

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 stored in the body 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.
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