Did you know...?

Products with labels that contain the words "fragrance free" or "unscented" do not guarantee they do not contain fragrance chemicals, they imply that they have no perceptible odor. A product labeled "unscented" may contain a masking fragrance. If fragrance is added to a product to mask or cover up the odor of other ingredients, it is not required to be put on the label. The word "fragrance" may represent many ingredients, sometimes hundreds. A product must be marked "without perfume" to indicate no fragrance has been added. Even in this instance, it is best to read the label to look for plant extracts that are potential perfume sensitizers and cross-reactors.

Most hospitals have a "no scented products" policy, for their employees, to protect their patients from adverse health effects.

Most fragrance chemicals are not tested for safety. The tests that have been conducted are those relating to skin sensitivities. Very little testing has been done on the respiratory effects of fragrance materials. If fragrance chemicals affect your health, the Health & Environment Resource Center recommends reporting adverse reactions to the Food and Drug Administration (FDA).

For more information about Fragrance Sensitivity Awareness, contact the UTM Environmental Health and Safety Office

Room 164 Crisp

881-7602

Ted Council, Safety Officer

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So what?

- Some of your coworkers have sensitivities towards fragrances such as cologne and perfume, sometimes causing headaches, nausea, and even vomiting.
- Personal fragrances affect some individuals the same way smoke affects others.
- Try to be courteous to others by using your best judgment when applying personal fragrance.
- Sometimes people get desensitized to their own fragrance if they use it consistently.
- Keep in mind, that what you may think is a light fragrance may be too overpowering to others with fragrance sensitivities.
- Awareness can go a long way in creating a pleasant work environment for your coworkers.

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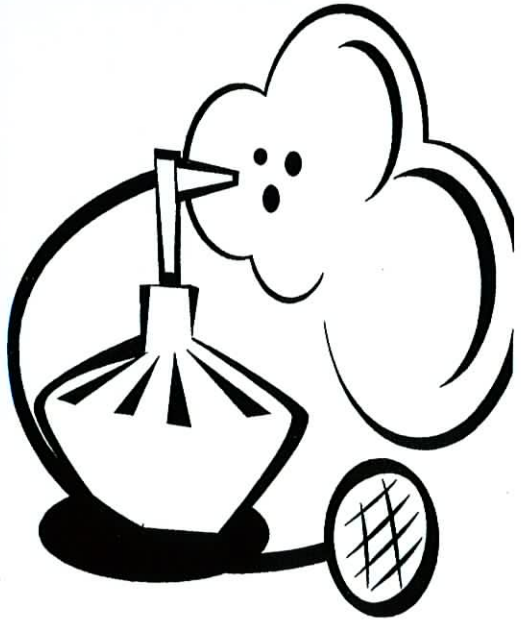
Fragrance Sensitivity Awareness



Fragrance Sensitivity Awareness

What smells good to some may be a health hazard to others.

How Fragrances Can Affect the Body

- Fragrance can cause shortness of breath or asthma-like symptoms.
- Most fragrance chemicals consist of volatile organic compounds, which are respiratory irritants.
- Inhaling fragrances causes circulatory changes and electrical activity in the brain. These changes can trigger migraine headaches, an inability to concentrate, dizziness, and fatigue.
- Skin reactions to fragrance chemicals can produce rashes, hives, dermatitis, or eczema. Other symptoms can include watery eyes, nausea, sore throat, cough, and chest tightness.

What Makes Up Fragrances?

Ninety-five percent of the chemicals used in fragrances are petroleum based synthetic compounds.

Listed below are some principal chemicals and health risks associated with scented products, including perfume, household cleaners, skin and hair care products and laundry detergents. This list was compiled from various environmental hazardous waste lists.

Acetone	When inhaled, it can cause mild central nervous system disturbances such as dizziness, nausea, loss of coordination, slurred speech, and drowsiness. It can irritate the eyes, nose, throat, and skin.
alpha-Pinene	It can be a moderate irritant to skin, eyes, and mucus membranes.
alpha-Terpineol	It can be highly irritating to mucus membranes and can also cause excitement, loss of muscular coordination, hypothermia, central nervous system and respiratory depression, and headache.
Benzyl Acetate	The vapors from this chemical can be irritating to the skin, eyes and respiratory passages.
Benzyl Alcohol	It can be irritating to the upper respiratory tract, skin, eyes, and mucus membranes. It can cause headache, nausea, vomiting, dizziness, and drops in blood pressure.
Benzaldehyde	It may cause irritation to the mouth, throat, eyes, skin, lungs, and GI tract. It may also cause nausea, abdominal pain, depression and contact dermatitis.
Camphor	Since it is readily absorbed through body tissues, it can irritate the eyes, nose, and throat. It is recommended to avoid inhalation of the vapors because it can cause dizziness, confusion, nausea, twitching muscles, and convulsions.
Ethanol	One of its symptoms can be fatigue and it can irritate the eyes and upper respiratory tract. It can also cause a central nervous system disorder.
Ethyl Acetate	Repeated or prolonged contact can cause drying and cracking of the skin.
g-Terpinene	can be found in cologne, perfume, soap, shaving cream, deodorant, and air freshener It can cause asthma and central nervous system disorders.
Limonene	Its vapor can irritate the eyes, mucus membranes, and upper respiratory tract. It also can cause an allergic skin reaction.
Linalool	The most abundant chemical in perfume and fragrance products, it is known to cause lethargy, depression, and life threatening respiratory effects.

For more information about fragrance-related allergies visit The Fragranced Products Information Network website or the WebMD Allergie Health Center. For more information about asthma visit the American Lung Association. For more information on cosmetic product ingredients and labeling visit the U.S. Food and Drug Administration and search for 21 CFR 701.3.

Other Resources: Bouchez, Colette. *Fragrance Allergies: A Sensory Assault.* http://www.webmd.com/allergies/features/fragrance-allergie-a-sensory-assault. Retrieved on December 2, 2008. Bridges, Betty. *Safety of Fragrances: A Case of Concern.* http://www.fpinva.org/Editorials/case.htm.Retrieved on December 2, 2008._Russell, Judy. *Chemical Sensitivities and Perfume.* http://allnaturalbeauty.us chemicalsensitivities_jrussell.htm. Retrieved on December 2, 2008.