

## 1. What is Lead poisoning?

Lead poisoning is a medical condition also known as saturnism, plumbism or painter's colic and is caused by increased blood lead levels.

## 2. How is it spread?

People can get lead poisoning when using imported and decorated dishes or hand made pottery, through wine which might contain lead and in jobs or hobbies that use stained glass, fishing, weights, paint, radiators, car batteries and in dirt near freeways and factories. The disease could be found in home remedies such as Azarcon, Greta, Kandu, Bala, Goli, Azoque, Kohl, Satturang, Ghassard, Surma and Cerussite. It can also be transmitted from the old buildings.

## 3. How can the spread be limited?

The spread of the lead poisoning can be prevented when paint chips and dust are cleaned by the wet cloth, by using plain plastic or glass dishes and cups and not use pottery to prepare or store food.

The wine cork may not contain lead but the metallic seal cover might have it. It is advised that after the removal of the cover, the opening area should be washed using a damp cloth to remove any lead that might remain. Home remedies that contain lead as outlined above should not be used and medical advice should be requested. Clothes with lead or which were used during painting should be washed separately from the rest of other laundry.

## 4. Symptoms of the disease

Lead Poisoning does not have symptoms in children. Information on whether they have lead could only be detected through blood tests. It causes neurological damage as well as renal

disease, cardiovascular effects and reproductive toxicity. It can slow child's growth and cause learning and behavioural disabilities if not treated. In adults, it may cause colic.

## 5. What to do if you or your child has symptoms?

Diagnosed patients may be hospitalized or be treated at home and can boost their immune system by taking:

- Regular meals and snack
- Foods high in calcium like cheese, yogurt, broccoli, tofu, corn tortillas and dark green leafy vegetables.
- Food high in iron such as lean meat which is not fried, chicken, dried beans, cereal with iron, and dried fruit.
- Low fat food such as pasta, rice, non fat dairy products.

## 6. Take medication as prescribed:

The infection is treated with antibiotics.

## 7. Who should be tested?

Anyone who comes into contact with paint or who visits old buildings which were building before 1960 might find lead.

\*The source of most of this information is from the website: [www.wiki.answers.com](http://www.wiki.answers.com)