

## Cadmium

*Cadmium (kad-mee-uhm)*

*Tested in: Urine and Water*

*Reported in: Urine and Water*

### Learn how you can protect yourself and your family.



#### Is there an unsafe level of cadmium in water?

The EPA says that there is too much cadmium when levels are higher than 0.005 mg/L. Check your laboratory test report to see your personalized results.



#### Is it possible to remove cadmium from drinking water?

Yes, you may be able to reduce the amount of chemicals in your water. First, it is important to find out how chemicals may be getting into your water. We recommend that you contact your county's environmental health department or a well specialist. They may want to test your water for bacteria or nitrate or look at your well for any damage. Testing for bacteria or nitrate may be available for free through your county.

You may also be able to install an in-home treatment system to reduce chemicals in the water you drink. Not all treatment systems remove all chemicals. Talk to a water treatment specialist to determine the best options for the chemical(s) that may have been found in your water tests.



#### Will exposure to cadmium harm my health?

Cadmium is a human carcinogen (causing cancer in people).

Exposure to cadmium may also harm your

- cardiovascular system
- gastrointestinal system
- neurological system
- renal system (urinary system or kidneys)
- reproductive system
- respiratory system
- development of organs



#### Are there other ways I could limit my exposure to cadmium?

- Follow all safety precautions if you work with cadmium.
- Avoid smoking in enclosed spaces.
- Store nickel-cadmium batteries out of reach of children.
- Cadmium is sometimes found in foods, such as fish, root vegetables, leafy greens, fruit, and rice. If you eat these foods, include variety in your diet.

#### What is cadmium?

Cadmium is an element in rocks and soil. Cadmium is used to make many products, but mainly in batteries, pigments, metal coatings, and plastics. Cadmium is in cigarette and other tobacco smoke. Cadmium may also be in some foods, such as fish, root vegetables, leafy greens, fruit, or rice. People working or living near industries that use cadmium are most likely to be exposed.

#### Where can I find more information?

- [https://www.cdc.gov/biomonitoring/Cadmium\\_BiomonitoringSummary.html](https://www.cdc.gov/biomonitoring/Cadmium_BiomonitoringSummary.html)
- <https://www.atsdr.cdc.gov/az/c.html>