

How Maine is Taking Action: Public Health Support for PFAS Blood Testing

2026 PFAS Summit

PFAS Exposure and Patient Health

September 23, 2026

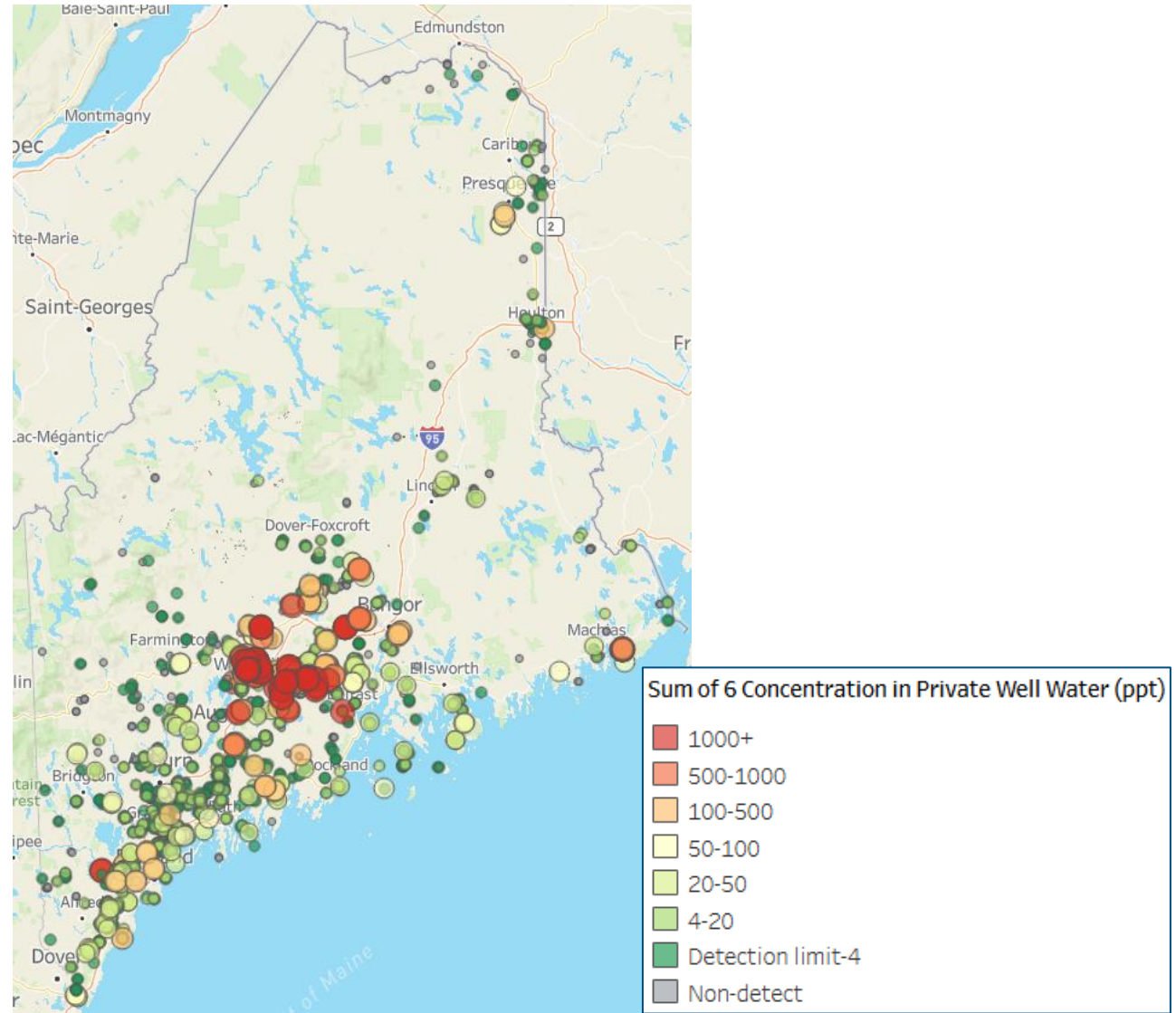
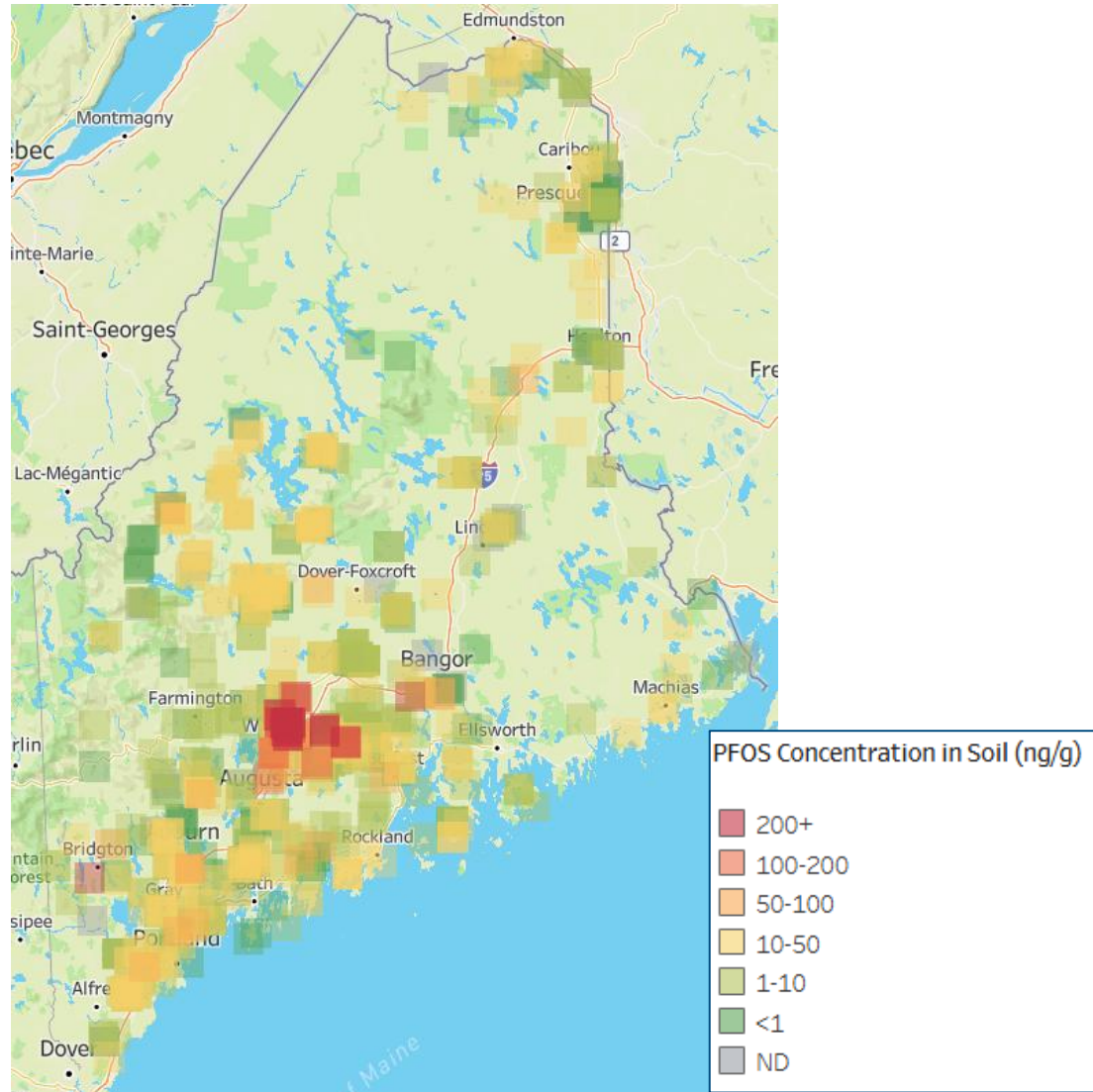
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Maine Center for Disease Control and Prevention

