

Your lab results: Heavy Metals in urine

Your urine specimen was tested for arsenic, mercury, selenium and uranium. Please refer to the heavy metal fact sheets to learn about exposure sources, possible health effects from excessive exposure, and possible actions one can take to reduce excessive exposure to heavy metals.

| Metal | Your result* | 50 th percentile in the U.S.* | 95 th percentile in the U.S.* |
|-----------|--------------|------------------------------------------|------------------------------------------|
| Arsenic | «Corr_As» | 6.39 | 50.4 |
| Cadmium | «Corr_Cd» | 0.172 | .907 |
| Mercury | «Corr_Hg» | 0.353 | 1.75 |
| Selenium | «Corr_Se» | ^ | ^ |
| Uranium | «Corr_U» | 0.007 | 0.029 |
| Manganese | «Corr_Mn» | 0.139 | 0.548 |

*The units for all results are µg/g creatinine.

^There are not any nationally comparable values for the U.S. population.

<LOD indicates that levels were below the detection limit.

Who and what can I compare the concentration of heavy metals in my urine to?

- **The U.S. population:** these results are from the National Health and Nutrition Examination Survey (NHANES). This program measures metals in urine samples from a representative sample of the U.S. population.
 - o **50th Percentile in the U.S.** In all of the urine testing in the U.S. participants, half had concentrations below, and half had concentrations above the listed value.
 - o **95th percentile in the U.S.** In all of the urine testing in U.S. participants, 95% had concentrations below the listed value.

IMPORTANT: Comparisons to other participants in the U.S. population cannot tell us what concentration is of concern. These are provided so that you can compare your results to those of others in the U.S. and in your community.

