

## WHAT IS LEAD?

Lead is a common element that can harm our bodies. The body cannot distinguish lead from the other minerals that we need like calcium and iron, and it is absorbed into our bloodstream if it is breathed in or swallowed. Once absorbed into our bloodstream, lead is then deposited into our brain and bones where it can cause serious damage. **Young children and pregnant women are at the greatest risk for lead poisoning!**

## AM I AT RISK FOR LEAD EXPOSURE?

**Do you live in or visit a building built before 1978, with peeling/chipping paint or with ongoing renovation (dust)?**

***FACT: Lead can be found in the paint in homes built before 1978. The paint can flake and peel resulting in dust contaminated with lead. Also, plumbing pipes and fixtures made with lead can contaminate the water that is used for drinking and cooking.***

**Does your home have plumbing with lead pipes or copper with lead solder joints?**

**Do you or a family member (who visits, you visit, or lives with you) work in an occupation (job) or participate in a hobby that may contain lead? Examples include but not limited to:**

Auto mechanics/bodywork	Plumbing	Smelting Metals/ Scrap yards
Farm/Migrant Farm Work	Blowing Glass	Recycling centers
Furniture Refinishing	Gardening	Metal Sculpting
Renovation Work	Painting	Stained Glass
Painting Roads	Printing	Car/Boat repair
Metal Work/Welding	Casting Aluminum	Firing Ranges
Plastics manufacturing	Ceramic Making	Firearms/Firing Range
Radiator Repair	Electronic soldering	Burning Renovation materials
Making Bullets/Sinkers/lead toys	High Construction Area	Battery Recycling/Smelting
Home Repairs/Remodeling	Bridge Repair/Painting	Jewelry Making/Repair

***FACT: Some jobs and hobbies expose people to lead. Sometimes products made outside of the United States can contain lead such as vinyl mini-blinds, glazes for dishes, cosmetics, foods and toys.***

**Do you have someone close such as a child, sibling, housemate, or playmate or close contact (at work/home/church/school) that has been or is being treated or monitored for elevated blood lead levels (at or above 5µg/dL)?**

**Do you live near a heavily traveled major highway where soil/ dust may be contaminated with lead?**

***FACT: Soil around your home could be contaminated by past leaded gasoline fallout and lead based insecticides, and could be on or in your soil, or in cisterns/wells for many years following contamination. This soil can get on your child's hands and also be absorbed from the soil in fast growing plants such as kale, spinach, and other garden vegetables.***

**Do you chew on crayons, pottery, paint chips or any painted surfaces, or eat dirt?**

**Do you use folk remedies or use old painted pottery to store food that may possibly contain lead?  
(see next page for list of known folk remedies)**

## **COMMON FOLK REMEDIES/AYURVEDIC MEDICINES THAT MAY CONTAIN LEAD**

**IMPORTED COSMETICS:** ▪ **Middle East, India, Pakistan, Africa** ▪ Kohl, Surma, Al Koh: a powder used both as a cosmetic eye make-up and applied to skin infections and the navel of a newborn child. And can be ingested when on hands ▪ Kajal: eye cosmetic when used can be ingested if on hands. ▪ Sindoor: a powder applied to face or scalp during ceremonies, mistakenly used as

**FOODS:** ▪ **Middle East:** ▪ Lozeena: a bright orange powder used by Iraqis to color rice and meat ▪ **Mexico** ▪ Tamarind Candy: gel like candy made with chilies, and placed in little pots to eat with little spoons, with the candy, wrappers and pots have been identified with having high lead levels ▪ Chapulines (dried grasshoppers): can be chocolate coated; grasshoppers eat chilies that are contaminated with lead from soil and area silver mine fallout

