



Letter to Editor: Mercury Toxicity Can Be Lethal for Human Beings

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Introduction

Mercury poisoning is very common now days. We see it everywhere if we consume a lot of marine fish. Mercury is also present in some of the products that we often use in our homes, offices, dental clinics & at other places. We need to take adequate action to deal with mercury poisoning to curb this menace. Mercury poisoning can be lethal if it exceeds the normal mercury content in the human body. The total mercury concentration in whole human blood is usually lower than 10 µg/L, but if the value of mercury rises to 20 µg/L then also it is consider as normal mercury level but beyond this level it is termed as lethal. If the concentration of blood mercury rises to 35 µg/L after having a long-term exposure vapours of mercury it causes a very damaging effect on the human body. Mercury is a common occurrence in the human body. It's in every bite of fish we consume, whether caught in local lakes and streams or purchased at the supermarket. Mercury can also be present in some of the products we use in our homes, dental offices, and schools. This article has interfaces with information regarding mercury receptivity wellsprings, prospective prosperity effects, seafood that may include mercury, client items that contain mercury, and methods for dealing with mercury receptivity. The internal breath of mercury seethe or the consumption of inorganic or normal'salts' of mercury can cause clinical mercury damage, which can be severe or ongoing. The sporadic compound's potential determines the incidental impact complex to which it leads. Continuous mercury-smolder pain generates drowsiness and anorexia at first, then unpredictable erethism, characterised by bashfulness, energetic lability, affectability, loss of memory, lack of sleep, crazy, reckless penchants, and psychosis. The term erethism was coined to describe the problems that felt cap manufacturers had inhaling hot mercuric nitrate exhaust in the past, leading to the phrase "as absolutely nuts." Second-rate inorganic mercury toxicity is the source of acrodynia (pink illness) in children, who frequently developed irritability after being exposed to mercury-containing dental powder, treatments, and medications. Postnatal,

there is cognitive decline, erethism, daydreaming, and trance states, in addition to other CNS contributions. Because mercury has a particular fondness for thiol clusters, proteins that rely on them are harmed. When mercury levels are high enough, it can harm the brain, heart, kidneys, lungs, and immune system of people. According to research, the vast majority of people who eat fish do not pose a threat to their health. Significant levels of methyl mercury in the circulation system of pregnant newborns and small children, however, have been shown to harm the developing sensory system, making the child less prepared to think and learn. Mercury is more commonly found in birds and vertebrates that consume fish than in other creatures living in water. Trackers that consume fish-eating creatures may also be quite exposed. The primary repercussions of methyl mercury for these animals at verifiable levels of receptivity include death, reduced age, more sluggish turn of events and improvement, and irregular activities. People become receptive to methyl mercury when they consume fish and shellfish with detectable levels of methyl mercury in their tissues. Almost everyone has small amounts of methyl mercury in their bodies, which reflects the unavoidable presence of methyl mercury in the environment. According to data from the US Centers for Disease Control and Prevention (CDC), a large number of persons have blood mercury levels below those associated with potential health consequences. However, methyl mercury is a potent neurotoxin, and people exposed to high quantities may experience negative health effects. If you're concerned about your methyl mercury sensitivity, talk to your doctor. Loss of fringe vision, "A tingling sensation" feelings, usually in the hands, feet, and around the mouth, are some of the symptoms of methyl mercury poisoning. Lack of coordination of events, speech, hearing, walking, and muscle weakness Mercury from dental amalgam is a substantial source of controlled mercury released into the environment, and it will likely continue to be a major concern in the future. Children can be exposed to methyl mercury while still in the womb if their mothers consume methyl mercury-contaminated fish and shellfish.

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