

About Dr. Cheikin



Board Certified
Physical Medicine
Pain Management
Spinal Cord Medicine
Electrodiagnostic Medicine
Licensed Medical Acupuncture

Dr. Cheikin received his MD magna cum laude from Down-

state Medical Center in New York in 1980. He served his internship in Family Practice and Psychiatry and residency in Physical Medicine and Rehabilitation ("Physiatry").

For over ten years, Dr. Cheikin served as the Medical Director of Chestnut Hill Rehabilitation Hospital, where he developed and ran programs for Integrated Wound Care, Wheelchair Users, Chronic pain, Fibromyalgia, and Carpal Tunnel/Thoracic Outlet Syndrome, Spasticity and Contracture management, Workers Compensation and Integrated Medicine. He was previously on the faculty of Temple University School of Medicine. He is the Associate Medical Director of Inglis House and the Institutes for the Achievement of Human Potential.

Dr. Cheikin has been studying and practicing yoga and other mind-body techniques for over 25 years, and specializes in the application of conventional and "complementary" methods for acute and chronic pain, the special needs of wheelchair users and other disabilities, and other medical problems that elude conventional care. He also utilizes metabolic testing, medical acupuncture, nutrition, special laboratory tests, and special diets to help his patients.

He accepts most insurance plans for consultation.

Cost

Cost varies with the number and complexity of tests performed, which include:

Challenged Urine with Essential Elements (recommended) \$240

Challenged Urine Testing -- \$185

Pre-Post Urine Testing with Essential Elements (two tests) \$375

Hair Toxic Metals \$95

Hair Toxic Metals with Essential Elements \$195

Fecal Toxic Heavy Metals \$195

The cost also includes administrative, materials and interpretation fee.

Since the test is medically necessary and prescribed by a Medical Doctor, the test may be "covered" by a Medical Savings Account (MSA) or Health Savings Account (HAS). Some insurances may cover portions of the test.

Payment is required at the time of testing.

For more information:

Dr. Cheikin's Articles on Heavy Metals, Detoxification, Optimal Pregnancy and other related topics can be found at:

www.cheikin.com

More Detailed Information, including sample report:

www.doctorsdata.com

Heavy Metal Testing

State-of-the-art testing for lead, mercury, arsenic, aluminum and other toxic metals

offered by:

Michael Cheikin M.D.

610-239-8626

drc@c4oh.org

www.cheikin.com



Center for Optimal Health
Plymouth Valley Professional Center
832 Germantown Pike, Suite 3
Plymouth Meeting, PA 19462

Why Should I Should Be Tested for Heavy Metals?

Heavy metals such as lead and mercury are a hidden and pervasive cause of illness (see partial list of conditions on the right). Even at low levels, heavy metals can cause significant toxicity to most systems of the body, including: brain (mood, thinking, sleep), immune system (allergy, autoimmune disease, recurrent infections), hormonal systems, and energy generation systems (fatigue).

Over a lifetime, heavy metals accumulate in the body. It is not possible to know the sources, which have been ubiquitous since childhood. Some people, due to genetic weaknesses, cannot excrete heavy metals after they get in.

What is State-of-the Art Heavy Metal Testing?

Routine heavy metal testing, using blood tests, will only detect heavy metals when exposure has been recent or at very high levels. Since the nature of heavy metals is to "stick" to bones, brain, enzymes, and other tissues, they are often not found if exposure has been in the past or at low levels.

State-of-the-art heavy metal testing searches for heavy metals in these tissues by using a safe oral chelating agent to pull the heavy metals from where they are stuck, and then they are excreted and collected in the urine. Heavy metals can also be tested in the hair and feces, but these tests are less valid. Essential elements such as calcium, magnesium

and potassium can be tested at the same time.

How Is the Test Done?

The test is safe and convenient. It requires taking chelating pills (chelate means "claw") upon arising in the morning, and collecting urine for six hours. The patient then mails a sample in a pre-paid mailer the next day. The physician receives the results in approximately five business days, reviews the results with the lab when necessary, and then reviews the results with the patient at the next patient visit. A routine kidney test needs to be done within six months to ensure proper elimination of the chelating agent. There are other methods available as well, though less helpful.

If Heavy Metals Are Found, What Can Be Done?

There are many options for detoxifying the body of heavy metals from the body, and avoiding re-toxication at the same time. Depending upon the level of toxicity, and the urgency to remove the metals, various agents and methods are available. In most cases, it requires taking a series of oral agents (pills) for 6-12 months. Repeat heavy metal and blood testing is done every 3-6 months (at a discount) to monitor the rate of detoxification and to adjust the agents and other support supplements used.

Conditions Evaluated

Heavy Metal (& Essential Element) testing can help explain the "root cause" and optimize treatment of the following conditions and more:

Allergy

Anxiety

Attention and memory disorders

Autism

Autoimmune disorders

Behavioral Issues

Cognitive (Thinking) Fog

Depression

Dermatitis

Ear, nose, and throat symptoms

Fatigue

Headaches

Hormone Issues: Adrenal, Thyroid, Sex

Hormones, Diabetes

Hypertension

Infertility

Malabsorption

Mood changes

Muscle and joint pain

Optimal Pregnancy

Recurrent Infections

Sleep abnormalities

Weight Loss Resistance/Gain

Yeast Syndrome