

關於鉛中毒的家長須知

為什麼了解鉛中毒對孩子非常重要？

血液中含有任何鉛含量對孩子來說都是**不安全**。就算是很低的血鉛含量都會對孩子的**智力**，**注意力**以及**學習**造成負面影響。而鉛中毒的影響是**永久的**。

鉛對孩子的影響

暴露在鉛下會嚴重影響兒童的健康，並造成已經證實的不利影響，如

- 損傷大腦及神經系統
- 減緩生長發育
- 造成學習及行為障礙
- 影響聽力及語言表達能力

這會導致：

- 智力下降
- 降低活動能力及注意力
- 在學校表現不佳

另還有證據表明，童年若暴露在鉛下，能對兒童造成長期的傷害。



鉛在哪裡存在？

- 1978年之前建造的房屋，可能使用**含鉛的油漆**。當油漆龜裂和剝落，將會產生鉛粉塵。兒童有機會因吞食或吸入這些鉛粉塵而導致鉛中毒。
- 某些**水管**可能含有鉛。
- 鉛可能存在於部分**產品**中，如玩具和珠寶。
- 鉛有時可能存在於其他國家進口的**糖果**，或**傳統家庭療法**中。
- 某些**職業或愛好**有機會跟含鉛的產品打交道，如彩色玻璃工藝，家長有可能因此將鉛帶回家中。
- **居住在機場附近**的兒童有機會暴露在航空汽油所產生的含鉛氣體或者土壤中。

鉛檢測

如果兒童可能已暴露在鉛中，家長應馬上和他們的**兒科醫生**商討進行血鉛檢測的有關事宜，通常有兩種類型的血液檢測可供選擇：

- **刺破手指或腳跟（毛細血管）的採血測試**。這種檢測通常是確定兒童血液中是否含鉛的第一步。雖然這種測試能快速提供檢測結果，但如果血液樣本中沾染了皮膚上的鉛，有機會令檢測結果偏高。
- **靜脈抽血測試**，直接從兒童靜脈抽血進行檢測。這種檢測要等幾天才能拿到結果，通常用於毛細血管檢測之後，以確定血鉛水平。



預防鉛中毒

- 最基礎的預防措施，就是在兒童暴露在鉛之前，**移除環境中所有鉛的危險**。這是預防孩子不會因暴露在鉛下，而產生長期影響的最有效辦法。
- 第二步的預防措施包括：**血鉛檢測**，以及**跟進照護及轉介就診**。這對於已經暴露在鉛下的兒童來說仍然是最主要的安全網。



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What Parents Need to Know About Lead Poisoning

Why is it important to children?

No safe blood lead level in children has been identified. Even low levels of lead in blood have been shown to negatively affect a child's **intelligence, ability to pay attention, and academic achievement**. The effects of lead poisoning are **permanent**.

Effects on children

Exposure to lead can seriously harm a child's health and cause well-documented adverse effects such as:

- Damage to the brain and nervous system
- Slowed growth and development
- Learning and behavior problems
- Hearing and speech problems

This can cause:

- Lower IQ
- Decreased ability to pay attention
- Underperformance in school

There is also evidence that childhood exposure to lead can cause long-term harm.



Where is it found?

- Homes built before 1978 probably contain **lead-based paint**. When the paint peels and cracks, it makes lead dust. Children can be poisoned when they swallow or breathe in lead dust.
- Certain **water pipes** may contain lead.
- Lead can be found in some **products** such as toys and jewelry.
- Lead is sometimes in **candies** imported from other countries or **traditional home remedies**.
- Certain **jobs and hobbies** involve working with lead-based products, like stain glass work, and may cause parents to bring lead into the home.
- Children who **live near airports** may be exposed to lead in air and soil from aviation gas.

Lead testing

If a child may have been exposed to lead, parents **should talk to their child's health care provider** about getting a blood lead test. Two types of blood tests may be used.

- A **finger-prick or heel-prick (capillary) test** is usually the first step to determine if a child has lead in their blood. While finger-prick tests can provide fast results, they also can produce higher results if lead on the skin is captured in the sample.
- A **venous blood draw** takes blood from the child's vein. This type of test can take a few days to receive results and is often used to confirm blood lead levels seen in the first capillary test.



Lead Poisoning Prevention

- Primary prevention is the **removal of lead hazards** from the environment before a child is lead exposed. It is the most effective way to ensure that children do not experience harmful long-term effects of lead exposure.
- Secondary prevention includes **blood lead testing and follow-up care and referral**. It remains an essential safety net for children who may already be exposed to lead.



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