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## ASBESTOS: THE FACTS

Asbestos: The Facts  
by Toxicologist from Texas

Have you spoken to a client that told you that he or she lived in a house, worked in an office, or was otherwise exposed to Asbestos, as long as 30 years ago? Although separated in time and location, they have now been diagnosed with **Asbestosis**. Perhaps, they are suffering from some of the following symptoms:

- Recurrent respiratory infections
- Cough
- Shortness of breath
- Chest pain
- Lung scarring that results in changes on chest X-rays

If they have some of these symptoms, and have a history of chronic exposure, then the long-term effects are significant. The disease often progresses to disability and death. However, you can get long-term effects without ever having short-term effects.

Asbestos is a carcinogen. Lung cancer, including **Mesothelioma**, is directly attributed to chronic exposure to asbestos. Other cancers, of the stomach, colon, rectal, vocal cord, and kidney are also the result of chronic exposure to asbestos. There is NO SAFE level of exposure to a carcinogen.

What causes Asbestosis? “Asbestos” includes chrysotile, amosite, crocidolite, tremolite asbestos, anthophyllite asbestos, actinolite asbestos, and any of these minerals that have been chemically treated and/or altered. Asbestos fibers, that range in color from white, green, brown, and blue. Asbestos is found in fireproofing and insulating materials, roofing and flooring, and in brake linings. When breathed into the lung, the fibers cause irritation and inflammation, as a result of the person’s immunological response.

An experienced Toxicologist can make the correlation between such exposure and health-related problems.