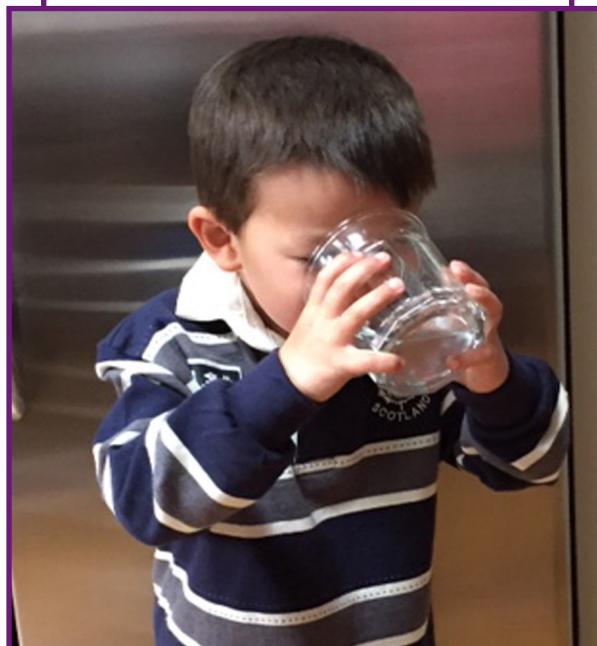


## Where can I get more information?

If you are concerned about your health because of exposure to PFCs, talk with your healthcare provider. A healthcare provider might not know right away how to address your concerns because the health effects of PFCs are uncertain, so the New Hampshire Department of Health and Human Services has developed resources and information on PFCs for both you and your healthcare provider. If you have questions about water or testing, call the DHHS Public Inquiry line at **603-271-4499**. For more information, visit:

- New Hampshire Department of Health and Human Services [www.dhhs.nh.gov/dphs/pfcs/](http://www.dhhs.nh.gov/dphs/pfcs/)
- New Hampshire Department of Environmental Services [des.nh.gov/organization/commissioner/pfoa.htm](http://des.nh.gov/organization/commissioner/pfoa.htm)
- Centers for Disease Control and Prevention/Agency for Toxic Substances and Disease Registry [www.atsdr.cdc.gov/pfc/health\\_effects\\_pfcs.html](http://www.atsdr.cdc.gov/pfc/health_effects_pfcs.html)
- U.S. Environmental Protection Agency [www.epa.gov/chemical-research/research-and-polyfluoroalkyl-substances-pfas](http://www.epa.gov/chemical-research/research-and-polyfluoroalkyl-substances-pfas)
- CDC 4th National Report on Human Exposure to Environmental Chemicals [www.cdc.gov/nchs/nhanes/](http://www.cdc.gov/nchs/nhanes/)

# Perfluorochemicals (PFCs) Blood Test Results



**New Hampshire Department  
of Health and Human Services  
Division of Public Health  
Services**

**September 2017**

## Why is DHHS doing this blood testing?

The health effects of perfluorochemicals (PFCs) are not clearly understood. In collaboration with the NH Department of Environmental Services drinking water testing program, the NH Department of Health and Human Services is offering PFC blood testing to help determine the full extent of the communities' exposure to these contaminants.

## How have I been exposed to PFCs?

PFCs are synthetic chemicals that have been widely used to make a range of household and commercial products including stain resistant furniture, carpeting, and clothing; water-repellant fabrics; and grease-resistant food packaging. Because of this widespread use, most people have been exposed to these chemicals in their everyday lives, and when tested, almost all people have detectable levels of PFCs in their blood. If a person's drinking water has these chemicals, their blood levels are likely higher than the average U.S. resident.



