

6 THINGS

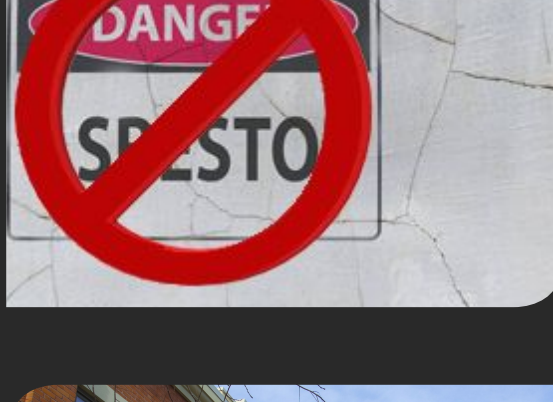
To Know If You May Have Been Exposed To Asbestos

Asbestos is a naturally occurring mineral that was widely used as a building and manufacturing material for its strong resistance to heat and fire, electricity, pressure, sound, acid and rust.

Unfortunately, microscopic asbestos fibers are easily breathed and swallowed, and become embedded in the body, causing terrible asbestos-related illnesses over time.



For this reason, most asbestos manufacturing has been banned in the United States.

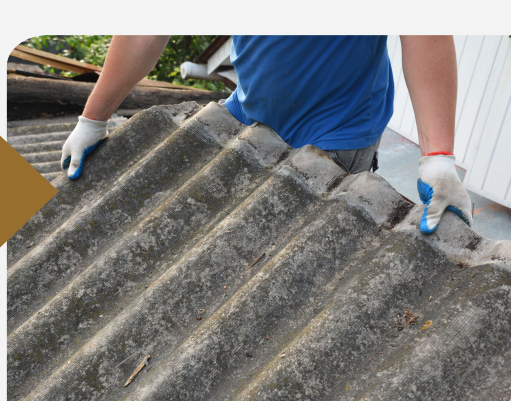


But there is still a great deal of asbestos in products and any building constructed before the 1980s, and disturbing it can release harmful asbestos fibers into the air.



6 THINGS TO KNOW IF YOU MAY HAVE BEEN EXPOSED TO ASBESTOS

1 One time, or minimal exposure to asbestos is usually harmless, both in the short and long term. But the National Cancer Institute says no level of asbestos exposure is safe.



2 Mesothelioma is an extremely aggressive type of cancer in the respiratory system, and it is caused almost exclusively by asbestos. The earlier mesothelioma is diagnosed, the more likely it is to be treatable, so if you are in any way concerned, consult your doctor immediately.



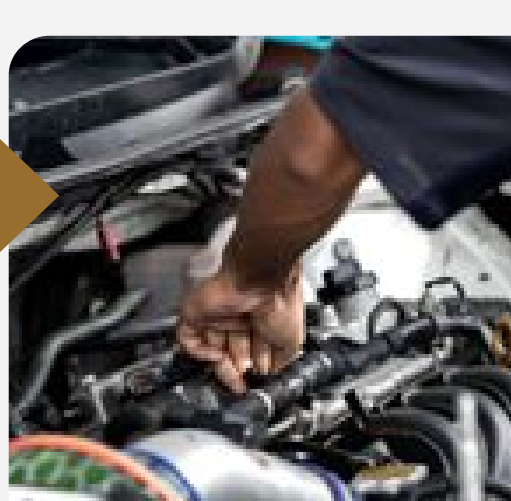
3 Signs of asbestos-related disease can appear similar to other health conditions. Symptoms such as chest pain, shortness of breath and a chronic cough, for example, can be misdiagnosed, so if you have been exposed to asbestos, it's vital to let your doctor know.



4 Asbestos-related disease is commonly associated with lung cancer, but peritoneal mesothelioma can also be caused by ingesting asbestos fibers. This form of mesothelioma accounts for less than 20% of all cases, with early symptoms including fluid build-up and abdominal swelling.



5 Asbestos has been banned in more than 60 countries. However, astoundingly, it is still yet to be banned in the U.S. Many Americans mistakenly think that it has been banned and subsequently are exposed to it, believing it to be a harmless material.



6 If you have developed an asbestos-related illness from your exposure, you may qualify for compensation. Asbestos companies concealed what they knew about the dangers of asbestos, and courts ordered them to place billions of dollars in trust. The money can only be used to compensate people hurt by asbestos exposure.



The American Lung Association has stated that once inhaled or swallowed, some asbestos fibers never leave the body.

“[S]OME [ASBESTOS] FIBERS MAY BYPASS...YOUR BODY’S NATURAL DEFENSES...AND LODGE DEEP WITHIN YOUR LUNGS. THOSE FIBERS CAN REMAIN IN PLACE FOR A VERY LONG TIME AND MAY NEVER BE REMOVED.”

SOURCE: AMERICAN LUNG ASSOCIATION

The National Cancer Institute has stated that no amount of asbestos exposure is safe.

“GENERALLY, THOSE WHO DEVELOP ASBESTOS-RELATED DISEASES SHOW NO SIGNS OF ILLNESS FOR A LONG TIME AFTER EXPOSURE.”

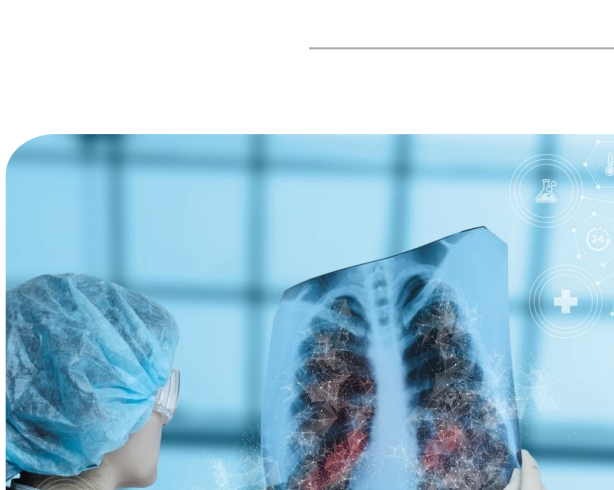
SOURCE: NATIONAL CANCER INSTITUTE (NIH)



If you think your home or building may have asbestos, you may want to speak with a licensed and experienced asbestos abatement professional to discuss having it removed, especially if you are planning any demolition or remodeling.



If you work in construction or an industrial profession, always check before working with asbestos-like materials that they are safe alternatives. You can refuse to handle them.



And if you think you may have been exposed to asbestos, consult your healthcare provider to discuss medical tests and screening that can help detect asbestos and the bodily damage it causes.

¹ American Lung Association, [Asbestos](#), How Asbestos Impacts Health (updated 2022)

² National Cancer Institute (NIH), [Asbestos Fact Sheet](#).

To learn more, [click here](#) →