

## **Appendix B**

A Guide to Healthy Eating of the Fish You Catch  
PCB ToxFAQ  
DDT ToxFAQ

# Introduction

Fish are an important part of a healthy diet. They are a lean, low-calorie source of protein. Some sport fish caught in the nation's lakes, rivers, oceans, and estuaries, however, may contain chemicals that could pose health risks if these fish are eaten in large amounts.

The purpose of this brochure is not to discourage you from eating fish. It is intended as a guide to help you select and prepare fish that are low in chemical pollutants. By following these recommendations, you and your family can continue to enjoy the benefits of eating fish.

Fish taken from polluted waters might be hazardous to your health. Eating fish containing chemical pollutants may cause birth defects, liver damage, cancer, and other serious health problems.

Chemical pollutants in water come from many sources. They come from factories and sewage treatment plants that you can easily see. They also come from sources that you can't easily see, like chemical spills or runoff from city streets and farm fields. Pollutants are also carried long distances in the air.

Fish may be exposed to chemical pollutants in the water, and the food they eat. They may take up some of the pollutants into their bodies. The pollutants are found in the skin, fat, internal organs, and sometimes muscle tissue of the fish.

## What can I do to reduce my health risks from eating fish containing chemical pollutants?

Following these steps can reduce your health risks from eating fish containing chemical pollutants. The rest of the brochure explains these recommendations in more detail.

1. **Call your local or state environmental health department.** Contact them before you fish to see if any advisories are posted in areas where you want to fish.
2. **Select certain kinds and sizes of fish for eating.** Younger fish contain fewer pollutants than older, larger fish. Panfish feed on insects and are less likely to build up pollutants.
3. **Clean and cook your fish properly.** Proper cleaning and cooking techniques may reduce the levels of some chemical pollutants in the fish.



### Health Note

Advisories are different from fishing restrictions or bans or limits. Advisories are issued to provide recommendations for limiting the amount of fish to be eaten due to levels of pollutants in the fish.

## A Message from the Administrator

Christine Todd Whitman



I believe water is the biggest environmental issue we face in the 21<sup>st</sup> Century in terms of both quality and quantity. In the 30 years since its passage, the Clean Water Act has dramatically increased the number of waterways that are once again safe for fishing and swimming. Despite this great progress in reducing water pollution, many of the nation's waters still do not meet water quality goals. I challenge you to join with me to finish the business of restoring and protecting our nation's waters for present and future generations.

## For More Information

For more information about reducing your health risks from eating fish that contain chemical pollutants, contact your local or state health or environmental protection department. You can find the telephone number in the blue section of your local telephone directory.

You may also contact:

U.S. Environmental Protection Agency  
Office of Water  
Fish and Wildlife Contamination Program (4305T)  
1200 Pennsylvania Avenue, NW  
Washington, DC 20460  
web address: [www.epa.gov/ost/fish](http://www.epa.gov/ost/fish)

United States Environmental Protection Agency  
Office of Water (4101M)  
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In celebration of the 30th anniversary of the Clean Water Act, EPA presents

# A Guide to Healthy Eating of the Fish You Catch



★ 2002 ★  
THE YEAR OF  
CLEAN WATER



Developed in collaboration with the Agency for Toxic Substances and Disease Registry, U.S. Public Health Service



## Catching Fish

### How can I find out if the waters that I fish in are polluted?

It's almost impossible to tell if a water body is polluted simply by looking at it. However, there are ways to find out.

First, look to see if warning signs are posted along the water's edge. If there are signs, follow the advice printed on them.

Second, even if you don't see warning signs, call your local or state health or environmental protection department and ask for their advice. Ask them if there are any advisories on the kinds or sizes of fish that may be eaten from the waters where you plan to fish. You can also ask about fishing advisories at local sporting goods or bait shops where fishing licenses are sold.



If the water body has not been tested, follow these guidelines to reduce your health risks from eating fish that might contain small amounts of chemical pollutants.



### Health Note

Some chemical pollutants, such as mercury and PCBs, can pose greater risks to women of childbearing age, pregnant women, nursing mothers, and young children. This group should be especially careful to greatly reduce or avoid eating fish caught from polluted waters.

