

# Any Lab Test Now

## HEAVY METALS PANEL

### DESCRIPTION

**Metals** are natural elements from our Earth but are extremely toxic (even in low concentrations) and can have damaging effects on your body (especially your lungs and kidneys.) You can be exposed to certain types of metals from the air, household products, contaminated foods and drinks, and possibly at your place of employment (manufacturing facilities) or at home.

**Lead** is dangerous and can be found in batteries, old houses (paint), cigarettes (and second hand smoke), and other places. Chronic exposure can cause cerebral edema, coma and convulsions.

**Mercury** is a shiny, silver gray metal that is a liquid at room temperature. It can be found in thermometers, barometers, batteries, fluorescent lights and electrical switches. It may be in household paints in older houses. If inhaled, it can lead to severe nausea, vomiting, diarrhea, fever and several other symptoms.

**Arsenic** is a natural element found in soil and minerals. Its compounds are usually used to preserve wood. You can become exposed to Arsenic in small amounts through air, water, food and working in areas where arsenic is made or used. Chronic exposure to arsenic can cause many health problems including death.

**Cadmium** is a soft, bluish-white metal and is similar to mercury and zinc. Short term inhalation exposure to cadmium affects the lungs. Chronic oral or inhalation exposure to cadmium leads to a buildup of cadmium in the kidneys and can cause kidney disease.

**Chromium** is a steely-gray, lustrous brittle metal. Chromium, although required in small amounts to help regulate sugar and lipid metabolism, it can be toxic in greater amounts and can be recognized as a human carcinogen.

### WHY DO I NEED THIS TEST?

Exposure to metals can have very serious consequences for your body, especially children. The problem is you may not even know you've been exposed.

If you and your family live in an old home (with old paint) or in a location with a lot of industry and manufacturing, you should strongly consider this panel. Employers also monitor their employees for specific heavy metals exposure, depending on the industry.

Find out if you've been exposed to heavy metals

### HOW LONG WILL IT TAKE TO GET MY LAB TEST RESULTS?

Test results are generally available within five (5) business days after your specimen is collected.

### OTHER RELEVANT LAB TESTS

Customers that choose the **Heavy Metals Panel** are also interested in general health overview tests such as the **Comprehensive Male Panel** or the **Comprehensive Female Panel**.

FOR MORE INFORMATION OR TO SCHEDULE YOUR TEST TODAY CALL 1.800.384.4567

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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.

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