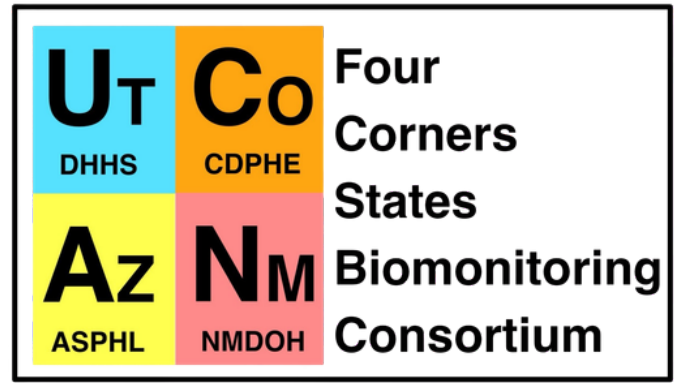


Biomonitoring

Heavy Metals



The Four Corners States Biomonitoring Consortium, or 4CSBC, is a partnership between public health organizations in Arizona, Colorado, New Mexico, and Utah. The 4CSBC is conducting a biomonitoring project to detect and measure heavy metals in urine.

What is biomonitoring?

Biomonitoring is a tool that can be used to determine if certain chemicals are present in your body and at what levels. This is done by collecting and analyzing biological samples like blood and urine.

Why is biomonitoring important?

Biomonitoring is important because it can give us a picture of what environmental chemicals people have been exposed to. This project will support communities in the four corner states by improving the understanding of heavy metal exposure, how heavy metals may impact health, and how to limit exposure to heavy metals.

What are heavy metals?

Heavy metals are naturally occurring elements that can be found in the air, soil, and water. High levels of any heavy metal can cause dangerous health effects, and while some are vital to humans in small amounts, others have no biological role.

What heavy metals are you testing for?

Arsenic, barium, beryllium, cadmium, lead, mercury, thallium, and uranium

How can I be exposed to heavy metals?

Heavy metals occur naturally and are found in air, water, food, and soil, as well as in different industries and consumer products. We come into contact with heavy metals through daily activities, certain jobs, and hobbies. They can enter our bodies by breathing them in or swallowing them in food or water.

How can heavy metal exposure affect my health?

Health effects from heavy metal exposure can vary greatly depending on the specific heavy metal, how a person is exposed, how much they're exposed to, and individual health status. Symptoms can be mild or severe, ranging from stomach upset and skin irritation to organ damage, cancer, and fertility issues. Since heavy metals occur naturally in the environment and are used frequently in consumer products and industrial processes, it is normal to have some amounts of heavy metals in our bodies. Most people are exposed to small amounts that are unlikely to cause harm, but higher or long-term exposure may increase the risk of health problems.

What CAN biomonitoring results tell me?



- The amount of each metal in your urine at the time of collection
- If your results are typical, higher, or lower than other U.S. adults

What CAN'T biomonitoring results tell me?



- If any current, past, or future health problems are related to the levels of heavy metals in your body
- How, when, or where you were exposed