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# Lead Exposure and Prevention

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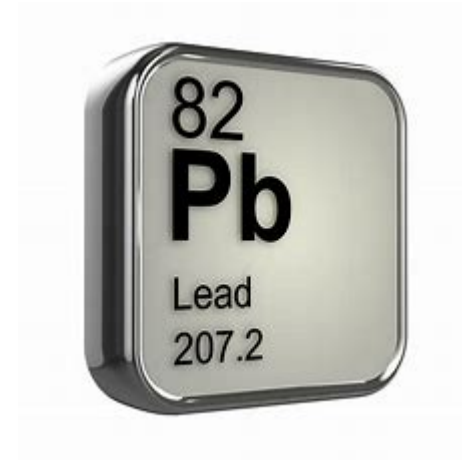


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## What is lead?

- Lead is a metal
- When levels are elevated in the body, it is unhealthy





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### Why are elevated lead levels a problem?

- Lead, at unhealthy levels, can cause damage to internal body organs
- Children are at higher risk of having elevated lead levels, and having negative effects from elevated lead levels
- In children, elevated lead levels can cause problems with their growth and development





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# Who is at risk of lead exposure?

- Both adults and children can get elevated lead levels
- Young children are at higher risk of having elevated lead levels than adults





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### Where does the lead come from?

- Lead may be in many different environmental materials
  - may be from past or current uses of lead
- Some jobs or hobbies may expose people to lead
- Homes built before 1986 are more likely to have been built with materials containing lead
- Homes built before 1978 are more likely to contain lead-based paint







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# What are the symptoms of elevated lead levels?

- Most people do not have symptoms from having elevated lead levels
- Some possible symptoms of elevated lead levels include:
  - Feeling tired
  - Abdominal pain
  - Irritability
- Some signs of elevated lead levels include:
  - Slowed growth
  - Problems with learning and memory





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What should I do if I think I or my child may have been exposed to lead?

- You may come to the 90 MDG lab for testing
  - Testing done during normal duty hours, M-F 0730-1630
  - Your PCM will contact you with results
- Keep children away from peeling paint and dust in the home
- Use only the cold water tap for drinking and making food
- Wash hands before eating and drinking





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# What will my medical provider do?

- Discuss lead exposure and lead exposure prevention strategies
- Your medical provider may order a blood test to measure lead levels in your or your child's body
- If levels are at a concerning level, your medical provider will need to follow it up







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What will my medical provider advise if I or my child have elevated lead levels?

- Identify the source of lead exposure and remove yourself and child(ren) from it
- Medications are not usually used for elevated lead levels unless the levels are very high.
- Elevated lead levels will need to be confirmed and followed-up.
- Eating a well-balanced diet helps fight against the effects of lead.
  - plenty of fresh fruits and vegetables
  - foods containing iron, vitamin C, calcium and zinc





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# Where can I go for more information regarding lead exposure?

- American Academy of Pediatrics. Lead Exposure and Lead Poisoning. <https://www.aap.org/en-us/advocacy-and-policy/aap-health-initiatives/lead-exposure/Pages/default.aspx>.
- Centers for Disease Control and Prevention. Lead. <https://www.cdc.gov/nceh/lead/>.
- United States Environmental Protection Agency. Lead. <https://www.epa.gov/lead>.

