



From the Frontlines

Dear Members and Friends,

As we enter the month of May, we ask a simple but powerful question:

How do we define this moment?

This May is not only about awareness — it is about **recognition, momentum, and collective action**.

Across Canada, we are working together to **light up the country for multiple chemical sensitivity (MCS)** — through municipal proclamations, landmark lightings, and community voices. This growing movement reflects something we have always known: MCS is real, it is prevalent, and it deserves visibility, understanding, and action.

To everyone who has supported this effort — by sharing information, reaching out to municipalities, telling your story, or simply standing with us — **thank you**. Your contributions are helping to shape a national moment for accessibility and inclusion.

Learn more and take part:

<https://aseq-ehaq.ca/en/may-2026-multiple-chemical-sensitivity-mcs-awareness-month/>

A Turning Point

So much has happened over the past year.

The **United Nations Committee on the Rights of Persons with Disabilities (UN CRPD)**

Concluding Observations marked a historic step forward, explicitly recognizing MCS within the framework of equality and non-discrimination. From this, the project *Invisible No More* continues to take shape — advancing visibility, rights, and systemic change.

At the same time, our work through the **Empowering Community and Removal of Barriers (ECRoB)** project is deepening. We are taking a research-driven approach to understanding barriers and translating this into practical tools — including guidance that will support individuals living with MCS, as well as employers, healthcare providers, essential services, and the broader community.

This is about building pathways to **real inclusion**.

Building the Evidence Base

- Robins, S., Molot, J., & Peris, R. (2026). Prevalence of Multiple Chemical Sensitivity in Canada Between 2000 and 2020. *International Journal of Environmental Research and Public Health*, 23(2), 236. <https://doi.org/10.3390/ijerph23020236>
- Vangala, K., Molot, J., Trifunovski, A., & Peris, R. (2026). From Invisibility to Inclusion: Evidence, Lived Experience, and Policy Directions for Multiple Chemical Sensitivity. *International Journal of Environmental Research and Public Health*, 23(3), 280. <https://doi.org/10.3390/ijerph23030280>
- Yousufzai, S. J., Psaradellis, E., Peris, R., & Barakat, C. (2025). A Qualitative Exploration of Policy, Institutional, and Social Misconceptions Faced by Individuals with Multiple Chemical Sensitivity. *International Journal of Environmental Research and Public Health*, 22(9), 1383. <https://doi.org/10.3390/ijerph22091383>
- Psaradellis, E. (2025). Redefining Clinical Perspectives on MCS: Toward an Evidence-Based, Multisystem Model. *Brain Sciences*, 15(7), 747. <https://doi.org/10.3390/brainsci15070747>
- Bray, R. et al. (2024). The Impact of COVID-19 Health Measures on Adults With Multiple Chemical Sensitivity. *JMIR Formative Research*, 8, e48434. <https://doi.org/10.2196/48434>

Together, these publications reflect a clear trajectory:
from invisibility → to evidence → to inclusion.

As our **Indoor Air Quality research project** concludes its first phase, we are now preparing for what comes next. Looking ahead to Phase 2 in 2027, we anticipate the publication of **15 additional papers**, further advancing scientific understanding and policy relevance.

Importantly, we are committed to ensuring that this research does not remain inaccessible. All findings will be shared in **plain language**, so our community — and those who support it — can use this knowledge to advocate for accommodation, accessibility, and change.

Looking Ahead

There is more on the horizon.



We are preparing to launch a **new website**, alongside a refreshed visual identity and logo — a reflection of the growth, strength, and direction of this movement. These changes are not only about appearance, but about creating a more accessible, engaging, and impactful platform for our community.

We are entering a new phase — and we invite you to **walk this journey with us**.

Important Actions for May

This month is a moment to engage:

1. **Register for RESILIENCE 2026**

Join us for this international gathering. Share the event with professionals in your network and across your social platforms.

Day 1 – [Advancing the Science behind MCS](#)

Day 2 – [Indoor Air Quality, Inclusion, Policy, and Global Movement](#)

2. **Take action — this is for you**

<https://aseq-ehaq.ca/en/un-crpd-concluding-observations-on-canada-multiple-chemical-sensitivity-mcs-and-what-you-can-do/>

3. **Take part in “Lighting Up Canada”**

Shine a light on your story and help build visibility across the country:

<https://aseq-ehaq.ca/en/may-2026-multiple-chemical-sensitivity-mcs-awareness-month/#your-story>

Moving Forward, Together

This work has always been driven by community — by individuals who continue to show up, often in the face of significant barriers.

May is a time to act.

- Make one call
- Write one letter
- Share one story
- Become a member



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- Start one conversation

Each action matters. Each voice adds to a growing movement that is reshaping how we understand health, environment, and accessibility.

We are no longer invisible.

And together, we are building a future where access to safe, healthy environments is not a privilege — but a given.

With determination and gratitude,

Rohini Peris
President & CEO

Michel Gaudet
Executive Director