



Perfluorinated compounds (PFCs/PFAS) 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 exposure, you should discuss concerns with your health care provider.

If you are exposed to perfluorinated compounds, whether or not you may experience health effects depends on how much you are exposed to, how long you are exposed, and personal factors including age, lifestyle and how healthy you are. Perfluorinated compounds can be found at low levels in almost everyone since they stay in the blood for several years after exposure. Blood testing can tell if a person's perfluorinated compounds 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 these compounds.

Specific PFCs may include:

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

Information for physicians

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

While perfluorinated compounds can be measured in the blood by a laboratory, there is no correlation between a person's level and the 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).

Resources

- Centers for Disease Control: www.cdc.gov/biomonitoring/PFCs_FactSheet.html
- Colorado Department of Public Health and Environment webpages and contact information: www.colorado.gov/cdphe/pfcs
303-692-2606 or cdphe_toxcall@state.co.us
- Toxicology profiles: www.atsdr.cdc.gov/pfc/index.html
- Clinician guidance including answers to common patient questions: www.atsdr.cdc.gov/pfc/docs/pfas_clinician_fact_sheet_508.pdf
- Reference values from general population sampling through the CDC NHANES Survey: www.cdc.gov/exposurereport/biomonitoring_articles_12.html

Labs that can perform PFC blood 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.