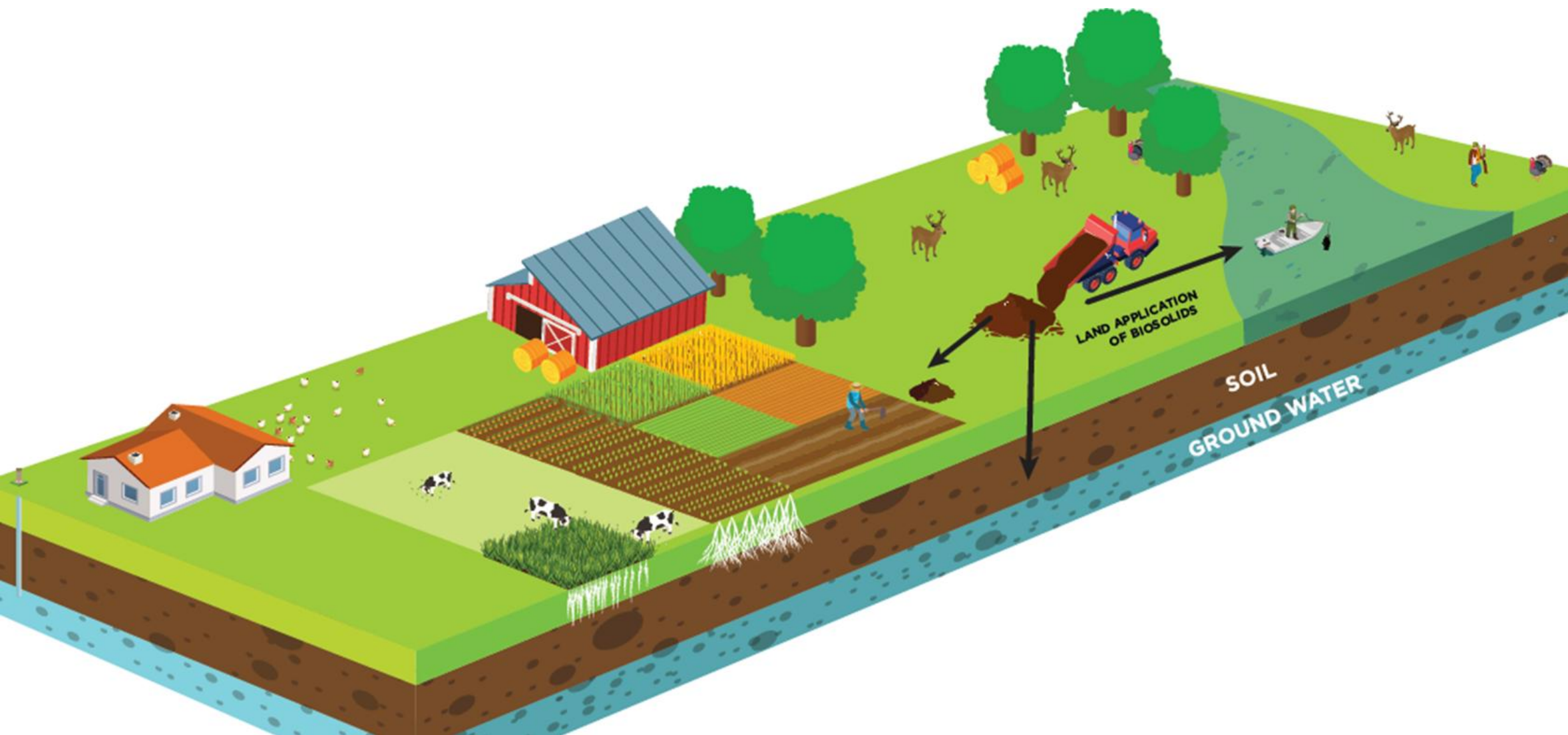
Environmental Health Program



PFAS contamination in Maine



Understanding agronomic exposure pathways



NASEM Recommendations on PFAS Exposure, Testing, and Clinical Follow-Up



- Make blood testing available for people with likely exposure

- Enhanced clinical monitoring based on PFAS levels

NASEM Sum: PFOS, PFOA, PFHxS, PFNA, PFDA, PFUnDA, MeFOSAA

- **Public health oversight**



≥ 20 ng/mL
Increased risk for adverse effects

2 -20 ng/mL
Potential for adverse effects

≤ 2 ng/mL
Adverse effects not expected

Maine's Response: Mandate for Public Health Oversight