### Do some fish contain more pollutants than others?

Yes. You can't look at fish and tell if they contain chemical pollutants. The only way to tell if fish contain harmful levels of chemical pollutants is to have them tested in a laboratory. Follow these simple guidelines to lower the risk to your family:

- If you eat gamefish, such as lake trout, salmon, walleye, and bass, eat the smaller, younger fish (within legal limits). They are less likely to contain harmful levels of pollutants than larger, older fish.
- Eat panfish, such as bluegill, perch, stream trout, and smelt. They feed on insects and other aquatic life and are less likely to contain high levels of harmful pollutants.
- Eat fewer fatty fish, such as lake trout, or fish that feed on the bottoms of lakes and streams such as catfish and carp. These fish are more likely to contain higher levels of chemical pollutants.

## Cleaning Fish

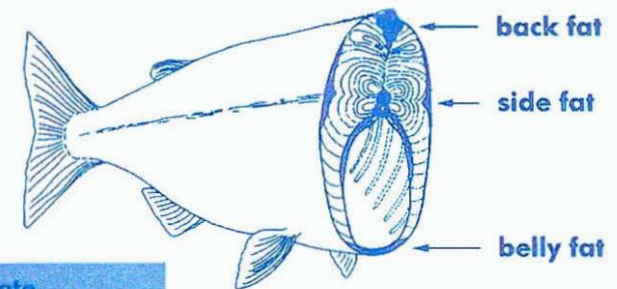
### Can I clean my fish to reduce the amount of chemical pollutants that might be present?

Yes. It's always a good idea to remove the skin, fat, and internal organs (where harmful pollutants are most likely to accumulate) before you cook the fish.

As an added precaution:

- Remove and throw away the head, guts, kidneys, and the liver.

Trim away the skin and fatty tissue before cooking to reduce the level of some pollutants in the fish you eat.



### Health Note

Mercury is found throughout the tissue in fish, so these cleaning and cooking techniques will not reduce the amount of mercury in a meal of fish.

- Fillet fish and cut away the fat and skin before you cook it.
- Clean and dress fish as soon as possible.

Remember that with any fresh meat, always follow proper food handling and storage techniques. To prevent the growth of bacteria or viruses, keep freshly caught fish on ice and out of direct sunlight.

## Cooking Fish

### Can I cook my fish to reduce my health risk from eating fish containing chemical pollutants?

Yes. The way you cook fish can make a difference in the kinds and amounts of chemical pollutants remain-

ing in the fish. Fish should be properly prepared and grilled, baked, or broiled. By letting the fat drain away, you can remove pollutants stored in the fatty parts of the fish. Added precautions include:

- Avoid or reduce the amount of fish drippings or broth that you use to flavor the meal. These drippings may contain higher levels of pollutants.
- Eat less fried or deep fat-fried fish because frying seals any chemical pollutants that might be in the fish's fat into the portion that you will eat.
- If you like smoked fish, it is best to fillet the fish and remove the skin before the fish is smoked.



This fact sheet answers the most frequently asked health questions (FAQs) about polychlorinated biphenyls. For more information, call the ATSDR Information Center at 1-888-422-8737. This fact sheet is one in a series of summaries about hazardous substances and their health effects. It's important you understand this information because this substance may harm you. The effects of exposure to any hazardous substance depend on the dose, the duration, how you are exposed, personal traits and habits, and whether other chemicals are present.

**HIGHLIGHTS:** Polychlorinated biphenyls (PCBs) are a mixture of individual chemicals which are no longer produced in the United States, but are still found in the environment. Health effects that have been associated with exposure to PCBs include acne-like skin conditions in adults and neurobehavioral and immunological changes in children. PCBs are known to cause cancer in animals. PCBs have been found in at least 500 of the 1,598 National Priorities List sites identified by the Environmental Protection Agency (EPA).

### What are polychlorinated biphenyls?

Polychlorinated biphenyls are mixtures of up to 209 individual chlorinated compounds (known as congeners). There are no known natural sources of PCBs. PCBs are either oily liquids or solids that are colorless to light yellow. Some PCBs can exist as a vapor in air. PCBs have no known smell or taste. Many commercial PCB mixtures are known in the U.S. by the trade name Aroclor.

PCBs have been used as coolants and lubricants in transformers, capacitors, and other electrical equipment because they don't burn easily and are good insulators. The manufacture of PCBs was stopped in the U.S. in 1977 because of evidence they build up in the environment and can cause harmful health effects. Products made before 1977 that may contain PCBs include old fluorescent lighting fixtures and electrical devices containing PCB capacitors, and old microscope and hydraulic oils.

