



Health Care Provider Newsletter

A Collaboration Between the Alameda County Lead
Poisoning Prevention Program and the C Business Name

“There is no safe level of lead for children...”
The American Academy of Pediatrics, October 2007

CDC ISSUES NEW LEAD SCREENING GUIDELINES

The Centers for Disease Control and Prevention (CDC) released *Guidelines for the Identification and Management of Lead Exposure in Pregnant and Lactating Women* in 2010. Bone lead stores are mobilized in pregnancy and during lactation for women with prior lead exposure and pass through the placenta and into breast milk. The CDC Advisory Committee cites compelling research evidence that prenatal lead exposure impairs neurodevelopment, placing children at increased risk for developmental delay, reduced IQ, and behavioral problems.

A summary of the new CDC Guidelines:

- Routine blood lead testing of pregnant women is recommended in clinical settings that serve particular subgroups of women at increased risk for exposure, including those:
 - Working in occupations that use lead;
 - Recently immigrated;
 - Living in older homes being renovated
 - Eating or storing food in traditional glazed pottery;
 - Consuming imported foods, such as Mexican candies, Chapulines, imported spices;
 - Using alternative remedies or cosmetics; or
 - Engaging in high-risk hobbies (stained glass, ceramics)

- If community-specific risk factors have not been identified, pregnant women should be assessed for lead exposure, using risk-factor questionnaires or blood lead testing, at the earliest contact with their physicians. A blood lead test should be performed if a single risk factor is identified at any point during pregnancy

- Follow-up interventions should begin at maternal blood lead levels $\geq 5\text{mcg/dL}$
 - Provide guidance regarding sources of lead and help identify potential sources in the patient’s environment.
 - Pregnant women with blood lead concentrations $\geq 10\text{mcg/dL}$ should be removed from occupational lead exposure.
 - Source identification for BLLs $\geq 15\text{ mcg/dL}$ should be conducted in collaboration with the local health department.
 - Chelation therapy may be warranted where the maternal blood lead exceeds 45 mcg/dL and in consultation with an expert in lead poisoning.
 - Newborns exposed to lead in utero should receive blood lead testing according to the schedule outlined in the CDC Guidelines.
 - Breastfeeding should continue unless maternal blood lead levels exceed 40 mcg/dL .

The entire CDC *Guidelines* document can be viewed at:

<http://www.cdc.gov/nceh/lead/publications/leadandpregnancy2010.pdf>

Please see the attached prenatal lead risk questionnaire that is available to pilot with your patients; For information about using the tool contact the Coalition:

www.getleadout.org or at info@getleadout.org

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It is important for pregnant and lactating women to be tested for lead.

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Prenatal Lead Risk Questionnaire

For those who are pregnant or planning a pregnancy

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		Yes	No	Don't Know
1.	Have you ever lived in a home built before 1978 with ongoing construction (e.g. sanding, painting)?	When: _____		
2.	Have you ever been told you had lead in your blood, even as a child?			
3.	Have you or others in your household ever had a job or hobby that uses lead? <i>See list below.</i>			
4.	Have you ever used imported pottery, dishes or leaded crystal glass for cooking or storing food?			
5.	Have you ever eaten chilies, spices, snacks, or candies from another country (for example Mexico, India, China). <i>See list below.</i>			
6.	Have you ever lived or traveled in another country?	Where: _____ When: _____		
7.	Some pregnant women have an urge to eat things that are not food. Have you ever eaten dirt, clay, pottery, plaster or paint chips?			
8.	Have you ever used traditional folk medicines, remedies or cosmetics? <i>See list below. Circle all that apply.</i>			
If you answered YES to any of these questions, and you are pregnant or planning to become pregnant, ask your health care provider for a blood test to see if you have lead in your blood.				

