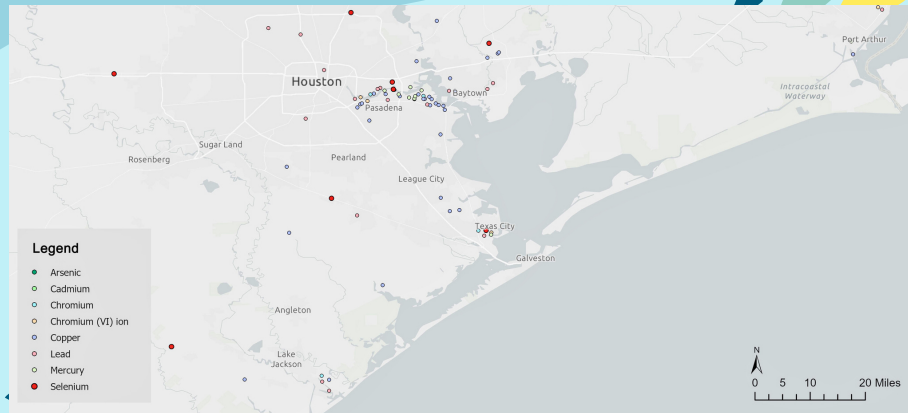
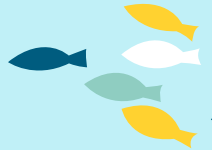


Bajo la superficie: Evaluación de metales pesados en peces

Analizamos **64** peces del Houston Ship Channel y Trinity Bay en busca de metales pesados.

- Especie de pescado colectado
 - Tambor Negro
 - Tambor Rojo
 - Trucha Punteada

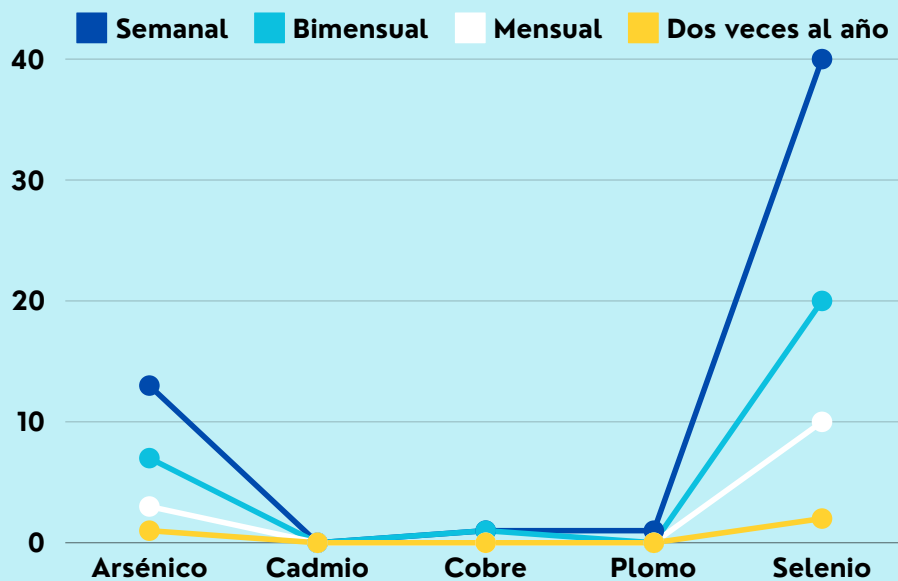


Para analizar los posibles riesgos para la salud utilizamos una herramienta llamada Target Hazard Quotient (THQ). El THQ se calcula comparando la dosis estimada de una sustancia a la que está expuesto un individuo con la dosis de referencia.

- Los resultados muestran que el THQ para el cadmio, el cobre y el plomo son menores que 1, lo que sugiere que su consumo se encuentra dentro de unos niveles más seguros. Sin embargo, los niveles de THQ para el arsénico y el selenio son más altos que 1, lo que implica un mayor riesgo. Todo esto suponiendo que estos peces se consuman regularmente como fuente principal de proteínas.

