

## CHEMICAL SUBSTANCES IN HOUSE AND OFFICES



Many do not know that daily activities and several accommodated equipments in a house and offices have spreaded various harmful chemical substances. **Professor Arth Nana, President of the Thoracic Society of Thailand and the 13<sup>th</sup> Congress of the Asian Pacific Society of Respirology** organizing committee advises to watch out for dangerous chemical substances because they can affect the health of people and increase respiratory diseases.

**Ammonia** is non-color and non-odor liquid or gas which can be dissolved in water, alcohol and deter. It is usually used in aluminum manufactures, chemical laboratory, and dye production, chemical fertilizer, coating back-side of mirror, refrigerator, and vitriol. It is also found as main component of cigarette smoke. Ammonia comes inside people's body by breathing and dangerous to the health as it has caused pneumonia, pulmonary emphysema and bronchitis.

**Asbestos** is mineral fiber, which is always used in Asbestos fiber manufactures for ceiling, wall and tile products. Asbestos affects to respiratory system of people by breathing. The symptoms of ones who have long-term asbestos breathing are rigid lung, gasp for breath, chronically cough, weight loss, chest pain and finally it caused pleura cancer and lung cancer.

**Radon** is natural mineral and radio-activity substance. Radon gas can be absorbed under the ground and leaked through cracks of house and building. One who takes long-term breathing

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in such gases will get lung cancer. To protect evaporation of Radon, we can use plastic sheet cover the area before construction. Building or houses should have good design for ventilating system.

**Formaldehyde** usually comes from furniture or paint. Its evaporation is dangerous to health. Upon breathing, it is not direct affect to get cancer but it causes inflamed to the lung. Much more wounds to the lung, the sooner cancer arises.

**Professor Arth Nana** mentioned more “The best way to protect chemical substances are avoiding to directly close or breath them. People whose work is among chemical substances must regularly check and take care of their health. Try to keep house and office clean. Be not careless while working and keep dangerous chemical substances in the right place.”

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