

P: 1300 688 522
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16 HARKER STREET
BURWOOD VIC 3125

Dr.SAMPLE REPORT
TEST HEALTH CENTRE
123 TEST STREET
BURWOOD VIC 3125

LAB ID : 3814160
UR NO. :
Collection Date : 09-May-2022
Received Date:09-May-2022



3814160

Clinical Notes: PRE CHELATION

ENVIRONMENTAL ANALYS

URINE, SPOT	Result	Range	Units	
Aluminum, Urine Spot (Al)	9.20	< 40.00	ug/gCR	
Antimony, Urine Spot (Sb)	0.31	< 1.00	ug/gCR	
Arsenic, Urine Spot (As)	23.90 *H	< 15.00	ug/gCR	
Barium, Urine Spot (Ba)	2.16	< 5.70	ug/gCR	
Beryllium, Urine Spot (Be)	<DL (a)	< 0.31	ug/gCR	
Bismuth, Urine Spot (Bi)	0.04	< 0.15	ug/gCR	
Cadmium, Urine Spot (Cd)	0.52	< 0.80	ug/gCR	
Lead, Urine Spot (Pb)	1.43	< 5.00	ug/gCR	
Mercury, Urine Spot (Hg)	1.65 *H	< 1.00	ug/gCR	
Nickel, Urine spot (Ni)	1.18	< 3.00	ug/gCR	
Platinum, Urine Spot (Pt)	0.05	< 0.60	ug/gCR	
Silver, Urine Spot (Ag)	0.19	< 0.40	ug/gCR	
Thallium, Urine Spot (Tl)	0.21	< 0.60	ug/gCR	
Tin, Urine Spot (Sn)	1.38	< 2.00	ug/gCR	

(*) Result outside normal reference range

(H) Result is above upper limit of reference rang



SAMPLE REPORT

09-May-1990 Female

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Toxic Metals Comments

ARSENIC

Associated with increased risk of: Vascular disease, Atherosclerosis, Cancers of skin, bladder and lung.

Sources:

Environmental sources of arsenic exposure include food, water, soil, and air, esp. around arsenic-containing mineral ores. In industry, arsenic is a by-product of the smelting process for many metal ores such as lead, gold, zinc, cobalt, and nickel. Arsenic is used for purifying industrial gases (removal of sulfur), burning fossil fuels, electronics manufacturing (microwave devices, lasers, light-emitting diodes, photoelectric cells, and semiconductor devices), hardening metal alloys, preserving animal hides, bronze plating, and clarifying glass and ceramics.

Other potential sources of arsenic exposure are:

- Wood preservatives, insecticides, herbicides (weed killers and defoliants), fungicides, cotton desiccants, cattle and sheep dips, paints and pigments, antifouling paints, leaded gasoline, and fire salts (multicolored flame).
- Wine (grapes sprayed with arsenic-containing pesticides), Seafood (especially certain cold water and bottom-feeding finfish) and Seaweed.
- Smokers may also inhale small amounts of arsenic as a result of pesticide residue on tobacco leaves.
- Medicinals: Fowler's solution (potassium arsenite), antiparasitic drugs (carbasone), Donovan's solution, folk remedies ("Asiatic pill," kushtay, yellow root), kelp-containing health foods, some naturopathic remedies.

Treatment:

Address underlying causes and consider EDTA chelation IV.

Laboratory Information:

The given reference range applies only if 48hrs prior to the urine collection no fish, or algae products were consumed. Mineral waters high in arsenic may also raise urinary excretion levels. Consumption of any of these sources raises urine levels considerably, at least 2-3 times above the given range. Smoking may also raise urinary excretion levels or arsenic.

MERCURY

Pervasive toxic tissue effects due to non-specific enzyme poisoning.

Urine is the most reliable way to assess exposure to inorganic mercury. Levels >50 ug/24h indicate mercury overload.

However, quantity found in urine does not correlate severity of symptoms.

Hair & Whole blood mercury levels correlate with severity of symptoms.

Treatment:

Avoid Mercury, consider DMSA or DMPS chelation. Check urine challenge test every 6 weeks and stop chelation when mercury level is below 10mg/24h in urine post chelation. Consider removing amalgam dental fillings with a well-qualified dentist in amalgam removal, particularly if sick (neuro symptoms) or high mercury levels are noted. Sauna treatments can help. Use antioxidants Vit C 3000 mg/day, Selenium 200-400mcg/day (protects against cellular toxic effects of mercury), SAME 200 mg twice a day, Manganese 15 mg/day, Molybdenum 75-250 mcg/day, Zinc 50 mg/day, Amino Acid chelates.

(*) Result outside normal reference range

(H) Result is above upper limit of reference rang

