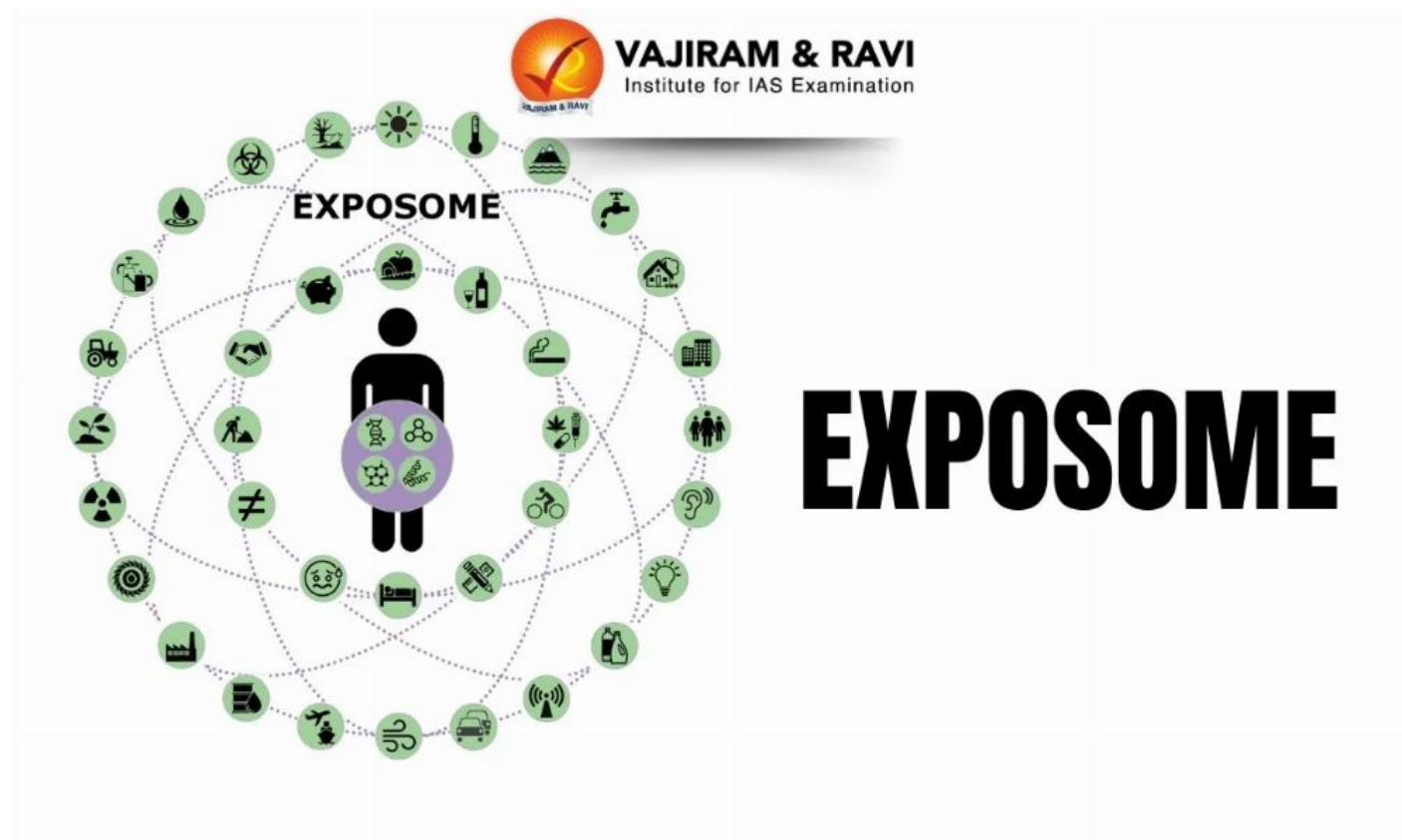


## Exposome

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### Exposome Latest News

Scientists are launching an ambitious global effort to map the “human exposome” — the lifelong mix of environmental and chemical exposures that drive most diseases.

### About Exposome

- It can be defined as the **measure of all the exposures of an individual in a lifetime, from conception onward, and how those exposures relate to health.**
- The **International Human Exposome Network (IHEN)** defines the exposome as the “**integrated compilation of all physical, chemical, biological, and psychosocial factors, and their interactions.**”
- It reveals the accumulated lifetime exposures that **determine our health, wellness, and susceptibility to disease.**
- This is shaped by internal exposures such as individual metabolism or the microbiome, as well as external factors such as air quality.
- It also **involves social or behavioral decisions** that influence nutrition and exercise.

- **Exposomics** is the **study of the exposome** and relies on the application of **internal and external exposure assessment methods**.
- **Internal exposure assessment** relies on fields of study such as **genomics, metabonomics, lipidomics, transcriptomics, and proteomics**. **Commonalities of these fields** include
  - **use of biomarkers** to determine exposure, effect of exposure, disease progression, and susceptibility factors
  - **use of technologies that result in large amounts of data** and
  - **use of data mining techniques** to find statistical associations between exposures, effect of exposures, and other factors such as genetics with disease.
- **External exposure assessment** relies on **measuring environmental stressors**.
  - Common approaches include using **direct reading instruments, laboratory-based analysis, and survey instruments**.

**Source: SD**

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