

Brunete Statement on Environmental Medicine

June 2015

Environmental Medicine is considered as a new paradigm of medicine. Today there is a significant increase of diseases related to the environmental exposure. The epigenetic character has been given more attention than the genetic factors in the development of diseases such as cancer and autism as well as allergies.

Experts in Environmental Medicine have fought for years for the recognition of the discipline and the related treatments to help to improve the situation of patients. Many of the patients, who often are not able to have a normal life, could experience a significant improvement by simply avoiding harmful chemicals in their environment and by receiving an adequate treatment.

The usual chemicals in our environment such as preservatives, dyes, flame retardants, biocides and many more as well as electromagnetic fields and lower frequencies have shown to be able to trigger or worsen diseases related to the endocrine, reproductive, respiratory or neurological system... and that their incidence has grown steadily and in some cases even exponentially in the last decade.

Therefore, we, Experts in Environmental Medicine, gathering in Brunete (Madrid - Spain) for the occasion of the VIII International Congress on Environmental Medicine in June 2015, make the following statement:

1. Environmental Medicine is a cross-discipline in the field of health and the environment, that should be treated as such by those responsible for education and health care anywhere in the world.
2. Environmental health should be integrated in educational programs at all levels: from primary school to university, in order to increase the general knowledge of this discipline and to promote a new culture in which health and environment are closely linked.
3. Training should be facilitated and given to health professionals in order to get them to know the different techniques and protocols needed to address environmental diseases.
4. Diseases with a clear environmental origin, such as Multiple Chemical Sensitivity and Electrohypersensitivity, should be included in the International Classification of Diseases of the World Health Organization, with a classification code of their own as organic diseases, in order to facilitate diagnosis and treatment by national health systems.
5. Patients suffering from environmental diseases must be granted access to the treatments that have been applied in environmental medicine centers for decades with extraordinary results and that significantly can cut down healthcare costs which countries are currently facing in alleviating the symptoms but without searching for the origin of the disease.
6. The relevant authorities should encourage the design of various protocols to address environmental diseases in case of emergency care, surgery or hospitalization of different kinds.
7. Dentistry as well as other form of surgery involving implants should be considered as a specialty of vital importance in Environmental Medicine, given its importance in relation to exposure to toxic chemicals and the specific protocols to be applied in the case of environmental diseases.
8. Facilitate in all countries the purchase of medicines without any additives that can especially harm those patients, avoiding the existing tariffs on prices even within the common market and the European Union.

9. Taking action at schools, health centers and public places in general is required, minimizing as much as possible the exposure to physical hazards (especially electromagnetic fields), chemical and biological hazards as evidence of their possible health impacts already exist
10. We urge the World Health Organization and national governments to adopt necessary measures to closely monitor everyday consumer goods such as food, cosmetics, textiles, mobile phones, etc., which could pose a risk for the general population, particularly for people suffering from environmental diseases.

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