

# PFAS Exposure and Cancer Risk

How PFAS exposures affect your health and what you can do about it

## What Are PFAS?

- PFAS, also called “forever chemicals,” include thousands of different types of chemicals.<sup>1</sup>
- PFAS stay in the environment for a long time.<sup>1</sup>
- Almost all humans have some level of PFAS in their blood.<sup>1</sup>
- Since the 1950s, they have been added to everyday household items, including non-stick cookware and food packaging.<sup>1, 2, 3</sup>
- PFAS have been found in firefighting foams.<sup>1</sup>
- PFAS have also been used in carpeting and on clothing to make them stain and water resistant.<sup>1</sup>



## How Can I Be Exposed?

You can be exposed to PFAS through the products you use every day. You can also come in contact with PFAS through the environment.

The main ways people are exposed to PFAS include:

- Drinking contaminated water.<sup>2, 3</sup>
- Eating certain foods that may contain PFAS, like seafood.<sup>3</sup>
- Swallowing contaminated soil or dust.<sup>2, 3</sup>
- Using consumer products that contain PFAS like nonstick cookware, stain and water repellent sprays for fabrics, and ski wax.<sup>2</sup>
- Working in occupations such as firefighting or chemicals manufacturing and processing.<sup>3</sup>

# How Can PFAS Affect My Health?



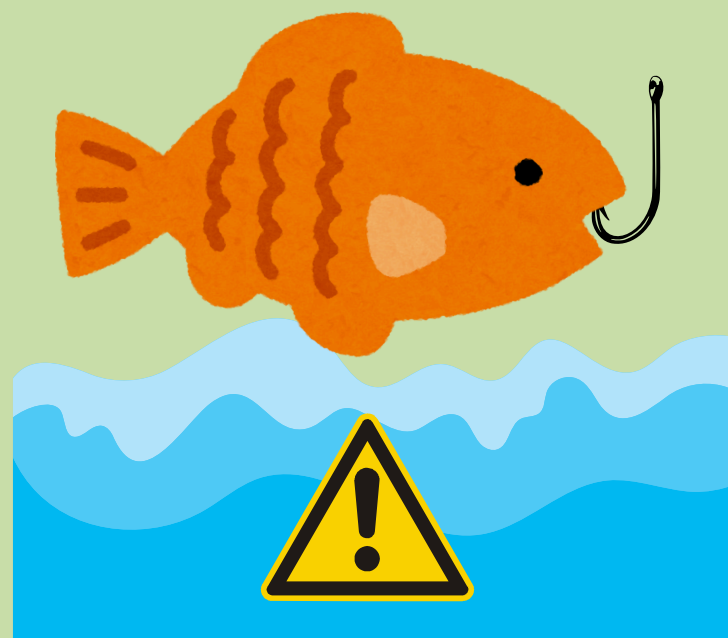
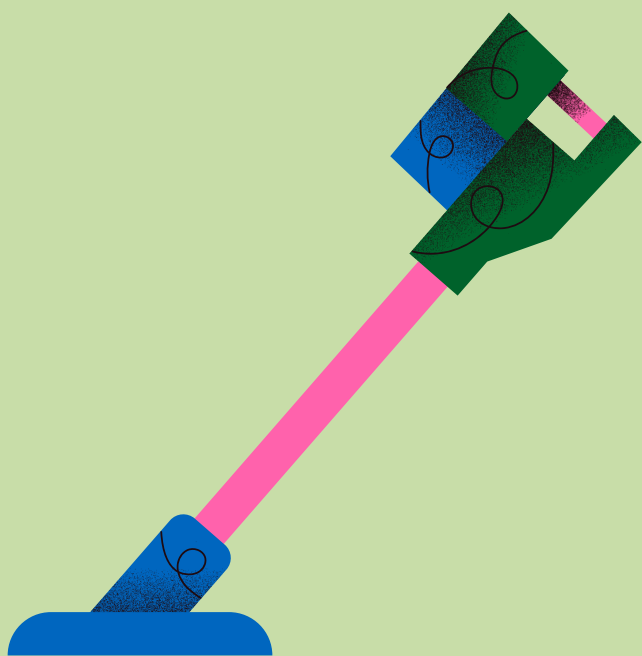
There are many chemicals in the PFAS family, and they may cause different health effects if you are exposed to them. Some studies have shown that certain PFAS exposures may:

- Impact growth, learning and behavior of infants and children.<sup>3</sup>
- Cause small decreases in birth weight.<sup>4</sup>
- Interfere with the body's natural hormones.<sup>3</sup>
- Increase cholesterol levels.<sup>4</sup>
- Affect the immune system.<sup>3</sup>
- Increase the risk of certain cancers (such as kidney, prostate, and testicular cancers).<sup>3, 4</sup>

## What Can I Do About PFAS?

There are ways to reduce your exposures in daily life:

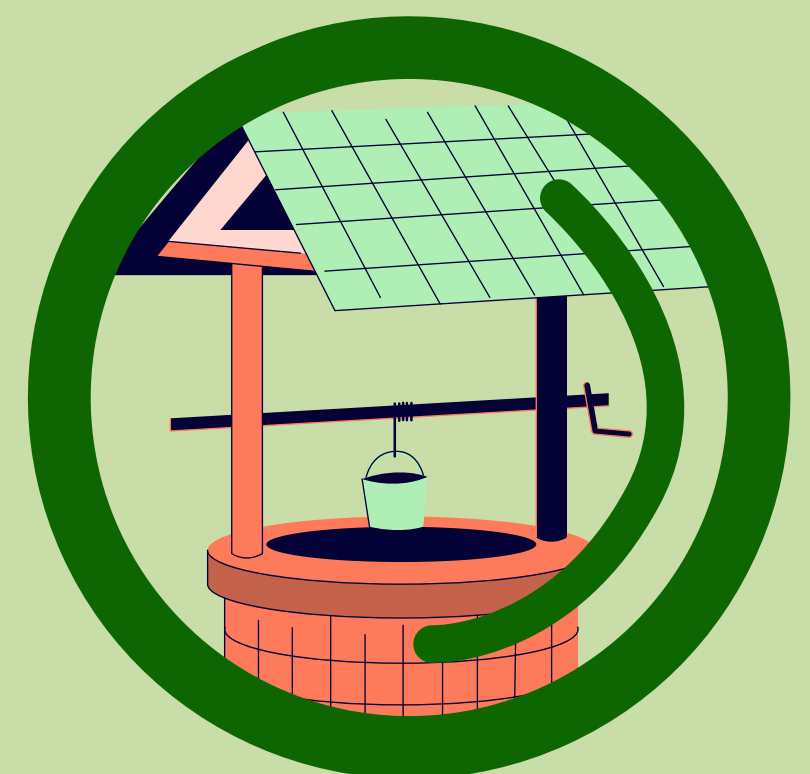
- Check for advisories for water bodies where you fish and avoid eating fish from PFAS contaminated water.<sup>5</sup>
- Consider using all-natural cleaning products.<sup>2</sup>
- Vacuum your home regularly.<sup>2</sup>
- Consider replacing non-stick cookware that is scratched or is more than ten years old. When possible, choose cast-iron, glass, ceramic or stainless pots and pans.<sup>2</sup>



### References:



If you have a private well and live near a community where PFAS have been detected, **consider testing your well for PFAS.**<sup>5</sup> Your local health department may be able to help.



**CEECCR**

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