

# Health Beat

SUMMER 2017

## Fall Blood Lead Screening

The East Helena Lead Education and Assistance Program is holding 2 blood lead screening clinics in collaboration with St Peter's Hospital at the Education Center in St Peter's Hospital. The clinics dates are: September 7th and 12th, and the times are 5:00 p.m. to 8:30 p.m. On-line registration is required, which can be found at: [www.stpetes.org/lead](http://www.stpetes.org/lead). The registration will close at 12:00 p.m. the day before each clinic. If you have any questions concerning blood lead testing contact Jan Williams or Debb Tillo at 457-8583. The blood lead testing is free for all East Helena area residents with emphasis on children between the ages of 1-6 yrs. Pregnant women are also encouraged to be tested as lead can cross the placenta and harm the unborn fetus. Each participant will receive a \$20.00 Heritage IGA gift card.

## Lead (Pb) is Found In Baby Food.

It seems like lead won't ever go away. Just recently a study showed that lead was found in about 20% of baby food samples. The study included 2,164 baby food samples. The study

found 89% of grape juice samples, 86% of sweet potatoes samples and 47% of teething biscuits samples contained detectable levels of lead. None of the food samples exceeded

the FDA's allowable levels of lead. Though over time the amount of lead a child consumes can be significant.

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Lead Program  
P.O. Box 1231  
East Helena, MT  
59635

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Helena, MT

## Postal Customer 59635

### Frequently Requested Phone #'s

#### East Helena Lead Program:

406-457-8583

#### Lewis and Clark Public Health:

406-457-8900

<http://www.lccountymt.gov/health.html>

#### City of East Helena:

406-227-5321

[www.easthelenamt.us](http://www.easthelenamt.us)

#### EPA:

406-457-8-5013

#### MTDEQ:

406-444-6433

**Continued from page 1.** The American Academy of Pediatrics recommends that children under the age of 1 should not drink any juice.

The group also *recommends* that children eat a lot of different kinds of fresh fruits and vegetables. Also diets high in iron, calcium and vitamin C can limit a child's absorption of lead into their bodies.

### Environmental Assessments

What is an environmental assessment? An environmental assessment identifies lead risks in your home by testing paint, dust, soils and water for lead concentrations. An EPA certified Risk Assessor conducts the assessment using an X-Ray Fluorescence Lead Paint analyzer for paint, dust wipes, soil and water samples. After the assessment, the risk assessor will discuss measures you can take to remove or reduce the lead risks identified in your home. The Environmental Assessment is a tool to help, you as a parent, reduce your child's lead exposure. If you are interested in having an Environmental Assessment conducted in your home call Jan Williams at 457-8583 to make an appointment. This service is free for all East Helena area residents.

