

VANADIUM

Exposure to Vanadium has the potential to harm your health. Contact with any hazardous substances can cause health effects and the occurrence and nature of the effects depend on how much, how long and how one comes into contact with the substance.

What is Vanadium?

Vanadium is a naturally occurring element in soil, water, and air. It is found in the earth's crust, rocks, iron ores, and crude petroleum deposits. Vanadium typically comes in crystal form.

How could I be exposed to Vanadium? Exposure?

People can be exposed to vanadium by ingestion or inhalation. What are the sources? Some people are exposed to vanadium through the foods they eat, such as seafood. People may also be exposed to vanadium through breathing contaminated air, drinking contaminated water, or inhaling cigarette smoke. It is a component of tobacco smoke and can be found in some supplements.

What are the health effects of Vanadium?

Vanadium exposure may cause nausea, diarrhea, coughing, and stomach cramps. Other symptoms may include eye, throat, skin and throat irritation, metallic taste, eczema, wheezing, bronchitis, and breathing difficulty. High levels of exposure may result in lung damage. In animals, vanadium is associated with a decrease in the number of red blood cells, and increased blood pressure.

How can I limit or prevent my exposure to Vanadium?

- Avoid smoking in enclosed spaces to limit exposure to others.
- Consult your doctor before taking supplements with vanadium.
- Test your well water on a regular basis.

Is there a medical test to show if I have been exposed to Vanadium?

Exposure can be measured with a blood or urine test, which tests the level of vanadium in your body. Increased levels in your blood or urine may not indicate the health effects experienced from the exposure.

Additional Information

Call the N.C. Department of Health and Human Services, Division of Public Health at (919) 707-5900 for additional information.

References

Agency for Toxic Substances & Disease Registry (ATSDR). Public Health Statement for Vanadium. January 2015. Available at:
www.atsdr.cdc.gov/phs/phs.asp?id=274&tid=50

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National Institute for Occupational Safety & Health (NIOSH) Pocket Guide for Chemical Hazards. Vanadium. April 2011. Available at:
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