## How long do PFCs stay in my body?

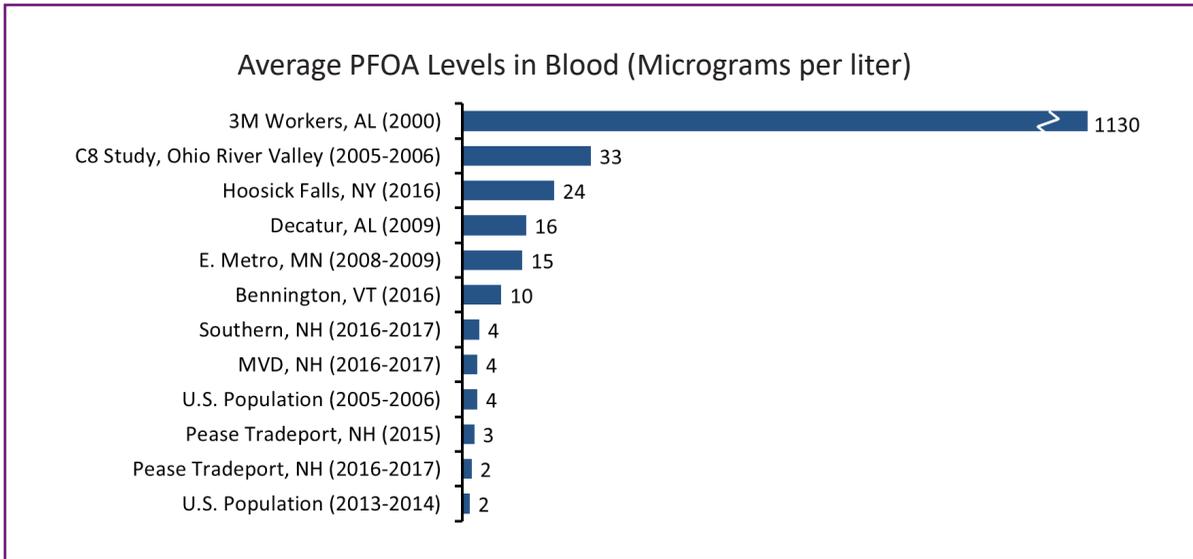
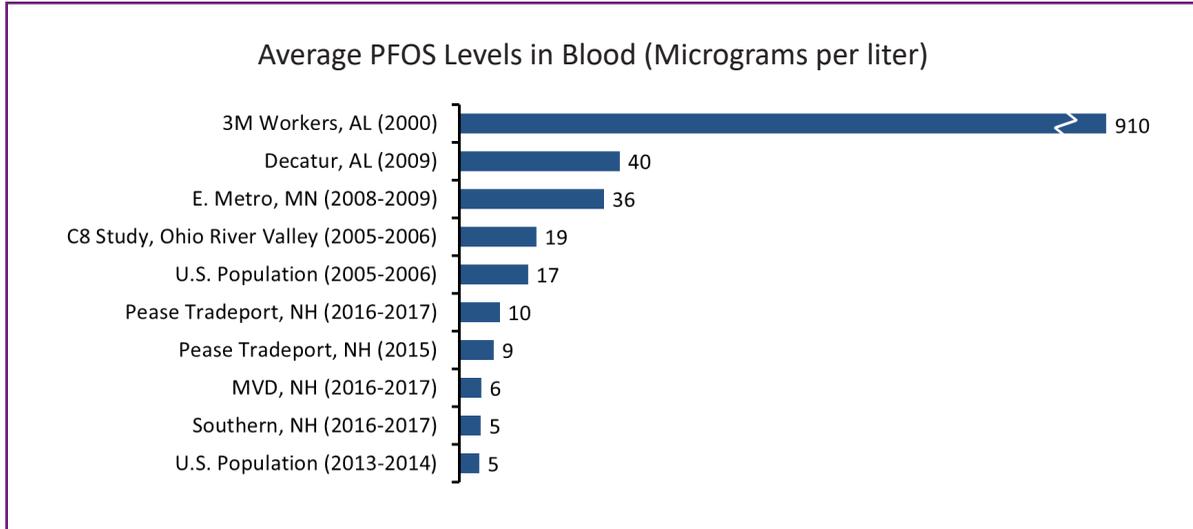
Some PFCs remain in a person's blood for a very short amount of time, whereas others can remain for years. Once exposures are removed PFCs, such as perfluorooctanoic acid (PFOA) and perfluorooctanesulfonic acid (PFOS), decline naturally in a person's blood by about half every 4-5 years. There is no known medical procedure to remove PFCs from a person's body more quickly than occurs naturally over time.

## Are there health effects known to be associated with PFCs?

Some human health studies have found associations between PFC exposure and health effects and others have not, therefore conclusions cannot be made with certainty about any health effects caused by PFCs at this time. Because of this uncertainty, further research is necessary to know how PFCs affect a person's health. A variety of potential health effects in humans are currently being studied, including how PFCs might affect growth and development, liver function, hormone levels, cholesterol levels, and occurrence of some types of cancers.

