

# Testing Your Blood for PFAS

It is possible to get your blood tested for PFAS, but the results have some important limitations. The following information will help you understand what blood testing can tell you and whether blood testing is a good choice for you.

## PFAS Testing for Individuals

A blood test for PFAS can tell you what your levels are at the time the blood was drawn, but not whether levels in your body are “safe” or “unsafe.”

- Most people in the U.S. have measurable amounts of PFAS in their body because PFAS chemicals are commonly used in commercial and industrial products.
- The PFAS blood test is not a clinical test and cannot tell you whether your health has been or will be affected.
  - Many health issues associated with PFAS, such as increased cholesterol and decreased thyroid hormone levels, commonly occur in the population as a whole – even when not associated with high levels of PFAS in the blood.
  - These health issues can be caused by many factors, and there is no way to know or predict if PFAS exposure has or will cause your health problem.
  - If you have specific health concerns, please consult your doctor for the best treatment choices for you.
- It is complicated to get a PFAS blood test.
  - The MDH lab does not test blood samples from individual people.
  - It is not a routine clinical test, so you would need to contact a private lab directly to arrange the test and it is unlikely that insurance would cover the cost.
  - There are hundreds of PFAS around us. Labs can only test for a small number of PFAS in blood.

For these reasons, MDH does not generally recommend testing your blood for PFAS. Physicians will not be able to treat a specific health issue using the result from this test.

## What you can do with your test results

You can compare your levels to those in groups of people from Minnesota or nationwide.

To find information on PFAS blood levels found in both of these groups, visit the [Minnesota Public Health Data Access portal \(https://data.web.health.state.mn.us/biomonitoring\\_pfc\)](https://data.web.health.state.mn.us/biomonitoring_pfc).

## In Minnesota

MDH has done projects testing PFAS in the blood of a group of East Metro residents, most recently in 2014. This was done as part of a large biomonitoring study to see whether people in the East Metro had more PFAS in their bodies than people in other places. By measuring PFAS in the blood

of these people over time, we could check whether the efforts to reduce PFAS in drinking water in the area were working.

You can read more about these projects on the MDH web site: [PFAS Biomonitoring in the East Metro \(www.health.state.mn.us/communities/environment/biomonitoring/projects/pfas.html\)](http://www.health.state.mn.us/communities/environment/biomonitoring/projects/pfas.html).

## Across the US

The [National Biomonitoring Program \(www.cdc.gov/biomonitoring/index.html\)](http://www.cdc.gov/biomonitoring/index.html) by the U.S. Centers for Disease Control and Prevention (CDC) tests a very large group of people for PFAS and other chemicals, and tells us about average exposures in the U.S. population. These studies can be used to compare your blood test result to what we know about levels in people throughout the country.

## Laboratories that Offer PFAS Testing

MDH is aware of two private laboratories that offer PFAS testing. MDH does not recommend specific labs and does not know specifics regarding the different tests they offer. The cost for PFAS blood testing is in the \$500-800 range, not including fees that a clinic might charge for drawing and shipping the blood.

- Vista Analytical Laboratory, El Dorado Hills, California, 916-673-1520, [www.vista-analytical.com](http://www.vista-analytical.com): Accepts samples from individuals, group discounts available, can test for multiple PFAS, cost ranges from \$550-650 + \$150 for sampling kit, results available in 5-6 weeks.
- NMS Labs, Willow Grove, Pennsylvania, 866-522-2206, [www.nmslabs.com/](http://www.nmslabs.com/): Only accepts samples from clients (i.e., medical professionals, laboratories), group discounts available, can test for multiple PFAS, cost ranges from \$500-620, results available in 7 days.

MDH may be able to help people understand their results. If you want to talk to someone about your results, please contact us.

## For more information about PFAS

Visit the MDH webpage [Perfluoroalkyl Substances \(PFAS\)](http://www.health.state.mn.us/communities/environment/hazardous/topics/pfcs.html) at [www.health.state.mn.us/communities/environment/hazardous/topics/pfcs.html](http://www.health.state.mn.us/communities/environment/hazardous/topics/pfcs.html).

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To obtain this information in a different format, call 651-201-4897.