



**BM AEROTOXIC ASSOCIATION**  
London, WC1N 3XX

**[info@aerotoxic.org](mailto:info@aerotoxic.org)    [www.aerotoxic.org](http://www.aerotoxic.org)**

**Telephone: +44 (0)1295 770808**

I am a professional aircrew member / airline passenger, and have reason to believe that I have had my health seriously affected by toxic substances in aircraft cabin air. This has resulted in me experiencing a constellation of ill health symptoms, which are both neurological and physiological.

Reported symptoms in sufferers include fatigue, myalgia, difficulty concentrating, headaches, dizziness, balance problems, co-ordination difficulties, irritability and sleep difficulties, and many sufferers have been diagnosed with depression, with antidepressants being recommended.

As this appointment is only for 10 minutes, I hope that you will find it helpful to have this letter to read first, so that the situation is clearer due to you having some preliminary information. We can then make faster progress in trying to understand a little-understood illness

I have a paper written by GP Dr Sarah Myhill, who is involved in treating sheep farmers which explains the illness. Sheep dips use organophosphates, and similar chemicals are used in jet engine oil, which can contaminate the aircraft cabin air.

The illness has become known as 'Aerotoxic Syndrome', a term which was first coined in 1999. It is controversial and not accepted by the UK government, and most GPs are not aware of it.

As Aerotoxic syndrome is not an officially recognised illness, I understand the necessity to undergo standard tests to discount other causes and I am happy to have these initial tests.

To understand more about Aerotoxic Syndrome takes some time and I understand that this is difficult to find for a GP. However I would appreciate any time that you can dedicate to this and would like to make some suggestions on helpful information sources about the illness which you might like to consult. This would definitely help my medical situation and may also help you to identify similar health issues in other patients.

[www.aerotoxic.org](http://www.aerotoxic.org) has information and scientific papers from Doctors who are involved in treating affected patients. It also has a short documentary film explaining the illness.

Thank you for reading this introduction to Aerotoxic Syndrome and I look forward to an exchange of information based on trying to find the real cause of my health deterioration and the best approach to treatment.

**AEROTOXIC ASSOCIATION**  
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Registered Office: BM AEROTOXIC ASSOCIATION, London WC1N 3XX