PFAS FUND



- **\$60 M** to support Mainers impacted by PFAS contamination (2022)
- PFAS Fund Advisory Committee allocated funds to support:

Purchase PFAS-contaminated land

Financial/technical assistance

Research

PFAS Blood Testing

Public Health Oversight

Mental health services

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Public Health Oversight of PFAS Blood Testing

Surveillance



Case Follow-Up



Communication & Outreach



Surveillance: Disease Reporting

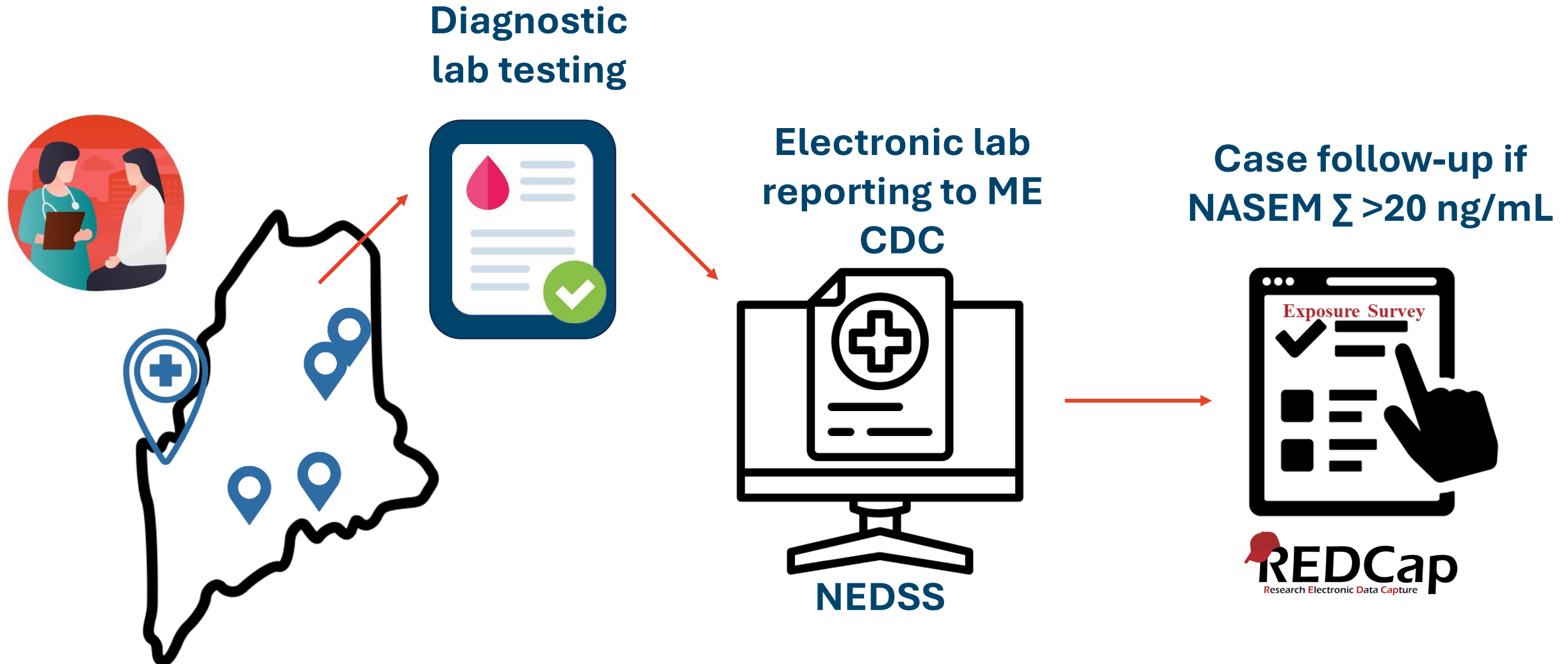
Control of Notifiable Diseases and Conditions Rule 10-144 CMR Ch. 258