Si desea saber más sobre los efectos de los metales pesados, visite el sitio web de la FDA:
<https://www.fda.gov/food/chemical-contaminants-pesticides/environmental-contaminants-food>

THQ para cada metal pesado basado en la cantidad consumida



- Si THQ es <1 , indica que es poco probable que exista un riesgo significativo de efectos negativos para la salud.
- Si THQ es >1 , indica un riesgo probable de efectos negativos para la salud. Entre más alto sea el THQ, mayor será el riesgo.



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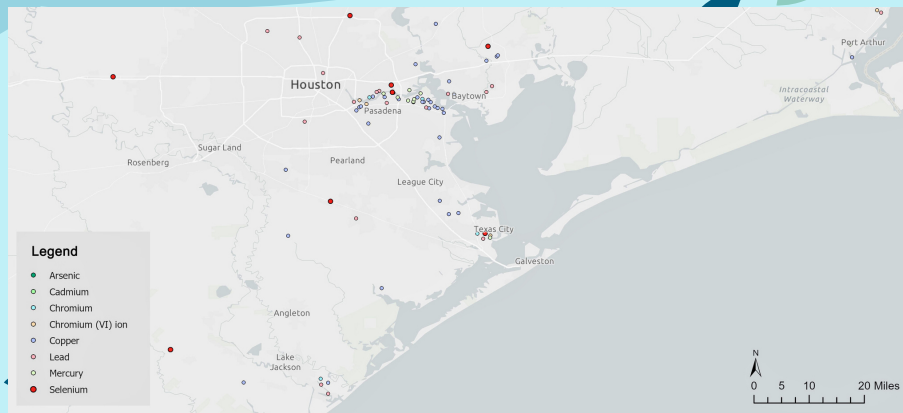


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Under the Surface: Assessing Heavy Metals in Fish

We analyzed **64** fish from the Houston Ship Channel and Trinity Bay for heavy metals.

- Type of fish collected:
 - Black Drum
 - Red Drum
 - Speckled Trout



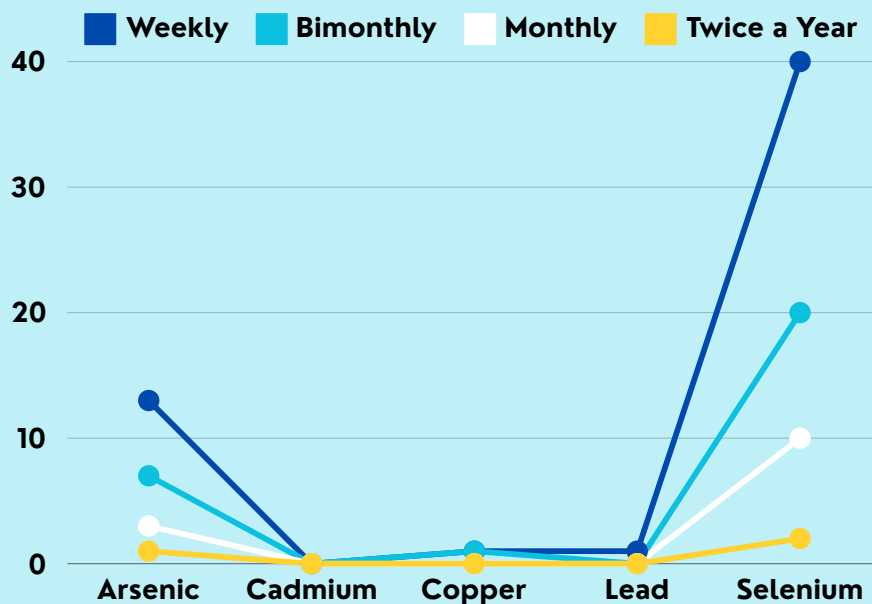
To analyze the potential health risks we used an assessment tool called the Target Hazard Quotient (THQ). The THQ is calculated by comparing the estimated dose of a substance that an individual is exposed to with the reference dose.

- Results show that the THQ for Cadmium, Copper, and Lead are below 1 suggesting their consumption is within safer ranges. However, the THQ levels for Arsenic and Selenium are above 1 resulting in a higher risk. This is assuming these fish are being consumed regularly as a main source of protein.

