

Protecting your family from lead poisoning

Hi Sandi,
Here is a copy of
the ad for the 04/25
issue.
The total is \$138
Size: 3x8

Thank you,
Laura Swan
The Bisbee
Observer

A major contributor of lead exposure in children living in the United States is from lead-based paint and the dust produced as it deteriorates, found mostly in older homes built before 1978. Although lead paint was banned in house paint, on products marketed to children, and in dishes or cookware in the United States in 1978, there are still significant sources of lead found across the country. With a growing younger population, especially in Arizona, where lead poisoning rates are twice as high as the national rate, it's important to know that lead poisoning can happen at any age, and is particularly dangerous for young children.

What is lead poisoning?

Lead poisoning occurs when lead is ingested and inhaled, resulting in a range of sicknesses, including behavior problems and learning disabilities. Children as young as 12 months of age are particularly susceptible, because they ingest more lead due to hand-to-mouth contact, their intestinal tracts absorb more lead than adults, and their developing brains are more sensitive to lead poisoning. There is no safe blood lead level and if you suspect you or your child has been exposed to lead you can talk to your doctor about ordering a simple blood test.

Are you at risk?

Do you live near a mine?
Does anyone in the home shoot a gun?
Do your children eat imported candy from Mexico?
Was your home built before 1978?
Do your children play with imported toys, particularly costume jewelry?
Has your water been tested and identified as having levels of lead?

If you answered yes to any of these questions you should talk to your doctor about ordering a blood test to determine if you have lead poisoning. There are often no symptoms of lead poisoning but children who have been exposed can start having cognitive and behavioral problems.

Preventing lead poisoning

It's important to identify any environmental exposure to lead – either in your soil, in your water or in your house. Some areas are more at risk due to their proximity to mining or other areas that have been identified as having high content of lead in the soil. Make certain anyone who works on cars or shoots a gun for recreational purposes washes their hands thoroughly and changes their clothes before handling an infant or ingesting food. A healthy diet rich in calcium and iron will reduce lead absorption.

The bottom line is that there is no safe level of lead exposure and we're not supposed to have lead in our blood, so eliminating exposure to lead is the single best prevention method in keeping you and your family safe.

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Copper Queen Medical Associates Palominas

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For Appointments Call
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