

# Frequently Asked Questions about **CADMIUM**

---

## Where is cadmium found?

*The main source of cadmium exposure is food, unless you are a smoker.*

- All soils and rocks, including coal and mineral fertilizers, contain some cadmium.
- Cigarettes and other tobacco smoke.
- In the workplace (battery manufacturing, metal soldering or welding).
- Living near burning of fossil fuels or municipal waste.
- There are low levels in all foods, but highest in shellfish, and liver and/or kidney of some animals such as moose.
- Drinking contaminated water from untreated lakes, and rivers.
- Some cheap metal jewelry, including some charm bracelets.
- Rechargeable batteries labeled NiCd or NiCad.

---

## What are the possible health concerns?

*When cadmium enters the body, it is not released for many years. Most of it will be stored in the kidneys.*

- Can affect brain development in young children.
- Can damage the lungs and kidneys.
- Can increase risk of lung cancer.
- Can weaken bones.

---

## How to reduce your exposure to cadmium?

- Do not smoke or let children breathe cigarette or other tobacco smoke.
- Dispose of batteries correctly and keep them out of reach of children.
- Eat a variety of foods to reduce your exposure to cadmium.
- Do not let children wear or play with cheap metal jewelry or charm bracelets.
- If you do any welding or metalworking, ensure your work area is well ventilated and use proper protective equipment.
- Keep children away from welding fumes and other metal vapors and dusts.