



NEED MORE INFORMATION?

If you suspect you have been exposed to asbestos or silica then obtain more information from:

ACV/GARDS	0407274173 (24/7)
WorkSafe Victoria	1800 136 089
Dept. Human Services	1300 761 874
EPA	1300 372 842
Gippsland Trades & Labour Council (GTLC)	(03) 5133 7684

What is ACV/GARDS? (Asbestos Council of Victoria/Gippsland Asbestos Related Diseases Support Inc.)

ACV/GARDS is a group that aims to provide assistance to anyone affected or concerned about asbestos & now silica in the community.

We give:

- Individual or family support
- Information and education on asbestos issues and now progressing to silica
- Access to medical and legal information
- Provide information on contacting asbestos removalists & hygienists

We aim to improve the quality of life of people and their families, who have been exposed to and affected by asbestos and reduce the risk to future generations. We aim to provide that same service to Silica affected persons

REMEMBER you are not alone ... others are affected by asbestos & Silica related diseases and the group offers support, information and contact with people in the same situation.

MEETINGS ARE HELD

Metro

2nd Monday of the month - 1.30 -3.30pm
Venue: Amaroo Neighbourhood Centre
34 Amaroo Street, Chadstone
Mobile: 0481 987 953

Regional

Last Tuesday of the month – 1.30pm – 3.30pm
Venue: ACV/GARDS office
211 Lloyd Street, Moe
Mobile: 0407 274 173

PLEASE CONTACT

Asbestos Council of Victoria/GARDS Inc.
211 Lloyd Street, Moe, Vic. 3825
Ph: 0407274173 (24/7)
Email: gards@wideband.net.au or
enquiries@gards.org
Web: www.gards.org

OFFICE HOURS

Monday - Thursday, 10.00am - 4:00pm
Friday by Appointment

Call in for a chat and cuppa - please note no office at Chadstone.

ACV/GARDS is a not for profit organisation and is an endorsed charity with tick of approval.
Donations of \$2 and above are tax deductible.

What to do if you feel concerned about Asbestos exposure or feel you have the following problems:

- Breathlessness
- Asbestosis
- Mesothelioma
- Pleural Plaques
- Pleural Thickening
- Asbestos in your work or home environment
- Medical and legal concerns



Asbestos Council of Victoria



WHAT DO YOU KNOW ABOUT ASBESTOS?

It is a mineral rock, mined in a similar manner as coal. All forms of asbestos have a tendency to break down into dust which is made up of tiny fibres that float freely in air. The fibres enter the body and cannot be broken down. The three types of asbestos commonly used in the past are:

WHITE asbestos (Chrysotile)
BLUE asbestos (Crocidolite)
BROWN or GREY asbestos (Amosite)
In Australia about 85% of asbestos is white.

There is no completely safe exposure level. Asbestos is most dangerous when it's floating freely in the air.

Workers can be exposed to it in virtually any occupation and it is most commonly found in:

- Flat or corrugated sheeting (commonly called 'fibro' or 'AC sheeting')
- Water or flue pipes
- Sprayed on as fire-proofing and decorative material
- Insulation material such as pipe lagging
- Flexible building boards
- Imitation brick cladding

Other materials that may contain firmly bound asbestos fibres include:

- Vinyl floor tiles
- The backing of linoleum floor covering
- Textured paint

You should be concerned about asbestos for your own sake, your family and that of people still working in areas where asbestos is present.

ALL TYPES OF ASBESTOS CAUSE CANCER.

ASBESTOS DISEASES

Asbestosis—a fibrotic disease of the lungs caused by chronic exposure and inhalation of asbestos fibres. Asbestosis diffusely affects the lungs, predominantly damaging the interstitium (the connective tissue between airspaces). The lungs become fibrotic and stiff.

Asbestos induced carcinoma of the lung—often referred to as bronchogenic carcinoma. It is recognised as being one of the most common complications of asbestos exposure.

Asbestos-related pleural disease—a process that usually begins with an inflammation of the pleura that leads to fluid collecting in the space between the lung and the chest wall. This is also commonly referred to as benign asbestos-related pleural effusion.

Asbestos lung cancer refers to lung carcinomas where exposure to asbestos is a major cause of the disease. People with a history of asbestos exposure are several times more likely to develop lung cancer. Smoking significantly increases this risk.

Pleural mesothelioma—the most common type of mesothelioma, a cancer that develops in the lungs. It is almost solely caused by exposure to asbestos

Peritoneal mesothelioma—accounts for 10 to 20 per cent of all mesothelioma cases. The cancer develops in the abdomen over a course of decades after asbestos fibres are inhaled or ingested.

Pericardial mesothelioma - asbestos cancer that develops in the pericardium, a membrane that lines the heart. It is one of the rarest forms of mesothelioma, accounting for 1 – 2% of all diagnoses

Pleural plaques—areas of calcification on the lining of the lungs, chest wall, and diaphragm.

GASTROINTESTINAL CANCERS: These are cancers of the stomach, bowel or rectum. They may occur 20 to 50 years after initial exposure and have no relationship to smoking.

OTHER CANCERS: Asbestos is associated with cancers of the larynx and bronchus, and of organs such as the ovaries, gallbladder and kidneys. Recently testicular mesothelioma was diagnosed in a patient in Australia

MEDICAL SCREENING

A regular medical screening of workers who have been exposed to asbestos, does not protect against the health effects of asbestos, but is very important.

The purpose of screening is to:

- Pick up the symptoms of disease early
- Assess if any medical treatment is possible
- Prevent the possibility of further exposure to yourself or other workers
- Advise against smoking
- Discuss health effects
- Develop work histories and evidence for compensation
- Build up a record of incidence of asbestos related disease

Be alert for warning signs:

- shortness of breath,
- persistent cough,
- large rapid weight loss,
- chest or abdominal pain,
- blood in the sputum.

LEGAL ASPECTS

If diagnosed positively with an asbestos related disease you may have compensation rights that can be pursued with the assistance of legal representation.

Contact a legal firm specialising in asbestos issues, speak to ACV/GARDS or if you are in a union you could contact them.

THE IMPORTATION AND USE OF ASBESTOS IS BANNED IN AUSTRALIA