



**Mayo Clinic scientists call for landmark push to decode a lifetime of
environmental exposure**

VIDEO	AUDIO
Konstantinos Lazaridis, M.D. Executive Director – Center for Individualized Medicine Mayo Clinic	“My name is Konstantinos Lazaridis. I am the executive director for the Center for Individualized Medicine, and I'm leading the Precure initiative for the institution.”
	“Precure is an initiative where we want to build the science and the tools to be able to intercept disease processes.”
	“But what is exciting the last several years is the ability to be able to measure the exposome.”
	“Exposome is the totality of exposures an individual goes through their lifetime and the biological effects of those exposures — the air we breathe, the water we drink, the subjects we touch, the diet we have, our social interactions.”
	“But there are many, particularly the ones we are exposed for a long period of time, every single day, or for decades, which they may have a small effect on a daily basis but collectively maybe contribute to disease.”
	“But, now, for the first time, we have the scientific methods and the analytical methods to try to better understand exposures and what do they mean to our health and disease.”
	“We're going to start focusing our effort on measuring heavy metals in the urine.”
	“We're going to expand to pesticides, xenobiotics and other microparticles we can identify in the bloodstream, including microplastics, at some point.”
	Do we live in a place which have a lot of air pollution, light pollution, noise pollution?”

	<p>"If you live close to a major highway compared to a farm, you have probably different exposures."</p>
	<p>"Well, it's now well known that we live longer, but we live longer with chronic disease."</p>
	<p>"And I believe this is another opportunity where understanding exposures may help us close this gap."</p>
	<p>"The intent is to identify those processes for patients and make an action plan of how we can help to preserve health, intercept disease."</p>
	<p>"What excites me about the exposome is that in the years to come, we'll better define good exposures and harmful exposures in a way that we can further help our patients."</p>