Any serum test results from a venous blood sample that include a positive detection of:

- PFOA;
- PFOS;
- PFNA;
- PFHxS;
- PFHpA; or
- PFDA

If any PFAS is detected in a blood sample, the results for all PFAS testing of the sample must be reported to the Department

Surveillance: Electronic Reporting



Case Follow Up: Source Investigation

Tools:



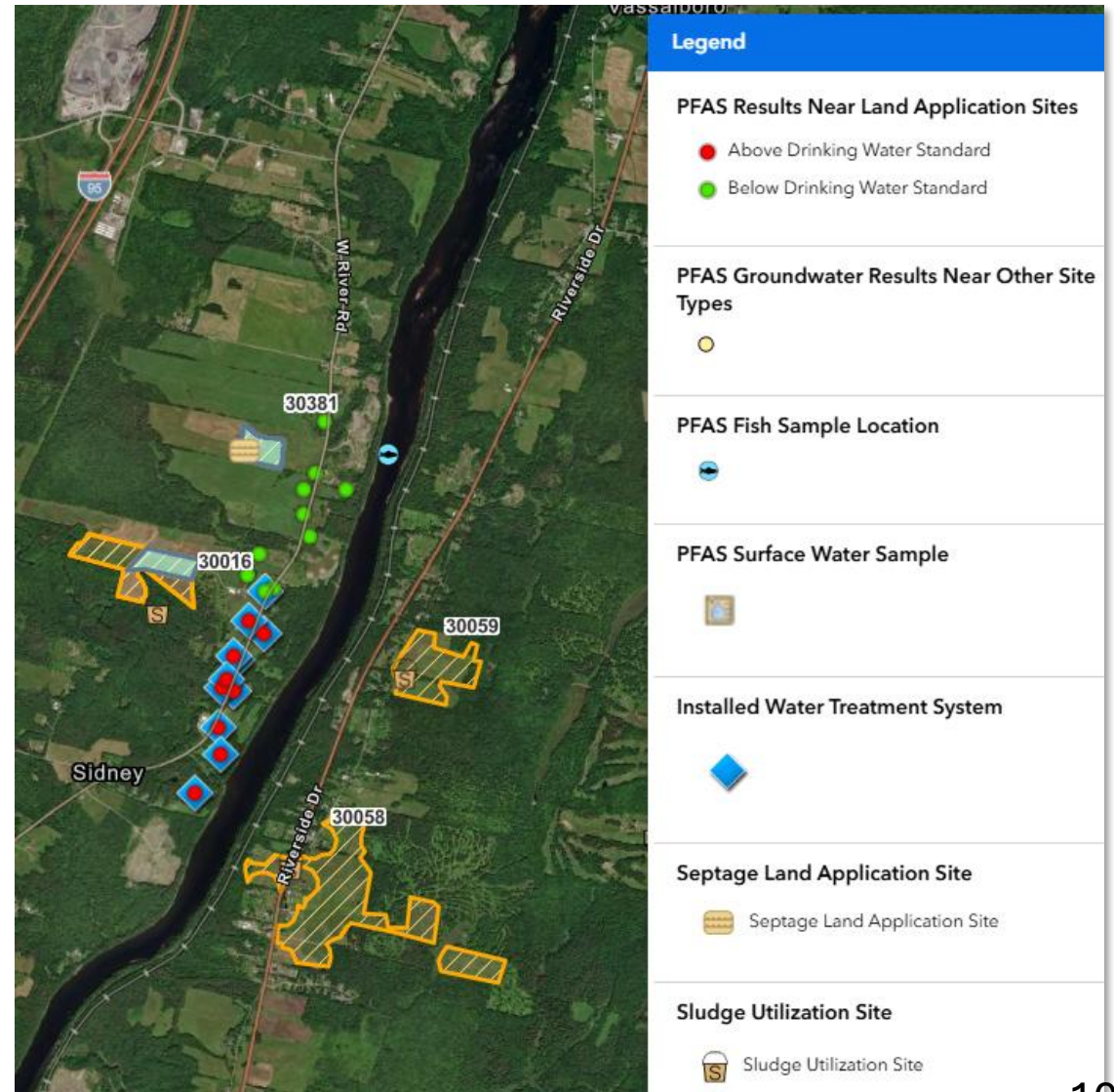
PFAS Exposure Questionnaire



Environmental sampling data



Serum level estimates using toxicokinetic modeling



CASE EXAMPLE

HOUSEHOLD #1

PFAS
PFOA
PFNA
PFHxS
PFOS
PFDA
PFUnDA
MeFOSAA

Individual #1



Serum (ppb)
932
50
4.5
1.2
0.11
0.10
ND

Individual #2



Serum (ppb)
349
26
3
2
0.18
0.15
ND



Water (ppt)
3210
514
4.84
15
ND
ND
ND

Individual #2 away
from home 6 months a
year for 20 years

ND: Not Detected

CASE EXAMPLE

HOUSEHOLD #2



PFAS
PFOS
PFDA
PFUnDA
PFNA
PFOA
PFHxS
MeFOSAA

Serum (ppb)
1870
154
74
67
16
2
ND

Water (ppt)
ND
ND
ND
ND
1.2
ND
ND

Soil (ppb)
410
87
52
21
16
0.13
0.69

Eggs (ppb)
214
72
58
15
4.2
0.1
0.1

CASE EXAMPLE

HOUSEHOLD #3

?

?



PFAS
PFOS
PFOA
PFHxS
PFNA
MeFOSAA
PFDA
PFUnDA

Serum (ppb)
26
5
4
2
0.9
0.7
0.2

Soil (ppb)
92
26

Venison (ppb)
0.12
0.05
<LOQ
0.02
<LOQ
ND
ND

Water (ppt)
7
5
3
0.4
ND
ND
ND

ND: Not Detected

LOQ: Limit of Quantitation

Communication & Outreach



Clinical Education

- PFAS Information for Clinicians (complete)



Public Health Education

- Developing public-facing PFAS informational materials (in-progress)

PFAS Blood Testing: Information for Maine Clinicians

At A Glance
Environmental exposure to PFAS may increase a person's risk for adverse health effects, including changes in cholesterol, reduced antibody response to vaccines in children, and some cancers. Blood testing is available and can provide guidance for clinical monitoring and exposure reduction.

Health risks associated with PFAS exposure (cont.):

Moderate Confidence

- Increased risk of breast and testicular cancers
- Liver enzyme alterations
- Increased risk of pregnancy-induced hypertension, pre-eclampsia, and eclampsia
- Thyroid disease and dysfunction
- Increased risk of ulcerative colitis

High Confidence

