

## **Guiding Principles for the Diagnosis of three Chronic Complex Conditions | Practice Guidelines**

The **Environmental Task Force** at the Ministry of Health and Long-Term Care has now ended its cycle of work and a report has been submitted to the Ford Government for review under the supervision of Honourable Christine Elliott, Provincial Minister of Health in Ontario. During the past few years, the Centre for Effective Practice was commissioned, using the Delphi method to develop suggestions for guidelines for Ontario in dealing with Fibromyalgia Syndrome, Chronic Fatigue Syndrome/ Myalgic Encephalomyelitis and Multiple Chemical Sensitivity, but unfortunately, Electromagnetic Field Hypersensitivity was not included on the Task Force's platform for discussion. Experts from across North America were consulted regarding various guidelines and through consensus the criteria for these three conditions were released.

– Dr. Riina Bray

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## **5 G – What does it Mean to You?**

The rolling out of “5G” as has been described in the world of technology does not mean 5 gigahertz of frequency for communication purposes. 5G means that “5th Generation” wireless technology which is aiming to increase the ability for wireless technology to ..... And is actually going to operate at 60 to 95 Gigahertz and be much closer to human populations at a much more intense and smaller wavelength. Its intention is to allow massive amounts of data to be transferred through the Internet of Things (IoT) – connecting machines, appliances, objects, devices and even our brains.

How does it affect our health, environment and the earth? – Microwave radiation, privacy, cyber security risks, environment, energy consumption, e-waste, conflict mineral wars, and humans being replaced by robots.

– Dr. Riina Bray

## Self-Applied Myofascial Release for Fibromyalgia– A Pilot Study

The Environmental Health Clinic recruited participants for a pilot study on the effect of Self-Applied Myofascial Release for Fibromyalgia. This study, which was been approved by the Research Ethics Board at Women's College Hospital, is now underway.

Participants who have been diagnosed with Fibromyalgia by one of our staff physicians at the Environmental Health Clinic, were invited to join. The study will entail once a week attendance to a group class for 12 weeks at the Women's College hospital.

Stay tuned for results of this exciting study!

-Dr. Domenica Tambasco

## Canadian Partner for Children's Health and the Environment

The Canadian partnership for children's health and the environment (CPCHE) continues with its rentsafe initiative ([rentsafe.ca](http://rentsafe.ca)), which focuses on low-income housing issues and health equity in Ontario. It connects public health units, legal aid clinics, social services and more to allow tenants to have greater support when unhealthy living conditions are present. CPCHE also heads healthy schools day, which occurs April 4th and is an initiative across Canada ([healthyschoolsday.ca](http://healthyschoolsday.ca)). This year, the focus is on diesel, and last year it was on radon. CPCHE provides regular input, support and recommendations regarding regulatory changes (e.g. of current interest is indoor pesticides). Of note, on the CPCHE website, you can find the "top 5 tips" which reviews the top recommendations for creating a healthy home environment for children.

See [www.healthyenvironmentforkids.ca](http://www.healthyenvironmentforkids.ca) for additional resources and information on radon, fragrances, compact fluorescent lights, and much more. - Dr. Sarah Selke

### Bill 66 and implications of opening the Green Belt to development.

A total of 7200 square kilometres that borders the Greater Golden Horseshoe area is being placed on the sacrificial alter for developers to do what they will to a beautiful, bountiful with vegetation and wild-life of thousands of species. This would put our human health, farmland, natural heritage sites, protected waters, wetlands, woodlands, Lake Simcoe watershed area, undermine the livable and resiliency of communities, increased exposure to toxic chemicals thereby threatening humans and wildlife health.

Dr. Riina Bray

The Environmental Health Clinic

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It is not meant to replace the advice of your health care professional. If you have specific concerns regarding your health, please contact your physician or call our office for more information.

