

Home Mold Inspections: Easy Do It Yourself Home Test Kits to Locate & Get Rid of Black or Allergenic Mold

By Mold Medical Expert Dr. Donald Dennis, M.D.,F.A.C.S.- October 5, 2011

Mold allergies and Mycotoxins (toxic chemical produced by various molds) affect millions of Americans each year, from irritating sinusitis to fatalities. What make this problem even more difficult to detect is that mold, unlike mildew, is often invisible to the naked eye until it grows into colonies. People often ask “If I am showing signs of a mold immune reaction, how do know where the mold problem is?”

The simple answer is to get your home, office, and car tested. Our recommendation is to start with a DIY Home Mold Inspection Test to locate and get rid of the source of your problem. These simple and cost effective tests come in two styles: Screening, which identify the quantity of mold present, and Diagnostic, which is sent to a lab for full analysis, discerns the type(s) and volume of mold at hand. Diagnostic tests are more expensive but provide an in-depth analysis which can be helpful for medical and remediation purposes.

How to use the Screening Test Kit:

Step 1: Refrigerate test plates until ready to use to keep fresh as possible.

Step 2: Once you are ready to perform the test, lay open both sides of the plates on a clean tissue or paper towel. This prevents cross contamination of the plates from the test surface.

Step 3: Wait one hour

Step 4: Incubation Setup

- Close plates and seal with tape
- Write on the plate the date and test location (i.e. 9/27/2011 – Family Room)
- Wrap in aluminum foil
- Place in plastic bag
- Put plates in warm dry location for (5) five days

Step 5: Read Plates – During the incubation period mold captured in the plate will grow into small round cultures of varying size. Each culture is to be counted. The severity of your problems is ranked as follows:

2 cultures – low risk of inflammation to Chronic Sinusitis Sufferers

3 – 5 cultures - Moderate risk of inflammation for low sensitivity sufferers. High risk of inflammation for severe sufferers.

6- 10 cultures - High risk of inflammation to all suffers.

10 - Too Numerous to Count (TNC) - Risk to both sufferers and non sufferers for auto immune diseases.

Step 6: Dispose of test plates. You can throw away your mold plates in the regular trash. You will want to remove them from inside your home or office once you have gotten your results because keeping the plates could add to your mold sensitivity problem.

How to use the Diagnostic Test Kit

If you have chosen to use a Diagnostic Test, perform steps 1-4 except instead of storing for five days you will need to immediately send the plates to the lab in the mailing pouch provided with your kit. You will receive a lab report that will explain the nature of your problem. It will include details on whether you have black mold like Aspergillus or other allergenic molds growing in your environment.

Information is the most important tool in combating mold growth in your home. Home testing is a great first step to solving your problem. Once you have determined if and where you have a problem, you can take steps to remediate your living and working environments.

To learn more about environmental remediation please visit our website at: www.sinusitiswellness.com/remove_mold.html.