

CLINICAL GUIDANCE: EXPOSURE TO PER- AND POLYFLUOROALKYL SUBSTANCES (PFAS)

The National Academies of Science, Engineering, and Medicine (NASEM) recently published a set of clinical guidelines for health care providers to advise patients on exposure reduction and set parameters for testing.

Environmental Exposure Assessment

Prior to testing, determine the primary sources of exposure:

- Occupation
- Industrial contamination
- Consumption of fish and/or game from contaminated areas



Look out for consumption advisories and contact occupational health and safety professionals to aid in this process

Patient Recommendations

For patients at an increased risk of exposure to PFAS in drinking water, **recommend using filters in their home.** PFAS exposure through breastmilk is a possible risk. However, advise pregnant/nursing patients that it is unknown if this outweighs the known benefits

Prioritize recommending testing for patients in:

- Specific occupations (ie: military & firefighters)
- Known contaminated water sources
- Close proximity to industrial exposure such as, facilities that use fluorochemicals, airports, military bases, wastewater treatment plants, sewage sludge applications, landfills or incinerators.

Testing Guidelines

If testing is recommended:

- Inform patients of the risks
- Test for the sum of total PFAS (PFOA, PFOS, MeFOSAA, PFHxS, PFDA, PFUnDA, and PFNA) in **serum or plasma**
- Care should be taken with the interpretation of capillary blood samples.

Interpreting results

<2 ng/ML
Adverse effects not expected due to PFAS exposure

2-20 ng/ML
Potential for adverse effects, increases for susceptible populations

>20 ng/ML
Increased risk of adverse effects

Clinical Follow Up

The NASEM report contains detailed guidelines for follow up if the patient tests results are within the range of concern. Scan the QR code or visit <https://www.nationalacademies.org/our-work/guidance-on-pfas-testing-and-health-outcomes#sectionPublications> to learn more