- Decreased antibody response to some vaccines
- Serum dyslipidemia
- Decreased infant and fetal growth
- Increased risk of kidney cancer

What blood testing can provide:
Blood testing can identify individuals with elevated PFAS exposure who therefore may be at increased risk for adverse health outcomes. Clinicians are encouraged to engage in shared, informed decision-making about blood testing with their patients. Discussions about PFAS testing should always include information about how PFAS exposure occurs, potential health effects, and the benefits and limitations of PFAS blood testing.

A blood test CAN:

- ✓ Provide the levels of PFAS in blood at the time of testing
- ✓ Show how levels compare to the general population
- ✓ Help guide strategies for exposure reduction
- ✓ Inform whether additional health monitoring may be beneficial

A blood test CANNOT:

- ✗ Explain how or when exposure has occurred
- ✗ Predict whether future health issues will occur
- ✗ Determine if any past or present health issues are attributable to PFAS

How to order a PFAS blood test in Maine:
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Specimen Type	Blood
Specimen Source	Venous
Performing Lab	Other
Performing Lab	"Quest"
Performing Lab Test Code and Test Name	Contact Quest Diagnostics at PFASTesting@questdiagnostics.com to confirm appropriate test information

Support Patients Exposed to PFAS: Read the Information for Providers on PFAS Blood Testing

Blood testing is available for PFAS, and results can provide guidance for clinical monitoring and exposure reduction.

New clinical resource, developed by Maine CDC, highlights critical information and action steps for clinicians:

- Identify patients at greater risk of PFAS exposure
- Help patients understand PFAS risks, testing considerations, and exposure reduction
- Order and code PFAS blood tests correctly
- Access additional resources and tools for clinicians and patients

PFAS in serum is a notifiable condition in Maine. Positive PFAS detections are reportable to Maine CDC.

Download the clinical resource here and share with your practice.

maine.gov/dhs/mcdc/healthy-living/health-and-safety/pfas-in-maine/pfas-and-health-impacts

