

What is Biomonitoring? (Short Communication)

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Biomonitoring is a scientific technique for assessing human exposures to natural and synthetic chemicals, based on sampling and analysis of an individual's tissues and fluids. While blood, urine, breast milk and expelled air are most commonly measured, hair, nails, fat, bone and other tissues may also be sampled.

This technique takes advantage of the knowledge that chemicals that have entered the human body leave markers reflecting this exposure. The marker may be the chemical itself. It may also be a breakdown product of the chemical or some change in the body that is a result of the action of the chemical on the individual.

The results of these measurements provide information about the amounts of natural and man-made chemicals that have entered and remained in the body. Biomonitoring data do not inform us about how the chemical got into people, how long it has been there, or whether it poses any health risk. Scientists use biomonitoring results to guide further research into sources of human exposures and possible health effects and ways to reduce or prevent future exposures.

For more information regarding biomonitoring, please contact info@ehrf.info.