

# CANCER PREVENTION: PFOAS

## DECEMBER FLYER

A collection of manufactured chemicals that include perfluorooctanoic Acid (PFOA), perfluorooctanesulfonic acid (PFOS), Gen X technology, and many other chemicals.

### Some Health Effects of PFOAS:

1. Cancer
2. Cardiovascular Disease
3. Liver Malfunction
4. Hormonal Changes
5. Thyroid Disease

Source: [www.ncbi.nlm.nih.gov/pubmed/20049206](http://www.ncbi.nlm.nih.gov/pubmed/20049206)

### Where are PFOAS found in the Firehouse?

1. AFFF, and Class B Foams: Don't Train With it!
2. Teflon Non-stick cooking pans: Consider going to Stainless steel or cast iron.
3. In Turnouts: Only use during structure fires and sparingly while training.
4. Microwavable popcorn: Don't buy it!