## Interpreting PFC Blood Test Results for Adults

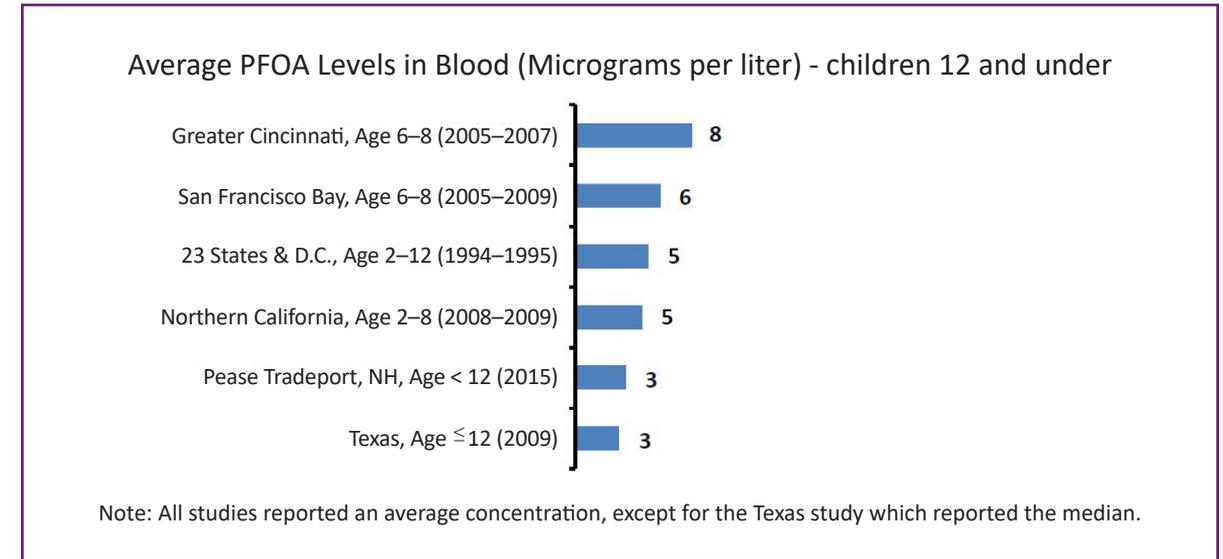
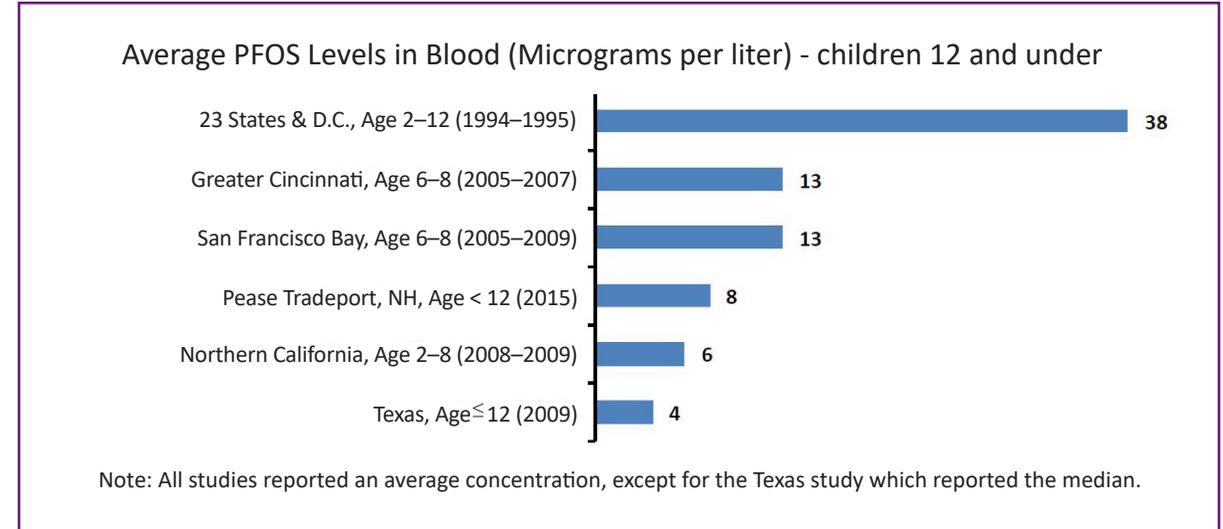
PFC blood testing is not a diagnostic medical test and cannot tell someone whether they have had or will have a health effect because of PFC exposure. The best way to understand a PFC blood level is to compare it with other people. Multiple studies have tested chemical plant workers



(considered to be some of the most highly exposed individuals), environmentally exposed communities, and people in the general U.S. population without any known specific exposure to PFCs. The charts above compare the average PFC levels for PFOS and PFOA found in several U.S. populations.

## Interpreting PFC Blood Test Results for Children

While there is no nationally representative study of typical PFC exposure for a child in the U.S., below are comparisons of children under 12 years of age exposed to PFOS and PFOA on the Pease Tradeport with studies of U.S. children who do not have any known exposure to PFCs.



For more information about these graphs, please visit [www.dhhs.nh.gov/dphs/documents/public-comp-slides.pdf](http://www.dhhs.nh.gov/dphs/documents/public-comp-slides.pdf)