

# MAKING SENSE OF MEDICAL RECOMMENDATIONS FOR PFAS IN THE BODY

In July 2022, the National Academy of Sciences, Engineering, and Medicine published a report on when a person should be tested for exposure to PFAS and recommended follow-up medical evaluations for those exposed. This factsheet will help you understand the new recommendations and whether you should seek further medical attention. Doctors and nurses may or may not have knowledge about PFAS, so this factsheet also includes background information on the chemicals.

## Background

### *What are PFAS?*

Per- and polyfluoroalkyl substances (PFAS) are a class of over 12,000 chemicals that are used to make a variety of products including non-stick cookware, stain-resistant fabrics, and firefighting foams and more. PFAS are called “forever chemicals” because they last in the environment for long periods of time.

### *Are there health problems associated with PFAS exposure?*

We are still learning about how PFAS can affect our health. Some of these chemicals have been linked to health problems including thyroid disease, certain cancers, elevated cholesterol, and effects on the immune system.

### *What are sources of PFAS exposure?*

People can be exposed to PFAS in a variety of ways, but one of the most common sources is drinking water. Levels of PFAS in drinking water vary widely across the U.S. Diet can also be a source of PFAS exposure.

## Testing for PFAS Exposure

If you are concerned about potential exposure, a blood test can determine the levels of certain PFAS in your blood at the time of the test. A blood test will not tell you how PFAS got into your body or where it might have come from, and it won't tell you how long you've been exposed.

### *How can I get a blood test? Where do I find a lab?*

Your doctor may be able to help order a test. Providers should use ICD-10 diagnosis code Z13.88, and if ordering a test through Quest, they should use Test Code 39307 and CPT code 82542. If not, they may be able to help with the blood draw, which can then be sent to a lab that does the testing. For more information on how to get tested, visit [pfas-exchange.org](https://www.pfas-exchange.org).

### *How much does PFAS blood testing cost? Will health insurance cover the cost?*

These blood tests can be expensive – they range from \$400-\$600 depending on the lab and the number of PFAS that are tested for. Health insurance may or may not cover the costs for testing. For more information on the cost of testing, visit [pfas-exchange.org](https://www.pfas-exchange.org).

*Do you have your blood test  
results for PFAS?*

*Flip over to learn more about  
medical guidance*

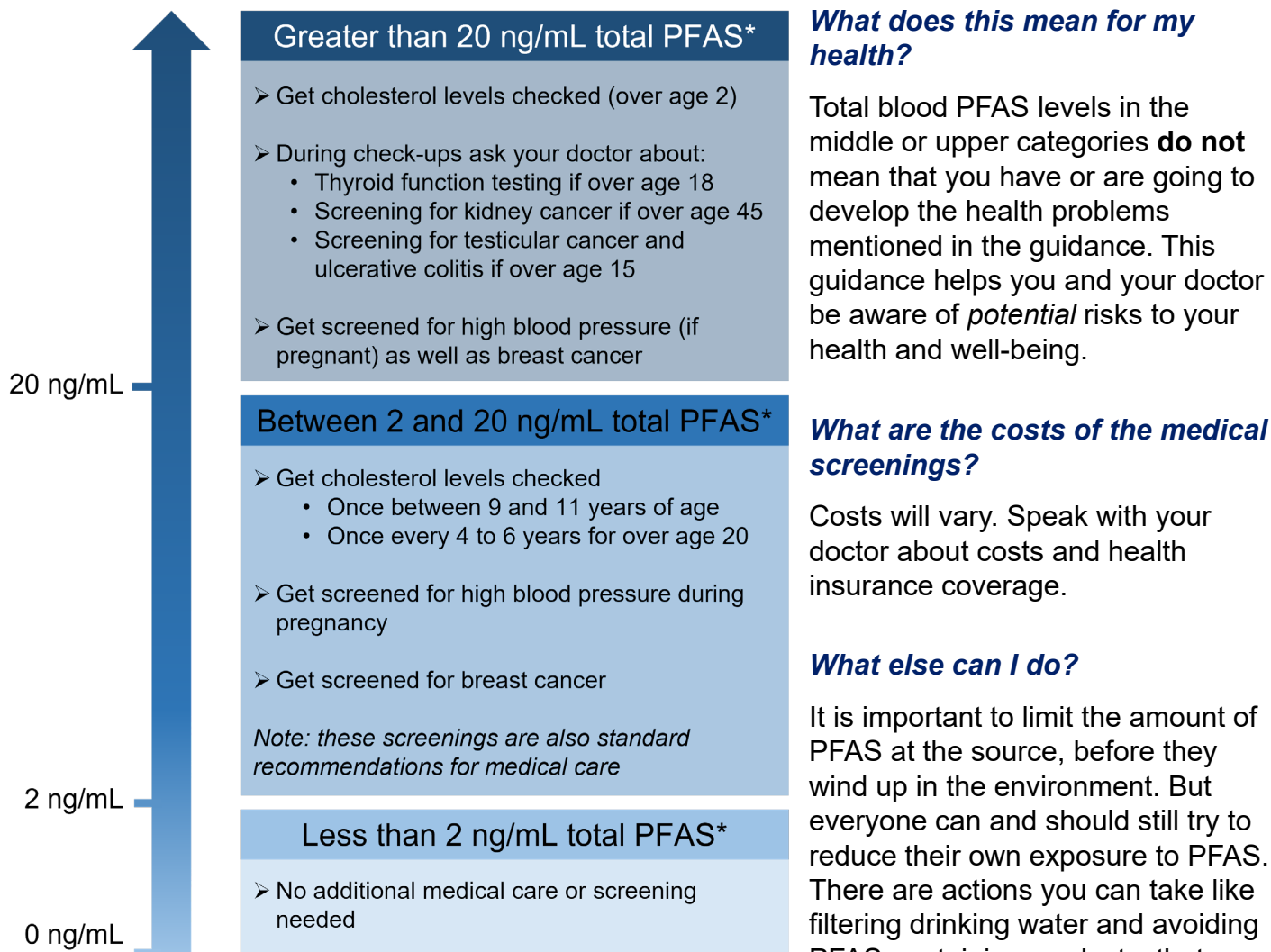


# Recommendations for Health Screening for Exposure to PFAS

The recommendations from the National Academy of Sciences, Engineering, and Medicine is for the *total* of seven different PFAS in your blood. To see where your results stand, do the following simple calculation:

$$\text{*Total PFAS in blood} = \text{MeFOSAA} + \text{PFHxS} + \text{PFOA} + \text{PFDA} + \text{PFUnDA} + \text{PFOS} + \text{PFNA}$$

All results should be in ng/mL= nanograms of PFAS per milliliter of blood



Source: Adapted from the National Academy of Sciences, Engineering, and Medicine, 2022. [bit.ly/PFAS-guidance](https://bit.ly/PFAS-guidance)

## Additional Resources

To learn more about ways to reduce your exposure to PFAS, getting blood tests to check for PFAS exposure, and more, use this QR code:

