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NH-HAN 20150817



Release of Individual Perfluorochemical (PFC) Blood Test Results

Key Points and Recommendations:

1. DHHS is releasing pediatric and the next round of adult PFC blood test results from the Pease Tradeport Testing Program.
2. Participants may choose to consult their healthcare providers for counseling regarding their results, and providers should be prepared by reviewing resources on the DHHS website <http://www.dhhs.nh.gov/dphs/investigation-pease.htm> including:
 - a) PFC Fact Sheet (attached to this HAN)
 - b) Frequently Asked Questions document
 - c) Healthcare provider webinar by Dr. Benjamin Chan, New Hampshire State Epidemiologist (presented 6/22/15)
 - d) Community Advisory Board presentation by Dr. Alan Woolf, Director of Boston Children's Hospital Environmental Medicine program (presented 7/15/15)
3. DHHS will present a preliminary summary of results in children 11 years of age and younger in a community meeting in September, date and time to be determined.
4. DHHS has established an inquiry line managed by the Northern New England Poison Center staff to help providers answer questions that participants have about their individual test results.

Background Information:

The New Hampshire Department of Health and Human Services (DHHS) has conducted a blood testing program for people who consumed water from the Pease Tradeport water system that was contaminated with Perfluorochemicals (PFCs) and who want to know their blood level of PFCs.

For more detailed information about PFCs, healthcare providers should review our past Health Alert Network notifications and visit the DHHS website at: <http://www.dhhs.state.nh.us/dphs/investigation-pease.htm>

Current Situation:

The first 100 adult participant results were released in June. An additional 244 participant results have been received from the testing laboratory and will be mailed to participants this week; additional results will be mailed in the coming several weeks. Participants include adults, adolescents, and children.

DHHS has established an inquiry line with the Northern New England Poison Center which individuals can call after they receive results if they have questions or concerns. Healthcare providers should be aware that they may receive phone calls from patients who were tested and are concerned about their health. For this reason, DHHS is encouraging healthcare providers to review the available resources on the NH DHHS website and attached to this HAN.

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There is no guidance about any specific medical testing or screening that should be performed as a result of PFC exposure. Healthcare providers should continue to perform routine diagnostic or screening tests as medically indicated based on a thorough history and physical examination, and not based on PFC blood levels.

Since release of the first PFC blood test results, additional people have come forward requesting testing. Testing was initially stopped in June, but NH DHHS is re-opening testing for a two (2) month period for those who may have consumed PFC contaminated drinking water. Healthcare providers should note that there is no medical recommendation from NH DHHS that people should be tested, and a PFC blood test has limited utility for someone's healthcare. Any questions about PFC testing can be directed to the NH DHHS Public Inquiry line at 603-271-9461.

For any questions regarding the contents of this message, please contact NH DHHS, DPHS, Bureau of Infectious Disease Control at 603-271-4496 (after hours 1-800-852-3345 ext.5300).

To change your contact information in the NH Health Alert Network, contact Thom Flynn at 603-271-4596 or email tdflynn@dhhs.state.nh.us

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From: Dr. Benjamin Chan, MD, MPH – State Epidemiologist
Originating Agency: NH Department of Health and Human Services, Division of Public Health Services

Attachments: Perfluorochemical (PFC) Fact Sheet



Perfluorochemical (PFC) Fact Sheet

New Hampshire Department of Health and Human Services (DHHS)

PFCs are man-made chemicals that are used to make many household and industrial products that resist heat, oil, stains, grease, and water.

- **People are exposed to PFCs from many different sources. PFCs can be found in:**
 - Non-stick cookware
 - Stain- and water-resistant carpets, furniture, and clothing
 - Paper and cardboard products used to package food, such as microwave popcorn bags, fast food wrappers, and pizza boxes
 - Personal care products like shampoo and dental floss
 - Certain foods that can accumulate PFCs
 - Drinking water that has been contaminated with PFCs

- **Finding PFCs in your body does not mean you will get sick.**
 - Most people have some PFCs in their bodies because these chemicals are in so many of our products and don't leave our bodies quickly.
 - The current science can't tell us if PFCs cause health problems in people.
 - Scientists continue to study how PFCs might affect people's health, including study of whether PFCs affect children's growth and development; interfere with the body's natural hormones; increase cholesterol levels; affect the immune system; or increase the risk of some types of cancer.
 - DHHS will continue to monitor the scientific research and keep the community informed of new health information about PFCs.

- **There is no medical need to get your blood tested for PFCs.**
 - DHHS is offering blood testing for concerned individuals who consumed contaminated drinking water at the Pease Tradeport.
 - A PFC blood test **can** tell you about how much PFCs are in your body at the time of the test.
 - A PFC blood test **cannot:**
 - tell you where or how you were exposed to PFCs found in your body
 - tell you what, if any, health problems might occur, or have occurred, because of PFCs in your body
 - be used by your doctor to guide treatment decisions or additional medical tests
 - There is no treatment for PFCs found in your body and no way to more quickly remove them.

- **You can reduce your potential exposure to PFCs by:**
 - Limiting use of products that may contain PFCs
 - Avoiding foods that come packaged in grease-repellent wrappings and containers
 - Testing your home's drinking water if it comes from a private well and you are concerned about PFC contamination
 - Installing water treatment devices shown to remove PFCs if levels in your home drinking water are high. More information about testing and treating water can be found at the following link:
<http://www.dhhs.state.nh.us/dphs/documents/reducing-exposure.pdf>