Client

Gurugram

Pathkind Diagnostics Pvt. Ltd.

Plot No. 55-56, Udhyog Vihar Ph-IV, Gurugram - 122015

Processed By

Pathkind Diagnostics Pvt. Ltd.

Plot No. 55-56, Udhyog Vihar Ph-IV, Gurugram - 122015

Name	:	**Mrs. PL33**	Billing Date	:	07/07/2023 12:27:33
Age	:	35 Yrs	Sample Collected on	:	10/07/2023 10:01:31
Sex	:	Female	Sample Received on	:	10/07/2023 11:02:13
P. ID No.	:	P1000100012849	Report Released on	:	10/07/2023 15:40:28
Accession No	:	**10002304905**	Barcode No.	:	10002304905-02, 10002304905-03, 10002304905
Referring Doctor	:	Self			
Referred By	:		Ref no.	:	

Report Status - Final

Test Name	Result	Biological Ref. Interval	Unit
	BIOCHEMISTRY		
Heavy and Trace Metals Profile - 1			
# Cadmium *Sample: Whole Blood EDTA*	1.50	0.00 - 5.00	µg/L
# Cobalt *Sample: Whole Blood EDTA*	0.50	0.01 - 0.91	µg/L
# Copper *Sample: Serum* *Method: Colorimetric*	105.00	70.00 - 140.00	µg/dL
# Mercury *Sample: Urine (Spot)* *Method: ICPMS*	3.70		µg/L
# Selenium *Sample: Serum* *Method: ICPMS*	55.00	23.00 - 190.00	µg/L
# Nickel *Sample: Serum*	0.18	0.14 - 1.00	ug/L
# Zinc *Sample: Serum* *Method: ICPMS*	900.00	150.00 - 1200.00	µg/L
# Arsenic *Sample: Whole Blood EDTA* *Method: ICPMS*	20.00	< 62.7	µg/L
# Aluminium, Serum *Sample: Serum* *Method: ICPMS*	3.50	<10.00	µg/L
# Lead *Sample: Whole Blood EDTA* *Method: ICPMS*	2.50	< 10.0	µg/dL
# Chromium, WB EDTA *Sample: Whole Blood EDTA* *Method: ICPMS*	6.5	0.7 - 28.0	µg/L

Cadmium

The Test/s marked with (#) is are not accredited by NABL

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Cadmium - Source of exposure	Associated condition
Cadmium is naturally present in the in air, soils, sediments and even in unpolluted seawater. Occupational cadmium exposure include smelter and refinery workers, alloy and battery makers, pigment and plastic workers, plate workers and welders. Tobacco smoke is one of the largest single sources of cadmium exposure in humans. Tobacco in all of its forms contains appreciable amounts of the metal. For non-smokers, food is the major source of cadmium exposure .Certain foods (e.g. organ meats, some shellfish, and oysters) are especially high in cadmium.	Cadmium accumulates in the human body affecting negatively several organs like liver, kidney, lung, bones, placenta, brain and the central nervous system. Associated conditions include hypertension, renal failure, vascular disease, neurological conditions like loss of coordination, numbness of limbs and loss of hearing. Other damages that have been observed include reproductive, and development toxicity, hepatic, haematological and immunological effects. Also, cadmium compounds are classified as carcinogenic to humans.

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• Nutrient & toxic elements interpretative guide, metamatrix, USA, 2011.

Cobalt

Cobalt - Interpretation	Associated conditions
Cobalt (Co) is an essential trace element and is an integral part of vitamin B12.It is important in haematopoiesis and thyroid	A deficiency in vitamin B12 is ultimately a cobalt deficiency, and more common in vegetarian. As cobalt deficiency leads to

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function and formation of myelin nerve coverings.	decreased availability of B12, there is an increase of many symptoms related to vitamin B12 deficiency particularly central nervous system complaints, pernicious anaemia, and potentially fatal macrocytic anaemia.
Blood cobalt levels can be used in the assessment of occupational exposure or toxic ingestion. Exposures to cobalt metal and fumes occur in the metal production, refining processes and in the chemical industry. Dermal exposures to cobalt salts, pigments, occur in the rubber industry, tire manufacture, and in use of paints and varnishes, pottery decoration, and inks for offset printing. Non-occupational exposure to cobalt arises from surgical implants , dental prostheses, and contact with metallic objects such as jewellery	Symptoms associated with cobalt toxicity vary based on route of exposure and may include cardiomyopathy, allergic dermatitis, pulmonary fibrosis, cough and dyspnoea.

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Copper

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Copper Interpretation	Associated conditions
Copper also is an essential trace element that is required in enzyme systems, which in turn are responsible for countless metabolic processes required to sustain life. The major sources of excess copper are: Copper water pipes, especially when attached to a water softening system, Copper IUD's, Oral contraceptives with their estrogen content.	1. Low serum copper, most often due to excess iron or zinc ingestion and infrequently due to dietary copper deficit, results in severe derangement in growth and impaired erythropoiesis. Low serum copper is also observed in hepatolenticular degeneration (Wilson disease) due to a decrease in the synthesis of ceruloplasmin and allelic variances in cellular metal ion transporters. Other disorders associated with decreased serum copper concentrations include malnutrition, hypoproteinemia, malabsorption, nephrotic syndrome & Menkes disease (kinky hair disease). 2. Copper Excess leads to Low Energy, Chronic Fatigue, muscle cramps, arthritis, headaches, depression, hypothyroidism.

