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MERCURY HEALTH TOOLKIT

**Information to Identify, Reduce, and
Prevent Mercury Toxicity
in the Human Body**

**California Indian Environmental Alliance
Mercury Tribal Health Program
2013**



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Information to Identify, Reduce, and Prevent Mercury Toxicity in the Human Body

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March 5 2013,

Dear Health Care Provider,

We are very pleased to bring you the latest edition of our Mercury Health Toolkit.

This Toolkit, the accompanying “Eating Fish Safely” brochure and training were designed to assist you in identifying patients that may be at risk of exposure to methylmercury and to provide these patients with advice on how to continue to enjoy the benefits of eating fish, while avoiding mercury toxins. Our hope is that the enclosed information will assist you in navigating the often contradictory studies and fish consumption guidelines, and provide resources for further study.

The California Indian Environmental Alliance (CIEA) was formed in 2006 to address mining contaminants in the state of California left over from the Gold Rush. This neurotoxin threatens the physical, cultural and spiritual health of California Indian communities. Native Americans have been identified as a high-risk group from toxins in fish, and because pregnant women, developing fetuses, and children are most affected by mercury in the body it is essential that we reach out to these community members. Our materials were created with these patients in mind.

CIEA staff are community health advocates and educators who have been providing tribal leaders, community members, and Indian health centers with information about mercury contamination since 2003. We are dedicated to providing this information to California families and to the health care providers that serve them.

To assist your medical staff we also now offer the “Eating Fish Safely” training for Continuing Medical Education. We also designed this toolkit to be updated and will forward you related studies as new information emerges.

Thank you for your interest and dedication to the health of our community members.

Sincerely,

Sherri Norris
Executive Director
California Indian Environmental Alliance



***We wish to thank the following for their time,
expertise and support:***

Sonoma County Indian Health, Fresno Native American Health Center, Shingle Springs Tribal Health Program, Tuolumne Miwuk Indian Health Center, Gotmercury.org, Health Care Without Harm, the Hesperian Foundation, Indian People Organizing for Change, National Indian Justice Center, Physicians for Social Responsibility, Dr. David Berry, Dr. Linda Berry, Dr. Margy Gassel, Wanda Quitiquit, Dr. Jane Hightower, Raquelle Meyers J.D., Meyo Marrufo, Sarah Ryan, Dr. Ted Schettler, Alyce Ujihara, and Andria Ventura.

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We could not have completed the Mercury Health Toolkit without your generosity, devotion, review and encouragement.

Thank you!



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“Mercury Tribal Health” Toolkit - Sample Readings Included

Mercury in the umbilical cord: Implications for risk assessment for Minamata Disease.

Delgård, C., P. Grandjean, P.J. Jørgensen, and P. Weihe. *Environmental Health Perspectives* 102 (6-7). 1994. Pages 548-550.

Impact of prenatal methylmercury exposure on neurobehavioral function at age 14 years.

Debes, F., E. Budtz-Jørgensen, P. Weihe, R.F. White, and P. Grandjean. *Neurotoxicology Teratology* 28(5): 2006. Pages 536-547.

Omega-3 fatty acids and the benefits of fish consumption: Is all that glitters gold?

Domingo, Jose L. *Environment International*. May 2007. Pages 993-998.

Technical Report: Mercury in the Environment: Implications for Pediatricians.

Goldman, Lynn R., Michael W. Shannon, and the Committee on Environmental Health. *American Academy of Pediatrics*. Vol. 108 No. 1 July 2007. Pages 97-205.

Follow-up study of mercury pollution in indigenous tribe reservations in the province of Ontario, Canada.

Harada, M., T. Fujino, T. Oorui, S. Nakachi, T. Nou, T. Kizaki, Y. Hitomi, N. Nakano, and H. Ohno. 1975-2002. *Bulletin of Environmental Contamination and Toxicology* 74. 2005. Pages 689-697.

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Mercury Exposure in Young Adulthood and Incidence of Diabetes Later in Life

He, Ka, Steve Morris, Pengcheng Xun, Jared Reis, Kiang Liu, Eliseo Guallar. *Diabetes Care Journal*. February 19, 2013. www.care.diabetesjournals.org.

Material Fish Intake during Pregnancy, Blood Mercury Levels, and Child Cognition at Age 3 Years in a US Cohort.

Oken, E., J. Radesky, R. Wright, D. Bellinger, C. Amarasiriwardena, K. Kleinman, H. Hu, and M. Gillman. *American Journal of Epidemiology*. March 2008.

Tuna Surprise: Over One Third of Mercury Exposure from this Fish, New Study Finds.

Mercury Policy Project. Washington, PRNewswire-USNewswire. April 2010.

CIEA also recommends **Diagnosis Mercury: Money, politics, and poison**, a book by Dr. Hightower. It includes a well-researched exploration of the history, political pressure and controversy surrounding currently recognized endpoints and the resulting agency advisories, as well as a detailed analysis of case studies of low level exposures results of their treatments.

CIEA will update Toolkit recipients as new related works are available. To receive these updates please be sure we have your contact information by sending an email to info@cieaweb.org. Indicate Toolkit in the subject line and indicate whether you prefer hardcopy or email updates.

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