



Health Impacts and Risks of PFAS

Environmental Health Epidemiology Bureau
Center for Health Protection
Public Health Division
New Mexico department of Health

Where is PFAS used?

- Used in:
 - Non-stick surfaces
 - Water-proof membrane on clothes and food wrappers
 - Fire fighting foams
 - Aerospace and automobiles
 - Personal care products
 - Paints
 - carpets



What are per- and polyfluoroalkyl substances (PFAS)?



Group of over 4,500 man-made chemicals



Durable and resistant to heat, water, grease, and stains



Used in many consumer and commercial products since the 1950s

Why worry about PFAS?

- PFAS builds up in living things
- Remains in the environment
 - Known as the forever chemicals
 - Do not biodegrade under normal environmental conditions
- They enter the human body and do not leave for long time
- Health effects still being studied, not everything is known
- Known effects:
 - Increases in cholesterol levels
 - Changes in liver enzymes
 - Small decreases in birth weight
 - Makes some vaccines less effective
 - Thyroid disease
 - Kidney and Testicular cancer
 - Pregnancy-induced hypertension and preeclampsia

How can one be exposed to PFAS?

- Drinking and eating
 - Drinking water contaminated with PFAS
 - Eating fish caught from water contaminated by PFAS
 - Accidentally swallowing or breathing contaminated soil or dust
- Eating food (e.g., meat, dairy, and vegetables) produced near places where PFAS were used or made
- Eating food packaged in material that contains PFAS

Special exposure considerations

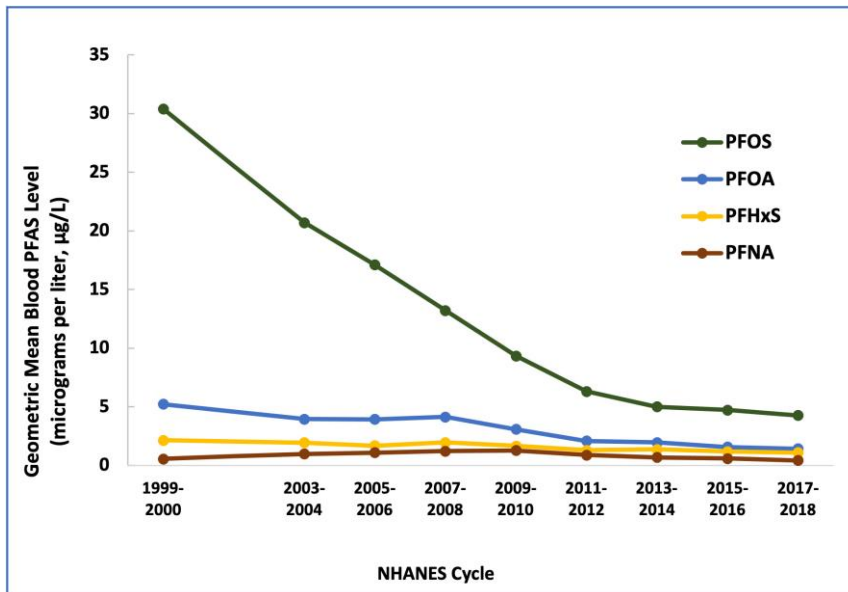
- Children:
 - Drinking formula mixed with PFAS-contaminated water
 - Drinking breastmilk from persons exposed to PFAS
- Workers:
 - making or processing of PFAS and PFAS-containing materials

PFAS and Breastfeeding

- Do PFAS enter breast milk?
- Should you have breast milk tested for PFAS?
- Should I continue to breastfeed?
 - With numerous protective health benefits, breast milk continues to be the ideal nutrition for infants

Talking to Your Healthcare Provider

- Nearly everyone in the United States has some amount of PFAS in their blood.



Data Source

Centers for Disease Control and Prevention. National Report on Human Exposure to Environmental Chemicals, Biomonitoring Data Tables for Environmental Chemicals. Atlanta, GA: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention.

- Can exposure to PFAS cause health problems?
- Should my family and I get a blood test for PFAS?
- Should my family and I be tested for any of the health conditions possibly linked to PFAS exposure?
- How will exposure to PFAS in drinking water affect my pregnancy?

What can you do?

- **Reduce your exposure!**
- Use only filtered potable water for drinking and cooking
- Avoid using contaminated water for home garden
- Use HEPA air filters for reducing dust exposure
- Avoid using non-stick cookware
- Avoid eating fish from known contaminated water bodies

What is being done?

- Centers for Disease Control and Prevention (CDC)
 - Agency for Toxic Substances and Disease Registry (ATSDR)
 - United States Environmental Protection Agency
 - National Institute for Occupational Safety and Health
- Investigating PFAS in the environment
 - Conducted exposure assessments in communities
 - Conduct Health Studies
 - El Paso County, CO
 - Parchment/Cooper Township, MI, and Belmont/Rockford area, MI
 - Montgomery and Bucks Counties, PA
 - Gloucester County, NJ
 - Hyannis, MA, and Ayer, MA
 - Hoosick Falls, NY, and Newburgh, NY
 - UC Irvine Medical Center, CA

Contact Info

- Questions related to PFAS:
Call NMHealth Helpline and ask for call back from an epidemiologist on call
1-833-796-8773

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