

Membership Application Form

Post this form with a cheque or money order to AESSRA Inc., P.O. Box 298, Ringwood, Vic 3134 or apply online at www.aessra.org and pay using PayPal, with your PayPal account, credit or debit card.

Tick boxes as applicable.

FULL MEMBERSHIP

You have allergies and/or sensitivities that significantly impair your ability to work, study or socialise:

Do you have chemical sensitivities, food allergies/sensitivities, and/or other allergies/sensitivities (please specify)

.....
 Full Fee \$35 Concession fee \$20 Pension/Health Care Card No.

ASSOCIATE - RELATIVE MEMBERSHIP

You are joining on behalf of a child/ren or are you the carer of an adult who has allergies and/or sensitivities that significantly impair their ability to work, study or socialise. Please add details of affected relative(s) on a separate sheet of paper.

Full Fee \$35 Concession fee \$20 Pension/Health Care Card No.

ASSOCIATE - SUPPORTER MEMBERSHIP

You have less severe allergies/sensitivities, or have recovered, or simply wish to support AESSRA

Full Fee \$35 Concession fee \$20 Pension/Health Care Card No.

ASSOCIATE - PROFESSIONAL MEMBERSHIP

You have a professional interest (eg a health practitioner, manufacturer or retailer)

\$35 (please specify)

.....

New Member Previous Member

Mr/Mrs/Ms/Miss

Address

Postcode Phone Number(s).....

Email

I agree to be bound by the Code of Conduct and Rules of AESSRA Inc for the time being in force:

Signature Date

(The AESSRA Inc Code of Conduct and Rules are at www.aessra.org or you can contact AESSRA for a copy.

A few fragrance-free products

You can find fragrance-free deodorants, soaps, shampoos and other personal care products in supermarkets, pharmacies and health food shops. Here are some that are usually easy to find:

- **Simple** fragrance-free personal care products www.simpleskincare.com.au. Free call Unilever: 1800 888 449

- **Melrose Health** fragrance-free shampoo, conditioner, liquid soap www.melrosehealth.com.au Phone: (03) 9874 7800 Free call 1800 632 254

- **Akin** unscented hair and skin care range www.purist.com Free call 1800 651 146

- **Crystal** deodorants, eg www.thecrystal.com

- **Herbon** fragrance-free soaps, shampoos, conditioner, moisturiser. Also range of fragrance-free laundry and cleaning products www.herbon.com.au Phone: (03) 5275 5010

- **Mitchum** and **Mum** make fragrance-free deodorants **Aware Sensitive** and **OMO Sensitive** laundry powders are available from supermarkets.

More suggestions at www.aessra.org or contact AESSRA

Further information

Links to websites: www.aessra.org/fragrance

Book: **The Case Against Fragrance** by **Kate Grenville**, Text Publishing, Melbourne 2017 www.textpublishing.com.au/books/the-case-against-fragrance

About AESSRA

The Allergy and Environmental Sensitivity Support and Research Association Inc. (AESSRA) is run by and for people with allergies and sensitivities, particularly Multiple Chemical Sensitivity. It started in Melbourne and now has members around Australia.

Donations of \$2 and over are tax-deductible.

Allergy and Environmental Sensitivity Support and Research Association Inc.

Reg. No. AOOO6141S ABN 32 386 589 943

P.O. Box 298, Ringwood, Vic 3134

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How to be Fragrance-Free



Hospital door sign



Allergy and Environmental Sensitivity
Support and Research Association Inc.

Why be fragrance-free?

Fragrance is a common trigger of asthma, rhinitis (hayfever), sinusitis, eczema, dermatitis, migraine and other types of headaches. Fragrance can also trigger anaphylaxis (a potentially fatal allergic reaction), epileptic seizures, dizziness, fatigue, poor concentration, nausea and other symptoms.

You may be one of the many people who has symptoms triggered by fragrance or your fragrance may be triggering symptoms in other people, just as cigarette smoke can trigger asthma and other symptoms in non-smokers. When people smell fragrance they are breathing it in.

What is fragrance?

