Mercury can have profound negative impacts on health and well-being. They can involve different body systems:

**BRAIN**
The most sensitive target for mercury is the central nervous system. Neurological and behavioural disorders may be observed after inhalation, ingestion or dermal application of mercury in its different forms.

**LUNGS**
The most commonly reported symptoms include cough, dyspnoea, and chest tightness or burning pains in the chest. Pulmonary function may also be impaired. Long term effects include airway obstruction, airway restriction, as well as decreased vital capacity.

**KIDNEYS**
Inhalation and ingestion of mercury can impair the renal function leading to urinary excretion of several proteins and degeneration of renal tissues and structures.

**SKIN**
Dermal exposure to mercury can induce skin rashes, discoloration, blotching, contact dermatitis, heavy perspiration and reddened and/or peeling skin on the palms of the hands and soles of the feet.

**MUSCLES**
Some long-term exposures to mercury have resulted in unsteady walking and performance decrements in psychomotor skills.

Ask advice and guidance to your dermatologist!