IOWA

State Hygienic Laboratory
Iowa Biomonitoring Program

Strontium

Strontium *(strahn-tee-uhm)*
Tested in: *Urine and Water*
Reported in: *Water Only*

Learn how you can protect yourself and your family.

Is there an unsafe level of strontium in water?

The EPA says that there may be too much strontium when levels are when levels are higher than 25 mg/L for a short-term exposure or 4 mg/L for a lifetime exposure. Check your laboratory test report to see your personalized results.

Is it possible to remove strontium 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 strontium harm my health?

Exposure to strontium may harm your

- musculoskeletal system (muscles and skeleton)

Are there other ways I could limit my exposure to strontium?

- Follow all safety precautions if you work with strontium.
- A diet that includes daily recommended amounts of vitamin D, calcium, and protein will reduce the amount of strontium that is absorbed into your body.

What is strontium?

Strontium is an element found in rocks, soil, dust, coal, and oil. It is also in some foods, such as fish, grains, leafy greens, and diary. Strontium is used to make many products. It is used in some ceramics, glass, paint pigments, fluorescent lights, medicines, pyrotechnics, alloys, personal care products, and dyes. People working or living near industries that use strontium are most likely to be exposed.

Where can I find more information?

- https://www.atsdr.cdc.gov/az/s.html
- https://pubchem.ncbi.nlm.nih.gov/compound/5359327