

Recommendations Continued:

- If you live in a home older than 1978 and are pregnant or already have a child younger than age 6, you are eligible for a free home inspection by the Lead Poisoning Prevention Program. Please call (828) 251-6104.
- Utilize lead-safe work practices endorsed by the U.S. Dept. of Housing and Urban Development. Information about these work practices is available from the Lead Poisoning Prevention Program. If pregnant women or small children are in a household during renovations, extreme precautions should be taken not to spread lead-based dust. Consider remodeling later at a better time unless repairs are necessary.
- Keep surfaces painted with lead-based paint intact. Peeling and chipping paint pieces will contaminate your home.
- In homes with lead-based paint, keep dust to a minimum. Dusting with a damp cloth and mopping is important.
- Continue breastfeeding unless your blood lead level is higher than 35mcg/dL. Baby formula is not really any safer because lead has been found in formula too. If you are a mother with an elevated blood lead level and breastfeeding make sure to ask your doctor to monitor your baby's blood lead levels frequently.

References:

- Hackley B., A. Katz-Jacobson. 2003.** Lead Poisoning in Pregnancy: A Case Study with Implications for Midwives. *Journal of Midwifery & Women's Health* 48: 30-8.
- Hernandez-Avila M. 1997.** Higher Milk Intake During Pregnancy Is Associated with Lower Maternal and Umbilical Cord Lead Levels in Postpartum Women. *Environmental Research* 74:116-21.
- Markowitz M. 2001.** Assessment of Bone Lead During Pregnancy: A Pilot Study. *Environmental Research* 85: 83-9.



For more information please call:

The Lead Poisoning Prevention Program
UNC-Asheville, CPO #2331
One University Drive
Asheville, NC 28804
(828) 251-6104

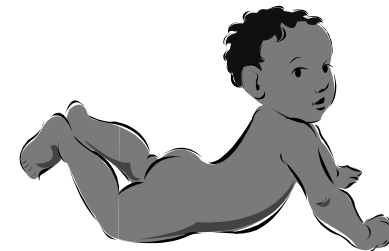
If your child is age 6 years or less, he/she is eligible for a free blood-lead level test at Buncombe and Henderson County Health Departments. Pregnant women may also be eligible for a free blood-lead level test if they answer yes to any of the lead exposure risk questions.

Hair Analysis Kits are available at:
Nature's Pharmacy
752 Biltmore Ave.
Asheville, NC 28803
(828) 251-0094

Or order one online at:
www.bodybalance.com
Look for the Mineral Check test



Protect Your Baby From Lead Poisoning: Information about Pregnancy and Lead



You may want a Blood-Lead Level Test or a Hair Analysis if you answer yes to any of these questions:

- Do you or others in your household have an occupation that involves lead exposure such as auto-body work, building renovation or antique refinishing?
- Sometimes, pregnant women have the urge to eat things other than food, such as clay, soil, plaster, or paint chips. Do you ever eat any of these things?
- Do you live in a house older than 1978 with on-going renovations that generate a lot of dust?
- Has the water in your home been tested for lead, and if so were you told the lead-level was high?
- Have any of your children had a history of elevated blood lead levels?
- Do you store drinks or food in lead-glazed pottery or leaded crystal?
- Do you use any imported foods, traditional remedies, or cosmetics that may contain lead?
- Some crafts call for the use of paints, glazes, and solder that may contain lead. Do you use these craft items?
- Are you a recent immigrant? You and your children may be at higher risk for lead exposure. For example, many popular Mexican candies containing tamarinds and chilies have tested positive for lead. Also some countries still use leaded gasoline.

Reasons for Concern:

- Lead can be passed from the mother to fetus through the placenta and from mother to baby through breast milk. The lead can come from either recent exposure or from a past exposure. When you are exposed to lead it will become stored in your bones. During pregnancy demineralization of the bones may occur to provide your baby with calcium. While your body is releasing calcium it will also release lead stored in your bones from past exposures.
- High levels of lead in the mother can cause premature birth, miscarriage or stillbirth.
- Lead is a toxin that can lower you baby's IQ, cause developmental delays, troubles with psychological development and future behavioral problems such as Attention Deficit Disorder.
- Lead exposure may affect your baby's weight. Recent studies have found mothers with high lead levels have a greater probability of their baby have a low birth weight.
- Ingestion of lead can cause many negative health affects in adults and children such as anemia, increased blood pressure, decreased ability to make red blood cells, and kidney damage.
- There is no "safe" level of lead in the human body. Lead is a toxic metal that does not belong in our bodies. Even low levels of lead have been proven in scientific studies to have negative health affects on the brain and body in children. You can help protect your baby from lead exposure by educating yourself about potential lead contaminants.

Recommendations that can help protect you and your baby from lead exposure:

- Consume foods high in the following minerals or vitamins:
 - ✓ **Calcium:** Foods high in calcium such as leafy green vegetable and dairy products help to reduce absorption of lead into the body. Calcium also reduces the amount of lead released from your bones.
 - ✓ **Vitamin C:** Foods high in Vitamin C such as fruits and vegetables can help protect your body against lead accumulations and can lower blood lead levels especially in smokers and those exposed to a lot of second-hand smoke.
 - ✓ **Iron:** Foods high in iron such as spinach help reduce absorption of lead into the body.
 - ✓ **High Fiber:** Diets high in fiber help your body to excrete toxins such as lead.
- If it is difficult for you to eat a lot of foods rich in these minerals and vitamins than you will need to talk to your doctor about appropriate supplements that will provide you with these nutrients.
- Quit or minimize smoking. There is lead in cigarettes and in cigarette smoke.
- Stay away from lead sources- know where lead hides. Unfortunately, lead can be in things that you handle everyday such as telephone cords, inexpensive jewelry, vinyl mini-blinds and car keys.
- Remember to wash your hands, especially before you eat to remove any potential lead particles from hands.