

## BREESI©

The Brief Environmental Exposure and Sensitivity Inventory (BREESI) 1 is a screening tool whose three questions determine whether an individual should take the Quick Environmental Exposure and Sensitivity Inventory (QEESI)2. The QEESI is a validated 50-item questionnaire used worldwide to assess chemical intolerance (CI) whose prevalence is 8- 33% in population-based surveys.3 4 To learn more about CI's underlying disease process (Toxicant-Induced Loss of Tolerance, TILT) and the QEESI, visit [www.TILTresearch.org](http://www.TILTresearch.org).

Our research revealed that 97% of persons answering "Yes" to all three items on the BREESI had high CI scores as assessed by the QEESI. If two items were endorsed, approximately 84% of the sample had high CI scores. If one item was endorsed, 48% had high CI scores. 100% of those who answered "No" to all of the BREESI items, showed no evidence of CI on the QEESI. Any individual answering "Yes" to one or more of the three BREESI screening items should take the full QEESI at [www.TILTresearch.org](http://www.TILTresearch.org).

### Brief Environmental Exposure and Sensitivity Inventory

*Instructions: Please answer these three questions by checking Yes or No*

**1. Do you feel sick when you are exposed to tobacco smoke, certain fragrances, nail polish/remover, engine exhaust, gasoline, air fresheners, pesticides, paint/thinner, fresh tar/asphalt, cleaning supplies, new carpet or furnishings? By sick we mean: headache, difficulty thinking, difficulty breathing, weakness, dizziness, upset stomach, etc.**

Yes

**2. Are you unable to tolerate or do you have adverse or allergic reactions to any drugs or medications (such as antibiotics, anesthetics, pain relievers, X-ray contrast dye, vaccines or birth control pills), or to an implant, prosthesis, contraceptive chemical or device, or other medical/surgical/dental material or procedure?**

Yes

**3. Are you unable to tolerate or do you have adverse reactions to any foods such as dairy products, wheat, corn, eggs, caffeine, alcoholic beverages, or food additives (e.g., MSG, food dye)?**

Yes

1 The BREESI© (pending publication) was developed as part of the Hoffman TILT Research Program funded by the Marilyn B. Hoffman Foundation. For more information, contact Ray Palmer, PhD, at [palmer@uthscsa.edu](mailto:palmer@uthscsa.edu) or (210) 358-5870.

2 Miller CS, Prihoda T. The Environmental Exposure and Sensitivity Inventory (EESI): a Standardized Approach for Measuring Chemical Intolerances for Research and Clinical Applications. *Toxicol Ind Health* 1999;15 (3-4):370-85.

3 Katerndahl DA, Bell IR, Palmer RF, Miller CS. Chemical Intolerance in Primary Care Settings: Prevalence, Comorbidity, and Outcomes. *Ann Fam Med* 2012; 10(4):357-365.

4 Azuma et al., Prevalence and Characteristics of Chemical Intolerance: A Japanese Population-based Study. Arch Environ Occup Health 2015; 70:341–353.