

Mayo Clinic Minute

Why cleaning too often could be bad for your health

Video	Audio
	For the obsessively clean, beware.
	Those cleaning chemicals you spray all over to get your house spick-and-span may be hurting your lungs.
00:02:17 Clayton Cowl, M.D. Pulmonary Medicine Mayo Clinic	“There are a lot of different chemicals that we potentially are exposed to at home.”
	According to research, people who are frequently exposed to cleaning chemicals over extended periods of time have shown decreased lung function.
	Dr. Clayton Cowl, a Mayo Clinic lung specialist and toxicologist, says it’s something to keep in mind, but most of us probably aren’t inhaling these chemicals often enough to really harm us.
00:03:37	“The message here is not necessarily that everything we have in our closet, you know, we’re immediately going to disintegrate from them.”
	But he says those who clean professionally or are exposed to cleaning chemicals repeatedly and frequently should take steps to limit their exposure.
00:08:22	“When you’re applying those products, doing it with the adequate amount of ventilation around are all things that you can do ... to minimize the long-term risk.”
	So if you want to breathe easy in a squeaky clean home, turn on a fan or open a window while you clean. Don’t mix products. And select cleaners with less irritating fumes

For the Mayo Clinic News Network, I'm
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