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.

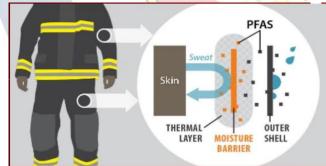
Some Health Effects of PFOAS:

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

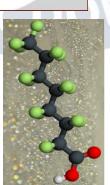
Source: www.ncbi.nlm.nih.gov/pubmed/20049206

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!











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