

## Exploring the exposome

Video	Audio
	The exposome is the measure of all exposures of an individual in their lifetime and the effect of those exposures on health.
<b>Konstantinos Lazaridis, M.D.</b> <b>Gastroenterology and Hepatology</b> <b>Mayo Clinic</b>	"We have been able to study some of those in the past. For example, we know how our smoking or alcohol, or some forms of diet may interact with us. But given that there are millions of these exposures, which were exposed to them every day, we need better and more systematic studies to truly understand what this means to our health."
	Dr. Konstantinos Lazaridis believes the exposome is the next frontier in individualized medicine ... and that exposome research will help to understand the causes and prevention of various diseases.
	"What the exposome brings forward is the ability to now have methodologies, which are scalable, to measure exposures in our own tissues."
	Exposures don't always have a negative effect on health.
	"We found that some of these untargeted chemicals are more prevalent in healthy people compared to patients in different diseases. So identification of those elements will be critical if we say that those associated with wellness or with lack of disease because this may protect us.
	For the Mayo Clinic News Network, I'm DeeDee Stiepan.