

Any Lab Test Now

CHROMIUM EXPOSURE TEST (HAIR)

DESCRIPTION

Chromium is an element and can exist in several different forms. Trivalent Chromium, also known as “Chromium III” is naturally occurring and is essential for good health. The normal intake from eating foods that are high in natural chromium is 70-80 micrograms per day and is considered safe. “Hexavalent” chromium, also known as “Chromium VI” does not occur naturally, but is produced by certain industrial processes. Hexavalent Chromium is the most toxic form of chromium and is shown to cause lung cancer when people are exposed to high air levels for long time periods.

Chromium is mined for use in steel and other metal products. Many chromium-containing compounds are used for plating, manufacturing paints and dyes, tanning leather and preserving wood. In the home or office the less toxic forms of chromium are used to make flooring materials, recording tapes, stainless steel, chrome-plated items and copy machine toner.

People can be exposed to chromium by breathing chromium dust or fumes. This is the route of exposure that is of greatest concern. Most human exposure to chromium occurs when people eat fresh vegetables, meats, fish, and poultry. Drinking water is not normally a major source of exposure. Plants can absorb chromium and it can be passed to those who eat the plants. Contact with contaminated soils can result in exposure to chromium. Exposure can be reduced by thorough washing of exposed skin and clothing to remove soil residues. Chromium can pass through the skin, but this is probably not a major route of exposure.

WHY DO I NEED THIS TEST?

A hair test can give an expanded window of detection of up to 90 days. Exposure to Chromium can have very serious consequences for your body, and you may not know right away if you have been exposed. If you live in an area where you might have been exposed to environmental Chromium, you may decide to choose this test. Children and pregnant women are especially vulnerable to Chromium.

Employers also monitor their employees for exposure, whether required by OSHA or as a way of establishing a baseline measurement before a candidate is hired.

OTHER RELEVANT LAB TESTS

Customers that choose the Chromium Test may add the Heavy Metals Panel or add in general health overview tests such as the Comprehensive Male Panel or the Comprehensive Female Panel.

WRITTEN BY:

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Ekan Essien, MD, MPH, a native Georgian, received his BA from Duke University. Dr. Essien continued his education at Florida A&M University where he received his Masters of Public Health in Epidemiology; received his medical degree from Meharry Medical College in Nashville, Tennessee; and obtained training in general and trauma surgery at Grady Memorial Hospital at Morehouse School of Medicine. He is a candidate in the post graduate fellowship in anti-aging and regenerative medicine from the American Academy of Anti-Aging Medicine.

FOR MORE INFORMATION OR TO SCHEDULE YOUR TEST TODAY CALL 1.800.384.4567

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