### Mayo Clinic Minute

**Lead Paint Risk for Kids**

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| JEFF OLESEN  
MAYO CLINIC MINUTE  
Mayo Clinic | We’ve seen in recent news stories that lead can get in your water, but it might also be on your walls. |
| Dr. Laura Breeher  
Occupational Medicine  
Mayo Clinic | In children, the number one cause of elevated levels of lead is from exposure to paint. |
| Dr. Laura Breeher  
Occupational Medicine  
Mayo Clinic | Mayo Clinic Dr. Laura Breeher says the risk is highest for children who live in older homes. |
| Dr. Laura Breeher  
Occupational Medicine  
Mayo Clinic | Any house that was built before about 1975 to 1978 most likely has some layer of paint, you know, maybe two deep, maybe three deep, that has lead in it. |
| Dr. Laura Breeher  
Occupational Medicine  
Mayo Clinic | The danger occurs when that old lead paint flakes off surfaces and gets into the air and on the ground. |
| Dr. Laura Breeher  
Occupational Medicine  
Mayo Clinic | In children, usually the source of lead is from them ingesting it and little children from crawling around on the ground and picking up dust or lead chips or those sorts of things. |
| Dr. Laura Breeher  
Occupational Medicine  
Mayo Clinic | Children exposed to lead are at risk for lower IQ scores, developmental delays and behavioral issues. |
| Dr. Laura Breeher  
Occupational Medicine  
Mayo Clinic | And that’s why it’s so important to minimize exposure to lead. |
| Dr. Laura Breeher  
Occupational Medicine  
Mayo Clinic | Dr. Breeher recommends all children get a lead test between their first and second birthday or when there is specific concern about exposure. |
| Dr. Laura Breeher  
Occupational Medicine  
Mayo Clinic | If you find that there is an elevated level of lead, you can test the water or you can test the paint in your house. |
| Dr. Laura Breeher  
Occupational Medicine  
Mayo Clinic | For the Mayo Clinic News Network, I’m Jeff Olsen. |