1. Serum metal testing is used for the detection of recent exposure or poisoning with the toxic element. However, blood metal levels in healthy subjects can vary considerably with exposure to the particular metal present in the diet and in the environment.
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Mercury

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Mercury- Blood Interpretation	Associated conditions
Mercury exposure can occur from-Dental amalgams, Broken thermometers,barometers, contaminated sea food consumption,preservatives (esp. thimerosal),Grain seeds treated with methyl mercury fungicide.	Mercury toxicity is often manifested as Mental symptoms (insomnia, fatigue, poor short- term memory),tremor,stomatitis,gingivitis,GI and Renal disturbances and decreased immunity.

1. Whole Blood / Serum metal testing is used for the detection of recent exposure or poisoning with the toxic element. However, blood metal levels in healthy subjects can vary considerably with exposure to the particular metal present in the diet and in the environment.
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Selenium

Selenium Serum Interpretation	Associated Conditions
Selenium is vital trace element with Fish and shellfish making up as most important sources followed by meat & granis. Selenium is an antioxidant building block, which in turn are essential to neutralize free radicals in the body, thereby reducing or preventing cell membranes and DNA damage. Selenium poisoning of water systems may result whenever new agricultural runoff courses through normally dry, undeveloped lands.	* Selenium deficiency occurs oaas result of sustained Total parental nutrition or restricted diets - affects physiologic systems, including endocrine and reproductive, hepatic, cardiovascular, immunological, gastroinstestinal and musculoskeletal systems. * Selenium toxicity, called selenosis is rare in humans. Symptoms include garlic breath odour, thick brittle fingernails, dry brittle hair, red swollen skin of the hands and feet and

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	neurological compalints including numbness, convulsions or paralysis.

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levels in healthy subjects can vary considerably with exposure to the particular metal present in the diet and in the environment.
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Nickel

Nickel Serum Interpretation	Associated Conditions
Nickel exposure can occure from-Occupational exposure in industries like glass, ceramics and fabric dyes. Other sources are like foods cooked in stainless steel cookware, nickel jewellary, canned foods, oatmeal, dried fruits, dried peas and beans, nuts chocolate. Patients undergoing dialysis are exposed to nickel and accumulate nickel in blood and other organs.	Most reactions to nickel are localized skin sensitivity and allergic skin disorders that ocur on contact iwth nickel-containing alloys. Chronic exposure to some forms of nickel via inhalation often leads to mucosal tissue irritation associated with asthma, rhinitis, sinusitis & rarely may have carcinogenic effect.

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levels in healthy subjects can vary considerably with exposure to the particular metal present in the diet and in the environment.
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Zinc

Zinc Serum Interpretation	Associated Conditions
Zinc in vital trace element required for normal healing of wounds and normal immune function. Zinc levels lowered with systemic infections & inflammatory disorders, oral contraceptives and pregnancy.	Zinc deficiency - Symptoms include depressed growth, teratogenesis, poor carbohydrate metabolism, altered Cognition, poor immune function, alopecia, impotence, eye and skin lesions, and diarrhoea.
Zinc exposure can occur from-Occupational exposure related to minig and metallurgic industries. Use of commercial products containing zinc (e.g. Zinc containig shampoos, Multivitamins)	Zinc excess is not of major clinical concern, however elevated zinc concentrations may interfere with copper absorption.

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Arsenic

Arsenic Interpretation	Associated Conditions
Arsenic exposure can occur from-through elevated inorganic arsenic in drinking water, this is one of the major causes of arsenic toxicity. Other sources are automobile exhaust, rat poisons, household detergents, wood preservatives, inseticide residues on fruits and vegetables, contaminated wine and seafoof.	* Acute Arsenic exposure often associated with headache, nausea, vomittin, diarrhoea, abdominal pain, hypotension, fever, haemolysis, seizures and mental status changes. * Chronic exposure often associated with darkening and degeneration of skin and can lead to cancer, diabetes and neurological and vascular dysfunction.

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Lead

Lead is a heavy metal commonly found in environment and can be an acute or chronic toxin. Exposure to lead from any of the environmental sources either by ingestion, inhalation, or dermal contact can cause significant toxicity. 75% to 80% of absorbed lead is typically excreted via urine, 15 to 20% via bile, and the remainder via sweat, hair and nails.

Urinary lead increases in lead poisoning. Measurement of urine excretion rates either before or after chelation therapy has been used as an indicator of lead exposure. However, blood lead analysis has the strongest correlation with toxicity.

Limitations:High concentrations of gadolinium and iodine are known to interfere with most metals tests. If either gadolinium- or iodine-containing contrast media has been administered, a specimen cannot be collected for 96 hours.

Diet, medication, and nutritional supplements may introduce interfering substances. Patients should be encouraged to discontinue nutritional supplements, vitamins, minerals, nonessential over-the-counter medications (upon the advice of their physician).

Chromium, WB EDTA

Arsenic Interpretation	Associated Conditions
Chromium is a naturally occurring element in rocks, animals, plants, soil, and volcanic dust and gases. Thus the general population is exposed to chromium (generally chromium [III]) through food, drinking water and inhaling air containing the chemical. Chromium (III) is esential to normal glucose, protein and fat metabolism and is thus an essential dietary elements. Our	Overexposure to chromium may cause gatrointestinal symptoms such as diarrhoea and vomitting, severe water-electrolyte disorders, increased blood acidity and body tissues (acidosis). Lesions on the kidneys, liver and muscular layer of the heart (myocardium) may also develop. Carcinogenic effects causing lung, respiratory & renal cancers.

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body has several detoxification systems for reducing chromium (VI) to chromium (III). Excess Chromium exposure may occcur commonly in industrial processes like manufacture of cars, glass, pottery and linoleum which involves air emissions of chromium in the form of small particles or aerosols.			

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** End of Report**

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Dr. Daipayan Ghosh
Scientist

Dr. Aarti Khanna Nagpal
DNB (Pathology)
Senior Consultant

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