Understanding the Health Risk of PFAS

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Per- and polyfluoroalkyl substances (PFAS) are a family of man-made chemicals.
Most people have some PFAS in their blood.
PFAS have been used in many products since the 1940s.

The most common products are:

- Firefighting foam
- Food packaging
- Stain resistant products
- Non-stick cookware
We can be exposed to PFAS from food, dust, and drinking water.
Major exposure pathways to PFAS

Eating food that was packaged in material that contains PFAS.
Drinking contaminated water.
Eating fish caught from contaminated water (PFOS, in particular).
Accidentally swallowing contaminated soil or dust.
PFAS can cause health effects in people.
High levels of PFAS may increase cholesterol
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Reduce antibody response
High levels of PFAS may:

- Increase cholesterol
- Reduce antibody response
- Decrease fertility in women
PFAS may also increase the risk of

Thyroid disease
Osteoarthritis
Ulcerative colitis
Testicular cancer
Kidney cancer
We do not know how much PFAS has to be in our blood to cause health effects.
There are hundreds of animal studies examining the health effects of PFAS.
Other things we learned about PFAS

PFAS can stay in the body for many years.

PFAS can cross the placenta during pregnancy.

PFAS can pass through breastmilk.
In June 2019, DHS recommended a groundwater standard of 20 ng/L for PFOA and PFOS.
We continue to learn about the health effects of PFAS.
To evaluate PFAS as a class, we need to have information on exposure and toxicity.
Most people have some PFAS in their blood.

PFAS can cause health effects in people.

We continue to learn more about the health effects of PFAS.
Thank you!

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