

The Link Between Black Mold And Pregnancy

11 Mar 2010 Posted by: birthuse in: [Baby Health](#)

Humans and mold have lived together since the very beginning, but mold has become a big **health** issue only recently. So many cases of toxic mold poisoning have come to light recently that people can't help but be concerned.

Because this concern is so new, we have only just begun studying the effects of black mold and pregnancy. There isn't much real evidence, but doctors are very concerned about how exposure to black mold during pregnancy can affect babies.

Black Mold and Birth Defects

There are countless stories of women being exposed to mold during pregnancy and suffering miscarriage or birth defects. However, there is not yet any solid hard scientific evidence that exposure to mold directly causes birth defects. Studies with animals have shown that there is a definite link between black mold and pregnancy, but animals are different than humans, so the results are somewhat inconclusive.

Still, most doctors assume that there is some connection, and that pregnant women should be careful about exposure.

Asthma and Pregnancy

Modern scientific studies say that the causes of lifelong chronic allergies are both genetic and environmental.

A lot of evidence states that the development of allergies and asthma actually begins in the womb. This is especially the case with asthma. Researchers are finding out that asthma may not be genetic at all. It is caused by triggers in the environment. Studies show that asthma sufferers develop the condition at some point in their lives due to exposure to toxins, such as mold. It may begin in the uterus.

SIDS And Mold

Some studies have suggested that there may be a link between Sudden Infant Death Syndrome and exposure to black mold in the womb. There are also a variety of chronic fatigue illnesses that children who have been exposed to mold may suffer. Still, the studies have not been done to show whether this is fully the case or not.



What You Can Do

If you have just found that you are pregnant, or if you are just starting to worry about mold, you should get your home or workplace tested for mold. You can get a home testing kit from the hardware store. It is probably a good idea to start off your pregnancy in a mold-free environment. Nobody knows the exact relation between mold and birth defects, allergies and asthma, but it's better to be safe than sorry.

For your **baby's health**, it is also important to keep your house mold-free after birth. There are no studies showing that mold has an effect on breast feeding, but mold is definitely unhealthy for your **baby's general health**.

One more thing to think about is your workplace. Many women work in the early or middle stages of pregnancy and it is often more difficult to find mold in a building where you work than in your home. Ask your boss about mold inspections, especially if you work in an old building. If you can see or smell mold in your workplace, you are definitely in danger.

If your boss or supervisor will not do anything about the mold problem, you can seek a legal solution. There are laws to protect you and your unborn **baby's health**.

Learn more about toxic mold health problems on our site. You'll also find other information such as why not to use BLEACH or Health Issues as reported by the Mayo Clinic. If you suspect mold you might want to consider professional lab testing or the latest safe removal process: Enzymes. For a free informational booklet on "Understanding Mold" downloads free at www.americanmoldexperts.com.

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