"Fragrance" or "parfum" is a mixture of chemicals that give a product a scent. Companies do not have to say which chemicals are in a fragrance. Over 3000 chemicals are used in fragrances. Fragrances commonly contain no natural materials—they are derived from petroleum. Even the fragrance ingredients that do come from natural raw materials can cause health effects. These are a few common fragrance ingredients:

Synthetic musks stored in body fat, found in human blood and breast milk, hormone disruptors

Phthalates hormone disruptors, linked to preterm births and altered brain development

Benzaldehyde: skin irritant, neurotoxin, causes respiratory depression and somnolence, mutagenic, linked to cancer

Benzyl alcohol: toxic to the nervous system and skin, hormone disruptor, linked to cancer

Cinnamaldehyde: allergen, skin irritant, neurotoxin, hormone disruptor, mutagenic, linked to cancer

Eugenol: skin irritant, neurotoxin, hormone disruptor, linked to cancer

Isoeugenol: allergen, skin irritant, neurotoxin, hormone disruptor, reproductive toxin, mutagenic, linked to cancer

Limonene: allergen, skin irritant

Linalool: eye and skin irritant, neurotoxic, mutagenic

How to avoid fragrance

- Choose soaps, shampoos, deodorants, hand lotions, make up and other personal care and cosmetic products without "fragrance" or "parfum" (perfume) listed in the ingredients. Always read the ingredients.
- Some products contain low levels of fragrance called a "masking fragrance" or "neutralizing agent." The levels may be so low that they are not required to be listed in the ingredients, but they can still cause symptoms. Some of these products may even claim to be "unscented." Contact the manufacturer if you have questions about a product. Masking fragrances are usually added to products made from petrochemicals or animal fats to disguise a basically unpleasant smell, so look for soaps made from vegetable oils and petrochemical-free products.
- Many types of products that sometimes contain fragrance are not required to list all ingredients. Some are labeled fragrance-free, but finding fragrance-free brands can often be a matter of trial and error.
- Choose fragrance-free laundry products.
- Choose fragrance-free dishwashing liquids and other cleaning products.
- Instead of using "air freshener" deal with the source of the odour and/or improve ventilation. (Opening the windows more often may be all you need to do.)
- Choose fragrance-free tissues and toilet paper.
- Don't use scented candles or reed diffusers.
- Choose toys, felt-tip pens and other children's stationery items without fragrance.
- Some fragrance ingredients are also added to foods as "flavours." Check ingredient lists.

For people sensitive to essential oils (terpenes)

- Choose personal care and cosmetic products without essential oils. Check the ingredients list.
- Don't use essential oil burners, scented candles or reed diffusers made with essential oils.
- Avoid scented flowers. Flowers with little or no scent include anemones, irises, tulips and many Australian native flowers.

How to be fragrance-free

How much you need to reduce the amount of fragrance on you to prevent or minimise symptoms in people sensitive to fragrance depends on their degree of sensitivity and the situation, such as a public event with a no fragrance policy, a family member or friend who is sensitive to fragrance, or visiting someone with very severe fragrance sensitivity in their home or hospital room. Here are some examples:

No strong fragrance

- No perfume, aftershave, spray deodorant or fragranced hairspray.

No fragranced products

- Use only fragrance-free deodorant, soap, skin care products, cosmetics, shampoo, conditioner and other hair products.
- No perfume or aftershave.
- Wear clothes washed with fragrance-free laundry products or sodium bicarbonate.

Completely fragrance-free

- Use only fragrance-free products as above.
- If clothes have ever been washed in fragranced laundry products, or got perfume on them, they may need long soakings or repeated washing to remove the residue. Other options may be to wear provided clothes or cover your clothes with provided items.
- If you cannot remove fragrance from previous hair products from your hair, cover your hair with a hat, scarf or shower cap.
- Avoid places with air fresheners or other fragrances that leave traces of fragrance on your clothes or hair.

It is difficult to be fragrance-free because fragrance is in so many products and it is often difficult to remove completely. Also, people who regularly use fragranced products often become so used to the smell that they are unaware of how much they are wearing.

Note that people who are sensitive to fragrance can also be sensitive to other chemicals, for example other ingredients in some personal care products.