



Perfluorinated Compounds (PFCs) and blood testing



Perfluorinated Compounds

If you or your family are concerned about your health or have symptoms you think are caused by Perfluorinated Compound (PFC) exposure, you should discuss your concerns with your health care provider.

If you are exposed to PFCs, whether or not you may experience health effects depends on how much PFC you are exposed to, how long you are exposed, and personal factors including age, lifestyle and how healthy you are. PFCs can be found at low levels in almost everyone since they can stay in the blood for several years after exposure. Blood testing can tell if a person's PFC level is lower than, similar to, or higher than the blood levels of the general population. However, testing is not recommended since results of blood tests don't show whether you might have health problems from exposure to PFCs.

Specific PFCs identified include:

- PFBS (Perfluorobutanesulfonic acid)
- PFHpA (Perfluoroheptanoic acid)
- PFHxS (Perfluorohexane sulfonic acid)
- PFOA (Perfluorooctanoic acid)
- PFOS (Perfluorooctansulfonic acid)

Information for Physicians

Minimize exposures to PFCs and treat symptoms supportively. There is no antidote or chelator for PFCs. The Rocky Mountain Poison Center does not advise specific blood level monitoring during the acute management of the exposure.

While PFCs can be measured in the blood by a laboratory, there is no correlation between a person's PFC level and magnitude or presence of clinical effects. The blood level does not dictate treatment or next steps.

Further assistance for physicians and those concerned is available from the Rocky Mountain Poison and Drug Center (1-800-222-1222).

Where to get testing

Axys Analytical	1-888-373-0881	www.axysanalytical.com
NMS Laboratory	1-866-522-2206	www.nmslabs.com
Vista Analytical	1-916-573-1520	www.vista-analytical.com

Information on the type of tube, details about handling, and specific analysis request codes should be directed to the laboratories.

- Additional clinician guidance including answers to common patient questions: www.atsdr.cdc.gov/pfc/docs/pfas_clinician_fact_sheet_508.pdf
- Additional resources including toxicology profiles: www.atsdr.cdc.gov/pfc/index.html
- Reference values from general population sampling through the CDC NHANES Survey: www.cdc.gov/exposurereport/biomonitoring_articles_12.html
- Centers for Disease Control: www.cdc.gov/biomonitoring/PFCs_FactSheet.html
- El Paso County Public Health: www.elpasocountyhealth.org