

Any Lab Test Now

COPPER EXPOSURE TEST

DESCRIPTION

Copper is an important mineral that is incorporated by the body into enzymes. These enzymes are used for the regulation of iron metabolism, the proper functioning of organs, specifically the nervous system, the production of melanin which provides color in the body, the formation of connective tissue and energy production. Copper is easily obtained through a normal diet and can be found in nuts, chocolate, dried fruits, shellfish, liver, whole grains and mushrooms. Copper is sometimes absorbed by copper pipes and copper cookware, then deposited in drinking water or in food cooked or served in the cookware. Normally the body regulates the amount of copper in the body removing the excess through the liver and through urine.

Although copper is important for critical bodily functions, extremely high levels can be dangerous and can lead to copper poisoning. Excess copper can be caused by a rare condition called Wilson disease, an inherited disorder, which causes the body to retain too much copper or by conditions that block or prevent copper metabolism or liver disease. Overexposure to copper can occur through environmental exposure to extremely high copper in drinking water or the consumption of copper salts. Low levels can also be dangerous and is associated with seizures, delayed development and abnormal artery development in the brain. Copper deficiencies can be caused by malabsorption or a genetic condition carried on the X-chromosome, Menkes kinky hair syndrome that causes copper deficiencies in infants.

WHY DO I NEED THIS TEST?

Copper poisoning can be fatal. Excess copper can cause tissue damage and should be treated immediately. Symptoms include anemia, nausea and abdominal pain, jaundice, fatigue, behavioral changes, tremors, difficulty walking or swallowing and persistent muscle contractions that cause limb twisting and repetitive motions (dystonia). If you think you have been exposed to excess amounts of copper and are vomiting or have diarrhea you should be tested immediately. Copper poisoning can cause long term damage to the liver and/or kidney. Symptoms of copper deficiency include osteoporosis and anemia .

AM I REQUIRED TO FAST FOR THIS PANEL OF LAB TESTS?

No. You are not required to fast for this test.

WRITTEN BY:

EKAN ESSIEN, MD, MPH MEDICAL DIRECTOR

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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