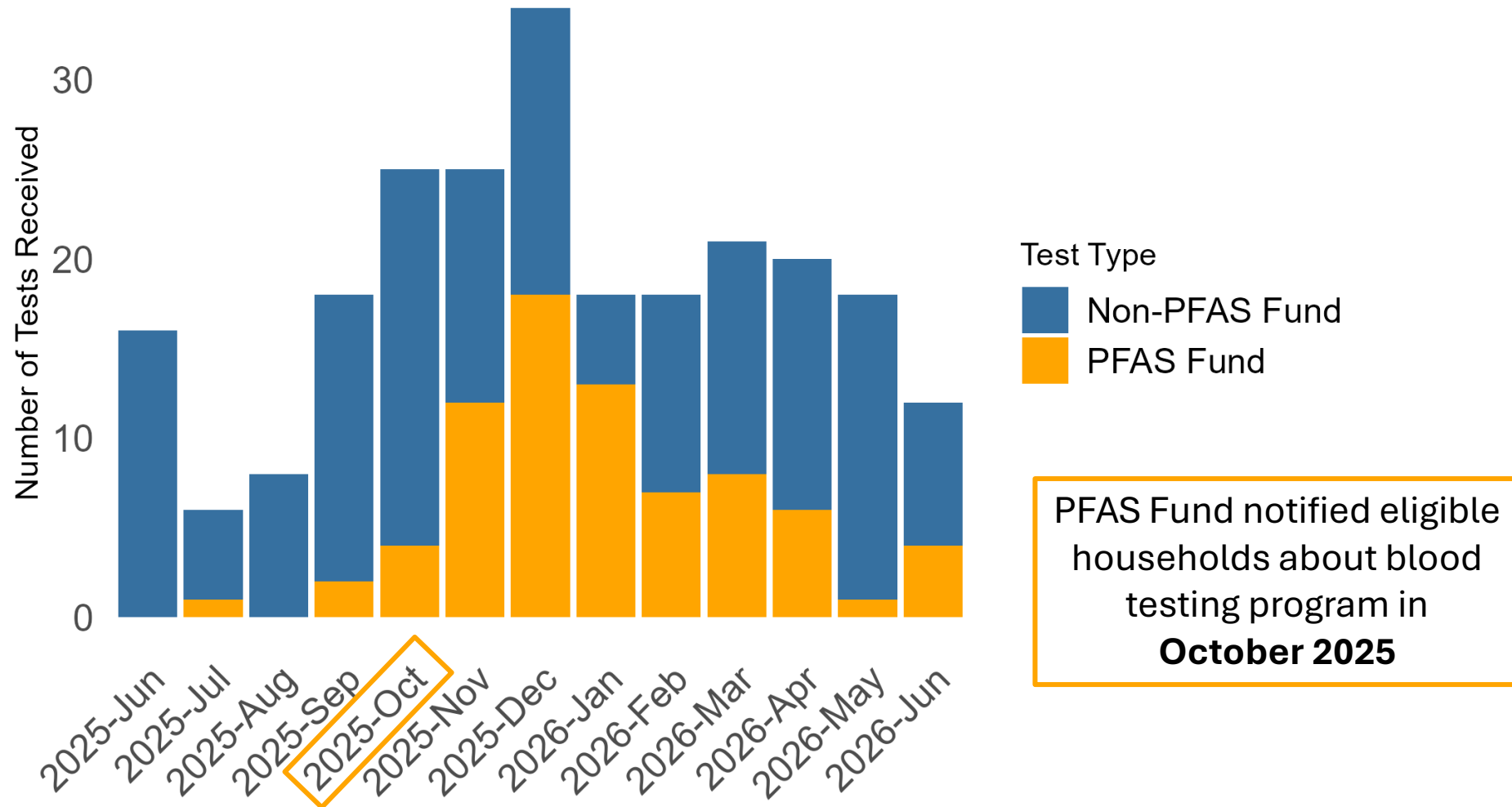
Update on PFAS Blood Testing

Tests reported June 2025 through June 2026:

