

Plumbophobia

While lead exposure can lead to serious health problems such as brain damage, developmental problems, and decreased IQ...

Plumbophobia can also adversely affect your health!

Plumbophobia is the fear of lead and it can also take a toll on our mental and physical health.

Studies have shown that excessive stress and anxiety can lead to a host of health issues such as high blood pressure, heart disease, and weakened immune system.

This is why at The LEAD Group we choose to empower you.

Don't let the fear of lead exposure control you.

- See your doctor and test blood lead levels of the family to determine if there's any problems.
- Take control of the situation by avoiding scare tactics aimed at selling products.
- Educate yourself on ways to reduce your risk of lead exposure.
- Adopt healthy coping mechanisms to manage stress.
- Test dust, soil, paint and drinking water in your home as these deliver a whopping 99% of child lead exposure.
- Practising mindfulness can make a big difference.



@theleadgroup



Let's break the cycle and take informed action instead of getting caught up in the panic.

👵 Grandma Lead advises:

Spend zero time worrying and 100% of the time taking informed action on lead.

DO YOU HAVE
PLUMBOPHOBIA?



#Plumbophobia #LeadSafety #MentalHealth

#LeadSafeWorld #lead #leadpoisoning #leadpoisoningprevention #theLEADgroup #GrandmaLead