

# ADVANCED TOXIC HEAVY METALS (HAIR)

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## **DESCRIPTION**

People may come into contact with potentially toxic metals in many ways. Arsenic exposure is common in areas of heavy industrialization and farming. People who work in welding and manufacturing are at particular risk of cadmium and chromium exposure. Lead is a concern in older homes and buildings that may contain lead-based paint or use lead pipes for plumbing. Mercury is most often encountered by eating contaminated seafood.

Excessive exposure to arsenic, cadmium, chromium, lead, or mercury can have serious consequences for your health. This is especially true if you do not realize that you are being exposed. High levels of these heavy metals may cause neurological problems or damage to internal organs, muscles, and joints. Exposure during pregnancy and in childhood can have lifelong consequences for children. Some heavy metals are even classified as carcinogenic.

The **Advanced Toxic Heavy Metals (Hair)** test will help you determine your overall exposure to arsenic, cadmium, chromium, lead, and mercury by analyzing a 90-day sample of hair and determining the amounts of each metal present. The report you receive will identify whether the levels detected are within normal limits, or may be a cause for concern.

This test requires a head hair sample that can be collected at the Any Lab Test Now store location of your choice.

### **Test Details:**

This test is intended to detect the following:

- Arsenic
- Cadmium
- Chromium
- Lead
- Mercury

Other panels that include different metals may also be available. Please contact your local Any Lab Test Now for additional information.

## **WHY DO I NEED THIS TEST?**

### **For Consumers:**

The **Advanced Toxic Heavy Metals (Hair)** test is recommended for consumers concerned about their long-term exposure to any of the metals in this panel.

### **For Employers and Staffing Agencies:**

The **Advanced Toxic Heavy Metals (Hair)** test is recommended for employers who need to monitor routine exposure to any of the listed metals in their employees.

## **WHAT ARE THE ADVANTAGES OF HAIR TESTING?**

Hair testing is non-invasive and provides information about exposure to these metals over a longer period of time than urine or blood tests. Hair typically provides information about exposure going back 90 days.

## **WHAT DO I NEED TO DO TO PREPARE?**

We ask only that hair be clean and free of excessive styling products. Hair that is visibly damaged by repeated chemical processing may be rejected by the laboratory and cannot be collected for testing.

## **CAN MY RESULTS BE AFFECTED BY ENVIRONMENTAL CONTAMINATION?**

No. Unless otherwise requested, hair samples are always washed by the laboratory to remove external contaminants before testing.

## **IS IT SAFE TO TAKE THIS TEST IF I AM PREGNANT?**

Yes.

## **DO I NEED TO MAKE AN APPOINTMENT?**

No. You can walk in for same-day testing. We make it easy by offering work-friendly store hours.

## **HOW LONG WILL IT TAKE TO GET MY RESULTS?**

Results are generally available within 8-10 days.

## **WHO HAS ACCESS TO MY RESULTS?**

Test results always belong strictly to the donor, except in the case of a minor child or an employer or court-ordered test. The donor may also provide written authorization for test results to be provided to one or more third parties, if necessary.

## **IS A DOCTOR'S ORDER REQUIRED?**

No. Drug testing does not require a doctor's order to be performed.

## **WHO CAN I CONTACT IF I HAVE QUESTIONS ABOUT MY RESULTS?**

Test results should be discussed with your primary care physician.

*Website test descriptions and all associated information are provided through the Any Lab Test Now Product Management Team, in conjunction with the Medical Professionals Committee and Dr. Ekan Essian, MD, Corporate Medical Director.*