

Lead

CHILDREN'S ENVIRONMENTAL HEALTH CENTER at the
MOUNT SINAI INSTITUTE FOR EXPOSOMIC RESEARCH

Lead is a naturally occurring metal formerly used in many products.

Today, lead can be found in...

Lead-based paint used in old homes, toys and furniture, lead pipes or solder, and some imported products.

Lead is harmful to children's health.

Children are susceptible to lead through dust, paint chips, soil, and contaminated water. Lead exposure can cause:



Behavioral and developmental problems



Gastrointestinal issues



Neurological issues

Lead exposure can be prevented.

Have your home inspected for lead.



Have your tap water tested.



Encourage frequent hand washing.



Prevent children from putting painted objects or paint chips in their mouths.



Reduce dust with a wet mop and HEPA filter vacuum.



Lead exposure can be treated.

Talk with your pediatrician about lead risk factors, especially if you have children 6 years and under. In New York State, all children ages one and two years old are required to be screened by their pediatricians for lead exposure by a simple blood test.



Identify and remove or contain sources of exposure

Contract a licensed professional to prevent further exposure to children.



Eat a diet high in iron, calcium, and vitamin C to reduce lead absorption

Food with these minerals include milk, yogurt, green leafy vegetables, beans, cereal, and oranges.



Medical interventions

Medications that remove lead from the body can be used if blood levels are 45 mcg/dL or higher.



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This material was developed through the Mount Sinai Children's Environmental Health Center (www.cehcenter.org) and Transdisciplinary Center on Early Environmental Exposures (tceee.icaahn.mssm.edu, NIEHS grant P30ES023515). As part of the Institute for Exposomic Research, we translate and connect our science to supporters and communities committed to ensuring a healthier future for all. To learn more about the Institute's research, visit icaahn.mssm.edu/exposomics.