



## Selenium Toxic Effects and Effective Remedies: Balancing the Thin Line

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### DESCRIPTION

Selenium is an essential trace element required by the human body in small amounts for proper physiological functions. However, like many essential elements, selenium can become toxic when consumed in excess. It plays a crucial role in antioxidant defence systems and the metabolism of thyroid hormones. However, like many essential elements, selenium can become toxic when ingested in excessive amounts. This article explores the toxic effects of selenium and discusses effective remedies to mitigate its adverse impacts. This article explores the toxic effects of selenium and effective remedies to mitigate its adverse impact on health. Excessive selenium intake can lead to a condition known as selenosis. Symptoms include gastrointestinal disturbances, hair loss, brittle nails, and in severe cases, neurological abnormalities. The tolerable upper intake level for selenium is 400 micrograms per day for adults, and exceeding this limit can contribute to selenosis. Selenium toxicity often manifests with gastrointestinal issues such as nausea, vomiting, and abdominal pain. These symptoms may be indicative of acute selenium poisoning, and prompt intervention is crucial to prevent further complications. Chronic exposure to high levels of selenium has been linked to neurological abnormalities. Symptoms may include tremors, incoordination, and muscle weakness. Long-term exposure to elevated selenium levels poses a serious risk to the nervous system. The primary remedy for selenium toxicity is to reduce the intake of selenium-rich foods and supplements. This includes being mindful of dietary sources such as Brazil nuts, seafood, organ meats, and certain grains. Individuals at risk of selenium toxicity should consult with a healthcare professional to determine an appropriate dietary plan. Adequate hydration is essential in facilitating the excretion of excess selenium from

the body. Increasing fluid intake can help flush out the excess selenium through urine, reducing its concentration in the bloodstream. In severe cases of selenium toxicity, medical intervention may be necessary. Chelation therapy involves the administration of chelating agents that bind to selenium and enhance its elimination from the body. This procedure should only be carried out under the supervision of healthcare professionals. Certain substances, known as selenium antagonists, can help counteract the toxic effects of selenium. These include substances like sulfur and vitamin E, which can reduce the absorption and retention of selenium in the body. Integrating selenium antagonists into the diet may assist in mitigating toxicity. Individuals with suspected or confirmed selenium toxicity should undergo regular medical monitoring. This involves tracking selenium levels in the blood and assessing the progression of symptoms. Medical professionals can adjust treatment plans based on the individual's response to interventions. While selenium is an essential nutrient for the human body, maintaining a delicate balance is crucial to prevent toxicity. Awareness of dietary sources and regular monitoring of selenium levels are key preventive measures. In cases of toxicity, prompt intervention through reduced selenium intake, increased fluid intake, and, in severe cases, medical therapies like chelation, can effectively mitigate the adverse effects. Striking a balance in selenium consumption is essential for harnessing its benefits while avoiding the pitfalls of toxicity.

### ACKNOWLEDGEMENT

None

### CONFLICT OF INTEREST

The author states there is no conflict of interest.

<b>Received:</b>	30-August-2023	<b>Manuscript No:</b>	ipjhmct-23-18542
<b>Editor assigned:</b>	01-September-2023	<b>PreQC No:</b>	ipjhmct-23-18542 (PQ)
<b>Reviewed:</b>	15-September-2023	<b>QC No:</b>	ipjhmct-23-18542
<b>Revised:</b>	20-September-2023	<b>Manuscript No:</b>	ipjhmct-23-18542 (R)
<b>Published:</b>	27-September-2023	<b>DOI:</b>	10.21767/2473-6457.23.5.47

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**Citation** Li S (2023) Selenium Toxic Effects and Effective Remedies: Balancing the Thin Line. J Heavy Met Toxicity Dis. 08:47.

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