

### C. Sub-disciplines of Toxicology

The field of toxicology can be further divided into the following sub-disciplines or specialities:

- Environmental Toxicology is concerned with the study of chemicals that contaminate food, water, soil, or the atmosphere. It also deals with toxic substances that enter bodies of waters such as lakes, streams, rivers, and oceans. This sub-discipline addresses the question of how various plants, animals, and humans are affected by exposure to toxic substances.
- Occupational (Industrial) Toxicology is concerned with health effects from exposure to chemicals in the workplace. This field grew out of a need to protect workers from toxic substances and to make their work environment safe. Occupational diseases caused by industrial chemicals account for an estimated 50,000 to 70,000 deaths, and 350,000 new cases of illness each year in the United States (1).
- Regulatory Toxicology gathers and evaluates existing toxicological information to establish concentration-based standards of “safe” exposure. The standard is the level of a chemical that a person can be exposed to without any harmful health effects.
- Food Toxicology is involved in delivering a safe and edible supply of food to the consumer. During processing, a number of substances may be added to food to make it look, taste, or smell better. Fats, oils, sugars, starches and other substances may be added to change the texture and taste of food.

All of these additives are studied to determine if and at what amount, they may produce adverse effects. A second area of interest includes food allergies. Almost 30% of the American people have some food allergy. For example, many people have trouble digesting milk, and are lactose intolerant. In addition, toxic substances such as pesticides may be applied to a food crop in the field, while lead, arsenic, and cadmium are naturally present in soil and water, and may be absorbed by plants. Toxicologists must determine the acceptable daily intake level for those substances.

- Clinical Toxicology is concerned with diseases and illnesses associated with short term or long term exposure to toxic chemicals. Clinical toxicologists include emergency room physicians who must be familiar with the symptoms associated with exposure to a wide variety of toxic substances in order to administer the appropriate treatment.
- Descriptive Toxicology is concerned with gathering toxicological information from animal experimentation. These types of experiments are used to establish how much of a chemical would cause illness or death. The United States Environmental Protection Agency (EPA), the Occupational Safety and Health Administration (OSHA), and the Food and Drug Administration (FDA), use information from these studies to set regulatory exposure limits.

- Forensic Toxicology is used to help establish cause and effect relationships between exposure to a drug or chemical and the toxic or lethal effects that result from that exposure.
- Analytical toxicology identifies the toxicant through analysis of body fluids, stomach content, excrement, or skin.
- Mechanistic Toxicology makes observations on how toxic substances cause their effects. The effects of exposure can depend on a number of factors, including the size of the molecule, the specific tissue type or cellular components affected, whether the substance is easily dissolved in water or fatty tissues, all of which are important when trying to determine the way a toxic substance causes harm, and whether effects seen in animals can be expected in humans.

## II. Classification of Toxic Agents (2):

Toxic substances are classified into the following:

### A. Heavy Metals

Metals differ from other toxic substances in that they are neither created nor destroyed by humans. Their use by humans plays an important role in determining their potential for health effects. Their effect on health could occur through at least two mechanisms: first, by increasing the presence of heavy metals in air, water, soil, and food, and second, by changing the structure of the chemical. For example, chromium III can be converted to or from chromium VI, the more toxic form of the metal.