If you want to know more about the effects of heavy metals please visit the FDA website:

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THQ For Each Heavy Metals Based On Quantity Consumed



- If THQ is <1 this indicates that there is unlikely to be any significant risk of adverse health effects
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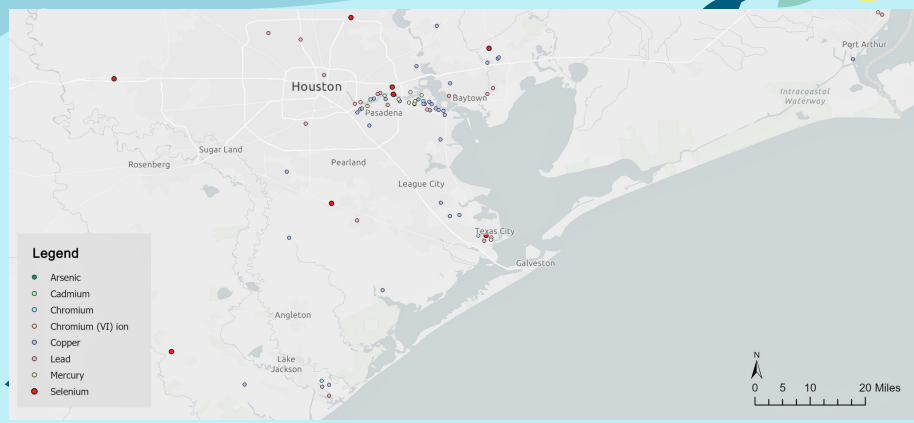
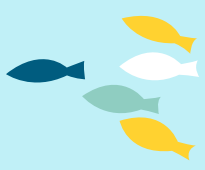
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THQ For Each Heavy Metal Based On Quantity Consumed

Metal	THQ Weekly	THQ Bimonthly	THQ Monthly	THQ Twice a Year
Arsenic	13	7	3	1
Cadmium	<1	<1	<1	<1
Copper	1	1	<1	<1
Lead	1	<1	<1	<1
Selenium	40	20	10	2

- If THQ is **<1** this indicates that there is unlikely to be any significant risk of adverse health effects
- If THQ is **>1** this indicates a potential risk of adverse health effects. The higher the THQ, the greater the potential risk



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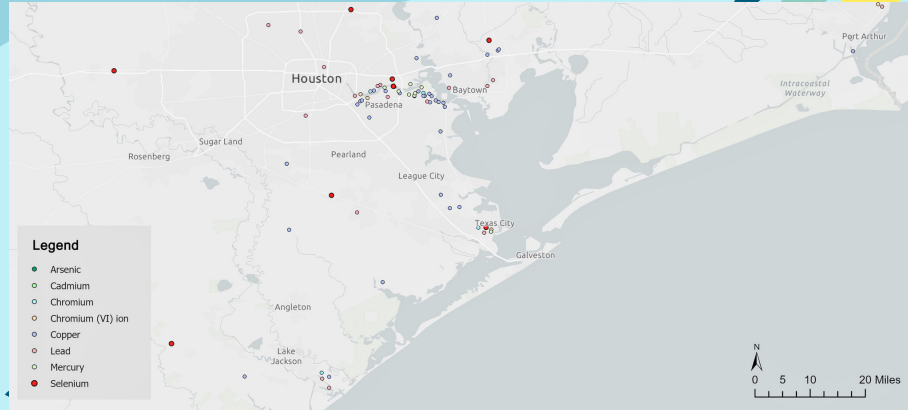
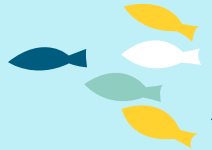
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THQ para cada metal pesado basado en la cantidad consumida

Metal	THQ Semanal	THQ Bimensual	THQ Mensual	THQ Dos veces al año
Arsénico	13	7	3	1
Cadmio	<1	<1	<1	<1
Cobre	1	1	<1	<1
Plomo	1	<1	<1	<1
Selenio	40	20	10	2

- Si THQ es <1, indica que es poco probable que exista un riesgo significativo de efectos negativos para la salud.
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