Items that may contain lead:

JOBS or HOBBIES	FOODS:	Folk/herbal/homemade remedies or cosmetics
Home renovations or repairs	Tamarind	Greta (bright yellow powder for stomach ache)
Painter	Chilis	Azarcon (bright orange powder for stomach ache)
Bridge or tunnel worker	Turmeric (spice)	Sindoor (bright red powder used for bindi dot)
Construction or demolition	Snacks/candies from Mexico, China, India, Australia, etc.	Surma, Kohl, Kajal, (black powder eye makeup)
Job/hobby using firearms (Police, hunting, firing range)	Chapulines	Paylooh (orange-red powder for fever)
Pottery making		Herbs/teas/other products to help get pregnant
Battery or radiator repair		Ayurvedics (traditional Indian medicines)
Stained glass making		
Metal scrap or recycling work		
Fishing (lead weights)		IMPORTED POTTERY, DISHES, ETC.
Building or repairing ships/boats		Clay pots, ceramic dishes/cups, leaded glasses

● Get The Lead Out Coalition of the Bay Area ●

Adapted from prenatal lead risk questionnaires from other State Lead Programs For information on piloting the questionnaire, contact the Coalition :

www.getleadout.org or at info@getleadout.org



What You Should Know Before You Paint or Renovate



In preparing for “new additions” in the home, it is important to use lead-safe work practices or hire painters and/or contractors that are lead-certified. Activities like sanding, cutting and demolition can disturb lead paint and create dust and chips that can be toxic, especially to pregnant women and young children. Lead-based paint continues to be a traditional source of exposure of children with lead poisoning. Unqualified workers conducting renovation, repairs and painting on pre-1978 properties have the potential of putting children at an even greater risk. Over a million children are affected by lead poisoning, which can lead to behavioral problems and learning disabilities. For pregnant women, lead dust can harm the developing fetus. Therefore, it is very important to keep children and pregnant women out of the work area. Below are questions your clients should ask before they begin to paint and/or renovate:

- Was your home built before 1978?
- Is the contractor/painter trained to work with lead-based paint?
- Are you and/or your contractor/painter using lead-safe work practices?

For more information on how to paint/renovate safely, please contact the Alameda County Lead Poisoning Prevention Program at www.aclppp.org or call 510-567-8280; the City of Berkeley Childhood Lead Poisoning Prevention Program at 510-981-5289; or the U.S. Environmental Protection Agency at www.epa.gov/lead.

Alameda County Healthy Homes Project



The Alameda County Lead Poisoning Prevention Program was awarded a grant from the U.S. Department of Housing and Urban development to improve the lives of asthmatic children in Alameda County. The Project will provide families with multi-hazard housing interventions and in-home education. The interventions cover a wide array of allergen reduction, moisture and ventilation control, and

safety services. By addressing the seven principles of Healthy Homes through housing interventions, Project participants are expected to exhibit a reduction in asthma symptoms and home injuries.

For more information and how to refer patients, please contact the Alameda County Lead Poisoning Prevention Program at www.aclppp.org or call 510-567-8280



Visit the following websites for information on recalled products:

- www.recalls.gov
- www.cpsc.gov
- Check independently tested toys at www.healthytoys.org
- Check lists of lead-safe candies at www.leadinmexicancandy.com



Ask your clients to stay connected to consumer product updates, such as those from Consumer Product Safety Commission.



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City of Berkeley Childhood Lead Poisoning Prevention Program

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Department of Health Services
Public Health Division



The Alameda County Lead Poisoning Prevention Program and City of Berkeley Childhood Lead Poisoning Prevention provide services to Alameda County and Berkeley residents as they relate to reducing lead exposure in children. Services range from nursing case management for children with blood lead levels above 10 $\mu\text{g}/\text{dL}$ to health education for children with levels between 5-9 $\mu\text{g}/\text{dL}$. For more information about our case management services, please see our insert.

We also provide resources to property owners on lead-safe practices, such as free lead-safe painting and remodeling classes, In-Home Consultation and garden soil testing kits, access to HEPA-Vacuums and more! For more information about our programs, or to refer a client to our services, please feel free to contact us at the information listed above.

