

Mercury Concentration in Participants' Hair
at the
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Why are we concerned about mercury?

According to the Minnesota Department of Health web site on fish consumption advisories:

- As you follow the fish advisory, the amount of methylmercury you take into your body is safely eliminated between meals.
- Large amounts of mercury may harm the nervous system.
- Young children, developing fetuses and breast-fed babies are at most risk, because small amounts of mercury can damage a brain that is just starting to grow.
- The first symptoms of adult mercury poisoning include lack of coordination and burning or tingling sensation in the fingers and toes. As mercury levels increase, your ability to walk, talk, see, and hear may all be affected in subtle ways.

Concentration of Mercury in Hair versus Number of Fish Meals Per Month

