

## Suggested answers: Effects of various heavy metals

Heavy metal	What is the source?	How does it enter the body?	Health effects	Current article relating the metal to human health
<b>Mercury</b>	Discharge from hydroelectric, mining and pulp and paper industries	Consumption of fish and shellfish as well as dental fillings	Brain, kidneys, lungs, immune system, nervous system, fetal development	<a href="https://www.cbc.ca/news2/interactives/children-of-the-poisoned-river-mercury-poisoning-grassy-narrows-first-nation/">https://www.cbc.ca/news2/interactives/children-of-the-poisoned-river-mercury-poisoning-grassy-narrows-first-nation/</a>
<b>Chromium</b>	Industries like metal processing and leather tanning	Inhalation, ingestion and skin contact	Respiratory and gastrointestinal problems including various types of cancer	Answers vary
<b>Aluminum</b>	Mining and coal fired plants	Inhalation, ingestion and absorption through cosmetics and antiperspirants	Damage to the nervous system, Alzheimer's disease	Answers vary
<b>Arsenic</b>	Mining, metal smelting, burning of fossil fuels, pesticides, timber industry	Inhalation, ingestion and skin contact	Skin changes, various forms of cancer, blackfoot disease	Answers vary
<b>Cadmium</b>	Metal processing, plastic, battery, pigment and electronics industries	Inhalation and ingestion	Kidney disease and failure, lung disease, bone defects such as osteoporosis and linked to birth defects	Answers vary
<b>Lead</b>	Plumbing, paints, metal processing, car batteries	Inhalation, ingestion and skin contact	Fetal and child development issues, affects most major systems in the body	Answers vary