Get the lead out!

Eliminating exposure is the key to prevention of lead poisoning.

Common sources of lead exposure include:

- Paint in homes and other structures built before 1978
- Metal jewelry, charms or trinkets
- Imported or antique toys
- Pottery made with lead-based paint, glaze or coatings
- Foods of unknown origin that may be processed in contaminated areas
- Old plumbing, especially from 1930 or earlier

Focusing on preventive care, Doctors of Osteopathic Medicine, or DOs, look beyond your symptoms to consider how environmental and lifestyle factors impact your health.