

Abstracts

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210. Chronic Consumption of Fish Associated with Mercury Toxicity

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Background: The Department of Health (DH) releases an annual fish consumption advisory. It outlines how many fish meals can safely be consumed each week to minimize the risk of toxicity due to mercury and other contaminants. Information gathered from the DH, Department of Natural Resources (DNR), and the Pollution Control Agency's Fish Contaminants Monitoring Program is used to develop the annual fish consumption advisory for specific lakes. Two cases with frequent consumption of large amounts of fish resulting in elevated blood mercury

levels are presented. *Case Report:* Two women reported eating approximately two meals per day for years of large predatory fish from lakes. DH fish advisories recommended that consumption of large fish from these lakes be limited to one to two meals per week. The subjects reported fatigue and lethargy, and one complained of memory loss. Both women became concerned after a family member informed them of the fish advisories. Their initial blood mercury levels were 20 µg/L and 25 µg/L, while whole blood mercury levels rarely exceed 10 µg/dL in unexposed individuals. One woman was treated with dimercaptosuccinic acid (DMSA) by her private physician, and one woman did not receive any chelation treatment. Both women were advised to limit their fish consumption. Mercury levels normalized and symptoms resolved within several months. *Conclusion:* Elevated mercury levels can be seen with frequent consumption of larger fish. Mercury toxicity can be avoided by following the DH's annual fish consumption advisories.