



# Heavy Metals Test

For screening, diagnosis and monitoring of toxic metals concentration in the body. due to environmental exposure, pollution and lifestyle. A buildup of heavy metals in the body may trigger potentially serious health complications such as organ damage, cancers, chronic and neurological disorders.

Blood or Urine Testing for:

- ✓ Mercury
- ✓ Lead
- ✓ Cadmium
- ✓ Aluminum
- ✓ Tin
- ✓ Arsenic

Heavy Metals exposure continues to pose as a public health challenge around the world. There is an increasing prevalence among children, adults and pregnant women. Our environment, food intake, water sources, lifestyle and quality of our seafood and agricultural products are exposed to pesticides ,chemicals and preservatives which contribute to the exposure leading to accumulation of toxic elements.

## Take action against Heavy Metals Toxicity

Common Toxin	Chronic Health Effects
Arsenic	Peripheral vascular disease, skin lesions, hearing loss, infertility,, hematologic disorders, neurological diseases, gastrointestinal damage
Lead	Cognitive and Behavioral Disorders, Birth Defects, Infertility, Cardiovascular Disorders, Mental Instability, Low Energy, Consistent High Blood Pressure
Cadmium	Cancers, kidney damage, bronchiolitis, Chronic Obstructive Pulmonary Disorders, emphysema, fibrosis, skeletal and joint damage
Mercury	Lung damage, kidney damage, neurological disorders, impaired intellectual ability and behavioral problems, eczema, skin lesions, vision impairment, cancers

## When do I need to get a test?

- Long term exposure to pollution and industrial areas
- Poisoning advisory from health bureau
- Consistent weakness, fatigue, and high blood pressure
- Normal Blood Tests but still unwell

## How do I prepare for the test?

### Blood Test:

No seafood intake 24 hours prior the test

### Urine Test:

No seafood intake 24 hours prior the test

Limit water intake into 2 liters of water before the test

References:  
Keil, D.E., Berger-Ritchie J., McMillin G.A.; Testing for Toxic Elements: A focus on Arsenic, Cadmium , Lead and Mercury; Laboratory Medicine, Volume 42, Issue 12, December 2011, pages 735-742  
May, Mike., ICP-MS Technology, Lab Compare, October 2016 Journal of Toxicology Volume 2011 (2011), Article ID 870125, 21 pages <http://dx.doi.org/10.1155/2011/870125>