**FOLK REMEDIES:** ▪ **Hispanic** ▪ Azarcon aka: Ruedo, Corol, Maria Luiso, Alarcon, Ligo: used for intestinal illness. ▪ **Mexico** ▪ Greta: a yellow powder used for intestinal illness. ▪ **Dominican Republic** ▪ Litargirio: yellow peach powder used as a deodorant, foot fungicide, treatment for burns and wound healing. ▪ **Vietnam/ Hmong Community** ▪ Pay-loo-ah- a red powder given for rash or fever. ▪ **Asian/ Tibet/ India/Thailand** ▪ Ayurvedic medicine, ▪ Tibetan Herbal Vitamin ▪ food **Asia:** Bo Ying compound (the “product”) manufactured by Eu Yan Sang (Hong Kong) for use in infants and children for treatment of influenza, fever, sneezing, and nasal discharge. **China** ▪ Jin Bu Huan: used to relieve pain, ▪ Po Ying Tan: used to treat minor ailments in children, ▪ Ba-Baw-San. ▪ **India** ▪ Ghasard: a brown powder given as an aid to digestion. ▪ **Thailand** ▪ Daw Tway is a digestive aid used in Thailand and Myanmar (Burma). ▪ **Iran** ▪ Bint Al Zahab: Rock ground into a powder and mixed with honey and butter given to newborn babies for colic and early passage of meconium after birth. ▪ **Saudi Arabia** ▪ Traditional Saudi Medicine: Orange powder prescribed by a traditional medicine practitioner for teething; also has an antidiarrheal effect, ▪ Santrinj: An amorphous red powder containing 98% lead oxide used principally as a primer for paint for metallic surfaces, but also as a home remedy for "gum boils" and "teething." ▪ Bint Dahab: A yellow lead oxide used by local jewelers and as a home remedy, ▪ **Kuwait** ▪ Bokhoor: A traditional practice of burning wood and lead sulphide to produce pleasant fumes to calm infants. **Other:** ▪ Bala Goli: a round, flat, black bean dissolved in ‘gripe water’ and used for stomach ache. ▪ Kandu: a red powder used to treat stomachache.

## **WHAT ARE THE POSSIBLE RISKS OF LEAD EXPOSURE IN PREGNANCY?**

- Increase chance of miscarriage, low birth weight, premature birth, stillbirth
- May cause learning and behavior problems for the baby/child
- May cause birth defects

## **WHAT ARE THE SIGNS OF LEAD POISONING?**

- Many times symptoms are not present!
- May include headaches, mood changes, tiredness, anemia (low blood), or nausea (These are also commonly seen in normal pregnancies)

## **OTHER POSSIBLE WAYS TO AVOID LEAD EXPOSURE**

- Avoid chipping or peeling paint and do NOT sand or scrape paint
- Replace plastic mini-blinds if made in China, Taiwan, or Mexico
- Do not eat or drink out of lead glazed ceramic dishes
- Be aware of “folk remedies” that may contain lead (Azarcon, Greta, Pay Looah)
- Always wash fruit and vegetables thoroughly before eating
- Wear gloves when gardening or otherwise working in the soil
- Wash your hands frequently, especially before eating or drinking
- Avoid hobbies that may increase your lead exposure
- If someone in your household works around lead, be sure they shower and change clothes before coming home and do not wash contaminated work clothes with the family’s laundry.

**If you work in an area where you may be exposed to lead, talk to your supervisor about decreasing your exposure while you are pregnant.**

**Check with your health care provider for blood testing if you or your children are at risk for lead exposure.**

## DOCUMENTATION FORM

**Verbal Lead Risk Assessment**

To be completed at every preventative visit for:

- Children ages 6-72 months
- Positive Pregnancy Test or Initial Prenatal Visit

Please Place this copy in Patient Chart:

Place Label here

Parent/ Guardian:\_\_\_\_\_ Date of Initial Assessment:\_\_\_\_\_

The following situations may create lead exposure. It is imperative to evaluate the possible risks in a child's environment and a prenatal patient's risks. Check any questions that may be answered yes.

**Verbal Risk Assessment Questionnaire**

1. Does the patient live in or visit a building built before 1978, with peeling/chipping paint/paint dust or with ongoing renovations?
2. Does the patient's home have plumbing with lead pipes or copper with lead solder joints?
3. Does the patient have a close contact such as a child, sibling, housemate, or playmate or close contact (at work/home/church/school) that has been or being treated or monitored for lead poisoning? (Blood level at or above 15µg/dL)?
4. Is the patient exposed to or have a family member (who visits or the child visits or lives with patient) that works in an occupation (job) or participate in a hobby that may contain lead? (Examples include but not limited to: work with lead batteries; firing ranges; chemicals or chemical preparations; construction of bridges, tunnels and elevated highways, etc.)
5. Does the patient live near a heavily traveled major highway where soil/ dust may be contaminated with lead?
6. Does the patient chew on crayons, pottery, paint chips or any painted surfaces, or eat dirt?
7. Do you use **folk remedies** or use old painted pottery to store food that may possibly contain lead?

☐ No risks identified.  
☐ Risk(s) identified from list: 1 2 3 4 5 6 7  
 \_\_\_\_\_  
☐ Completed BLL  
☐ Preventive Education Provided: \_\_\_\_\_  
 Date

☐ No risks identified.  
☐ Risk(s) identified from list: 1 2 3 4 5 6 7  
 \_\_\_\_\_  
☐ Completed BLL  
☐ Preventive Education Provided: \_\_\_\_\_  
 Date

☐ No risks identified.  
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 \_\_\_\_\_  
☐ Completed BLL  
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