

# Are you or your family at risk for elevated lead exposure?

Lead exposure continues to be a concern in many areas of the United States. Taking steps to reduce your contact with lead can improve health outcomes for your family.

Image Source: Piktchart 2020

## Some facts:



- Approximately 1 out of every 100 women of childbearing age (15-49) living in the United States have elevated blood lead levels.<sup>1</sup>

## Busting myths about lead

### Lead exposure is:

- **NOT a problem of the past.** It is estimated that over 500,000 children have raised blood lead levels in the United States.<sup>2</sup>
- **NOT only from eating lead-based paint chips.** Soil, pipes, spices, and more can also be sources of lead.
- **NOT risk-free.** There are no safe blood lead levels. Adverse affects in both children and adults are associated with increasing levels of lead.

Having raised lead levels during pregnancy increases the risks for...



- High Blood Pressure in Pregnancy
- Loss of Pregnancy
- Low Birth Weight
- Impaired Neurodevelopment of the Child

## Are YOU at risk for Lead Exposure?

If you do any of these activities, please talk to your doctor.

### Food and Drinks

- Using alternative and traditional herbs, remedies, and therapies Indian, Middle Eastern, West Asian, Hispanic.
- Eating non-food items (Pica) such as eating soil, pottery, clay, paint.
- Drinking water that has high levels of lead in it from homes with leaded pipes or water source lines with lead.

### Inside the House

- Using lead-glazed ceramic pottery traditionally produced and non-commercially imported.
- Using imported cosmetics, spices, and Ayurvedics kohl, surma, or spices (sold in bulk).
- Renovating a home built before 1978 without lead protections in place.
- Having a history of lead exposure or current lead levels in the body

### Outside the Home

- Doing high risk activities and hobbies guns and ammunition, stained glass, pottery.
- Working with lead or living with some who does battery or plastic manufacturing, ammunitions, ship building, construction/demolition workers, painters.
- Living near a source of lead lead mines or battery recycling plants (even if closed).
- Recently moved from an area with high lead pollution where lead gasoline is used or car emissions are not controlled.

Where can more information be found about Lead Exposures in Pregnancy?



#### Pediatric Environmental Health Specialty Unit

[www.pehsu.net/PEHSU\\_Fact\\_Sheets\\_GP\\_page.html](http://www.pehsu.net/PEHSU_Fact_Sheets_GP_page.html)

#### Mother-to-Baby

[www.mothersbaby.org/lead](http://www.mothersbaby.org/lead)

#### Centers for Disease Control (CDC)

[www.cdc.gov/nceh/lead/prevention](http://www.cdc.gov/nceh/lead/prevention)

#### New York City Department of Health Lead Prevention Resources

[nyc.gov/lead](http://nyc.gov/lead)

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If you have any questions, please consult your Obstetric Provider.