitioners by identifying contaminants, assessing risks, and providing actionable data. They conduct detailed environmental surveys, including infrared scanning, moisture content measurement, and biological assessments. These surveys identify defects, damage, and contaminants such as bacteria, mold, VOCs, mycotoxins, and particulate matter. The data is formed from technology such as Next Generation Sequencing, DNA-PCR analysis, LS-MS-MS and often comparison measurement. This data is followed with conclusions and recommendations on causation and risk reduction.

Protocols and data utilization

Building Forensics offers leading-edge services to identify contamination and provide actionable data, focusing on occupant exposure routes and toxic load. Their process includes health interviews, environmental surveys, and detailed analysis of both surface and airborne contaminants. Building Forensics can utilize information provided by the medical team regarding possible presence of inflammagens or toxins or assist with information.

Data-driven diagnosis

Advancements in lab techniques now allow medical professionals to make informed diagnoses based on data, linking symptoms to exposure routes. This scientific approach is crucial for identifying and mitigating risks and hazards present in homes and buildings. This can be as simple as confirming toxins inside the body are




present in the environment or following a risk reduction protocol by identifying and reducing or removing triggers.

When to consider building forensics services

Historically, our clients have health issues that don't appear to respond to treatment or they just monitor their environment and health. Our engagement is usually through a healthcare provider who utilizes our data to identify the potential presence of inflammagens identified in the home environment. Many contributing contamination factors can limit the effectiveness of treatment, and these must be reduced or removed to improve treatment efficacy. Increasingly, our clients recognize the health risk in modern construction and engage Building Forensics to assess and monitor indoor environmental conditions.

World leading expertise

For more information, contact Building Forensics IAQ at: www.buildingforensicsiaq.com. Locations include London, Las Vegas, Brisbane, and Dubai. 

Are you sicker than you think? Symptoms investigated

- Alzheimer's
- Anxiety depression
- Asthma
- Autism ADHD
- Bronchitis
- Cancers Chronic Fatigue
- Cognitive impairments
- Headaches (Ice pick)
- Infertility
- Inflammatory Bowel Disease
- Intestinal permeability
- Multiple Sclerosis
- Other Mood impairments
- Parkinsons and MND