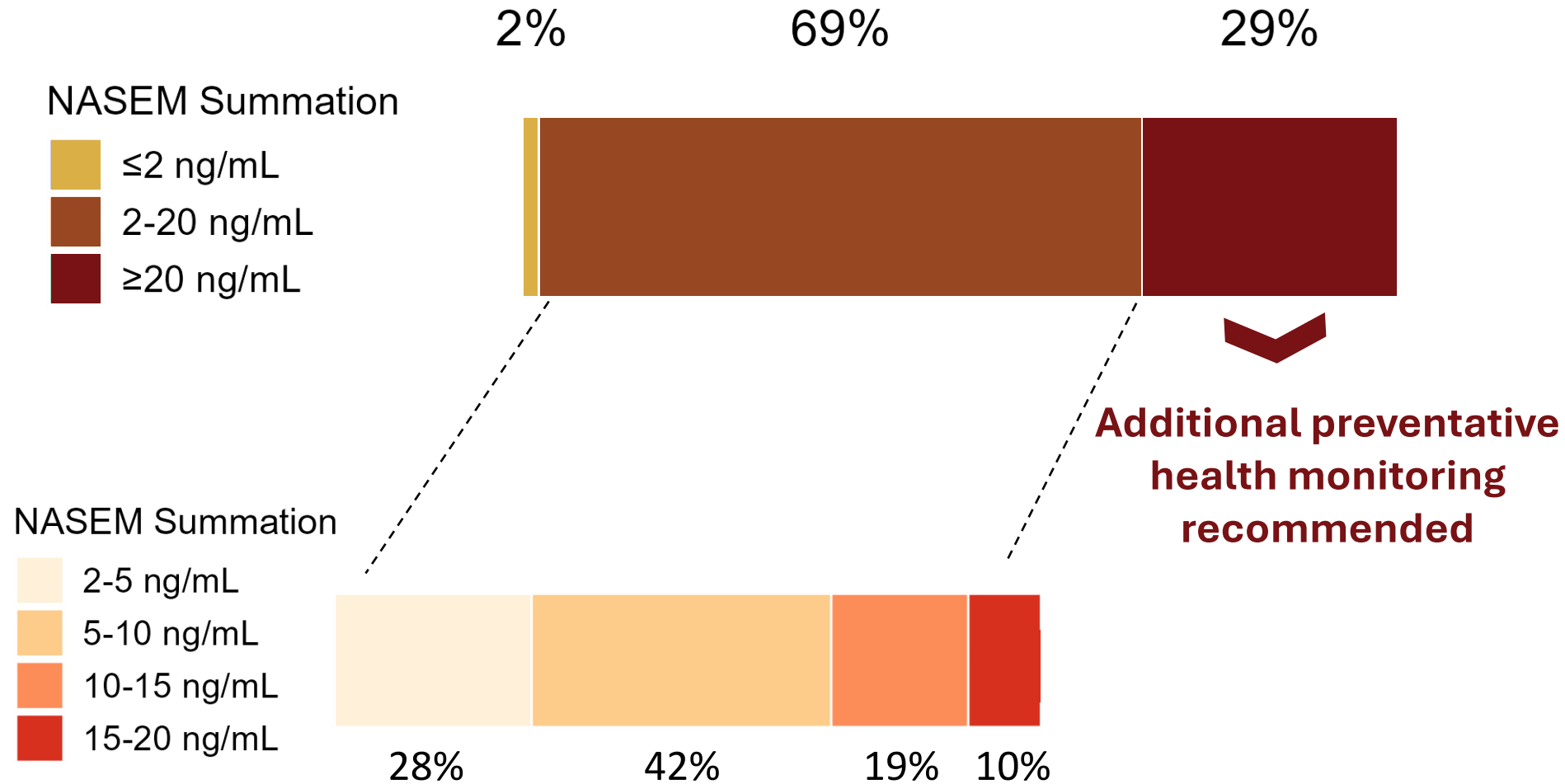
Demographic	N (%)
Total Tests	239 (100%)
Sex	
Female	83 (35%)
Male	156 (65%)
Age	
<18 years	16 (7%)
18-65 years	156 (65%)
65+ years	67 (28%)



