

1 Tips on Arsenic

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3 Arsenic exists in toxic and nontoxic forms. Toxic arsenic can contaminate water and soil, building up in
4 some crops like rice, and may be found in pressure-treated wooden playground structures built before
5 2003. Nontoxic arsenic may be found in seafoods.

6 Toxic arsenic affects many organ systems. Health effects of arsenic toxicity may include cholera-like
7 diarrhea and peripheral neuropathy that can mimic Guillain-Barre Syndrome. Mees' lines, transverse
8 white nail bands, are uncommon and nonspecific. Exposure can also cause keratosis of the palms and
9 soles, hyperpigmentation, and has been associated with several cancers.

10 If arsenic exposure is suspected, collect a 24-hour urine arsenic level at least 48 hours after last seafood
11 consumption.

12 Treatment is primarily supportive. When possible, ongoing exposure should be stopped. Provide advice
13 to patients such as eating a variety of grains to limit toxic arsenic exposure and consider water testing.
14 Consult a specialist in medical toxicology or occupational and environmental medicine regarding a
15 treatment plan as needed.

16 Visit ATSDR's website to learn more.