PFAS Reporting by Month

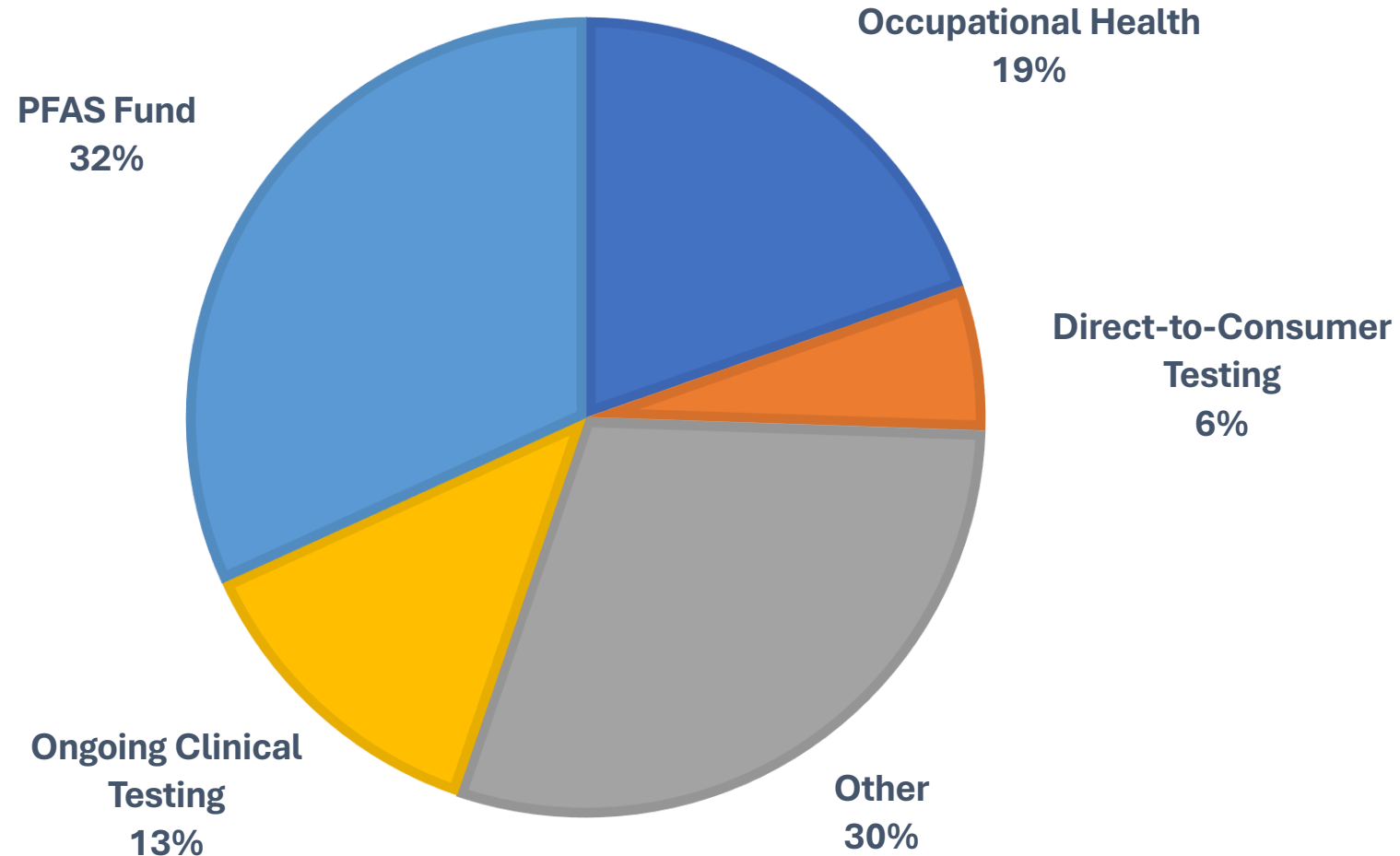


What proportion of reported tests are “elevated”?



Who is getting tested in Maine?

Tests reported as of June 17, 2026 (n=239)



Evaluating Completeness of Reporting

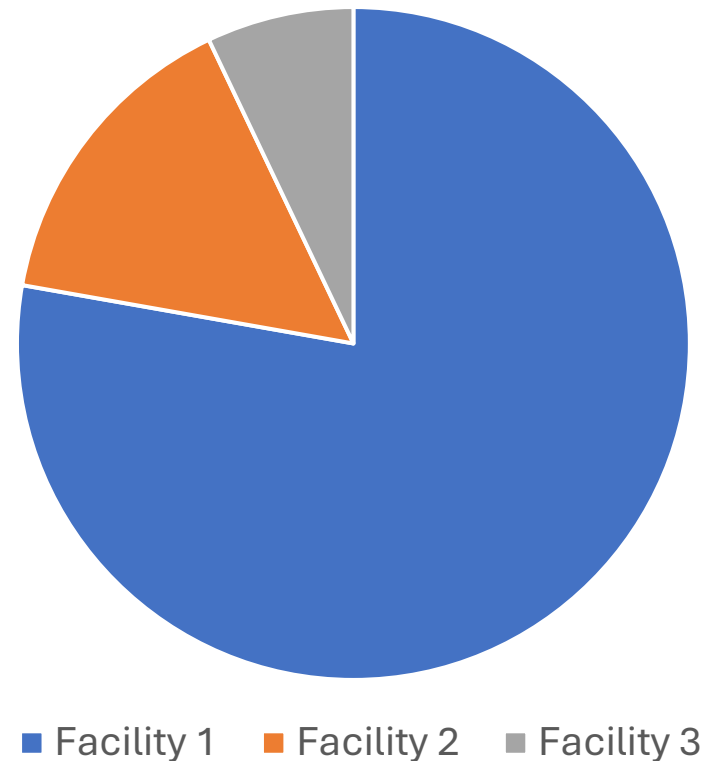
Reporting facilities

- 2 expected reporters (diagnostic laboratories)
- 1 potentially not reporting

Exploring external data sources

- Health Information Exchanges (HIEs)
- Medical insurance claims (*Maine Health Data Organization*)

PFAS Reporting by Facility



Summary

- ☒ Designate PFAS in serum as a reportable condition
- ☒ Establish mechanisms to support electronic reporting
- ☒ Develop & implement case follow-up protocols
- ☐ Develop & disseminate educational materials that remove barriers for testing (in-progress)
- ☐ Annual report (in-progress)

Acknowledgements

Programmatic support and electronic reporting

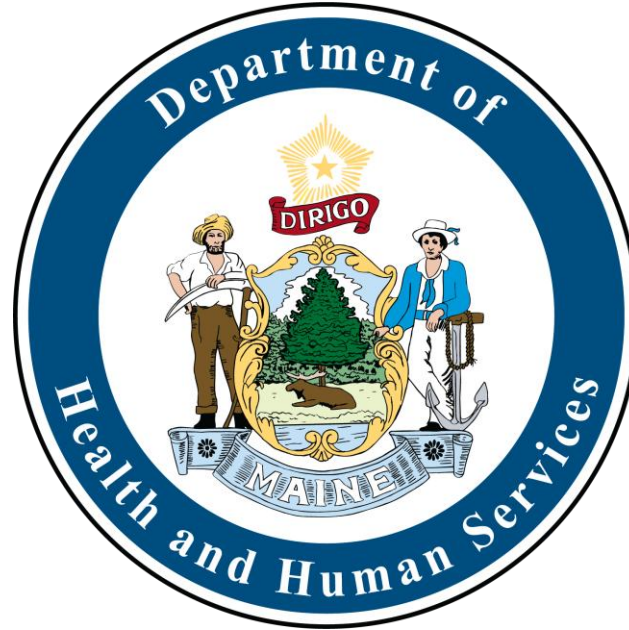
Maine CDC Infectious Disease Epidemiology Program

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For More Information



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