### What happens to PCBs when they enter the environment?

- PCBs entered the air, water, and soil during their manufacture, use, and disposal; from accidental spills and leaks during their transport; and from leaks or fires in products containing PCBs.
- PCBs can still be released to the environment from hazardous waste sites; illegal or improper disposal of industrial wastes and consumer products; leaks from old electrical transformers containing PCBs; and burning of some wastes in incinerators.
- PCBs do not readily break down in the environment and thus may remain there for very long periods of time. PCBs can travel long distances in the air and be deposited in areas far away from where they were released. In water, a small amount of PCBs may remain dissolved, but most stick to organic particles and bottom sediments. PCBs also bind strongly to soil.
- PCBs are taken up by small organisms and fish in water. They are also taken up by other animals that eat these

aquatic animals as food. PCBs accumulate in fish and marine mammals, reaching levels that may be many thousands of times higher than in water.

### How might I be exposed to PCBs?

- Using old fluorescent lighting fixtures and electrical devices and appliances, such as television sets and refrigerators, that were made 30 or more years ago. These items may leak small amounts of PCBs into the air when they get hot during operation, and could be a source of skin exposure.
- Eating contaminated food. The main dietary sources of PCBs are fish (especially sportfish caught in contaminated lakes or rivers), meat, and dairy products.
- Breathing air near hazardous waste sites and drinking contaminated well water.
- In the workplace during repair and maintenance of PCB transformers; accidents, fires or spills involving transformers, fluorescent lights, and other old electrical devices; and disposal of PCB materials.

### How can PCBs affect my health?

The most commonly observed health effects in people exposed to large amounts of PCBs are skin conditions such as acne and rashes. Studies in exposed workers have shown changes in blood and urine that may indicate liver damage. PCB exposures in the general population are not likely to result in skin and liver effects. Most of the studies of health effects of PCBs in the general population examined children of mothers who were exposed to PCBs.

Animals that ate food containing large amounts of PCBs for short periods of time had mild liver damage and some died. Animals that ate smaller amounts of PCBs in food over several weeks or months developed various kinds of health effects, including anemia; acne-like skin conditions; and liver, stomach, and thyroid gland injuries. Other effects

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of PCBs in animals include changes in the immune system, behavioral alterations, and impaired reproduction. PCBs are not known to cause birth defects.

#### How likely are PCBs to cause cancer?

Few studies of workers indicate that PCBs were associated with certain kinds of cancer in humans, such as cancer of the liver and biliary tract. Rats that ate food containing high levels of PCBs for two years developed liver cancer. The Department of Health and Human Services (DHHS) has concluded that PCBs may reasonably be anticipated to be carcinogens. The EPA and the International Agency for Research on Cancer (IARC) have determined that PCBs are probably carcinogenic to humans.

#### How can PCBs affect children?

Women who were exposed to relatively high levels of PCBs in the workplace or ate large amounts of fish contaminated with PCBs had babies that weighed slightly less than babies from women who did not have these exposures. Babies born to women who ate PCB-contaminated fish also showed abnormal responses in tests of infant behavior. Some of these behaviors, such as problems with motor skills and a decrease in short-term memory, lasted for several years. Other studies suggest that the immune system was affected in children born to and nursed by mothers exposed to increased levels of PCBs. There are no reports of structural birth defects caused by exposure to PCBs or of health effects of PCBs in older children. The most likely way infants will be exposed to PCBs is from breast milk. Transplacental transfers of PCBs were also reported. In most cases, the benefits of breastfeeding outweigh any risks from exposure to PCBs in mother's milk.

#### How can families reduce the risk of exposure to PCBs?

- You and your children may be exposed to PCBs by eating fish or wildlife caught from contaminated locations. Certain states, Native American tribes, and U.S. territories have issued advisories to warn people about PCB-contaminated fish and fish-eating wildlife. You can reduce your family's exposure to PCBs by obeying these advisories.
- Children should be told not play with old appliances,

electrical equipment, or transformers, since they may contain PCBs.

- Children should be discouraged from playing in the dirt near hazardous waste sites and in areas where there was a transformer fire. Children should also be discouraged from eating dirt and putting dirty hands, toys or other objects in their mouths, and should wash hands frequently.
- If you are exposed to PCBs in the workplace it is possible to carry them home on your clothes, body, or tools. If this is the case, you should shower and change clothing before leaving work, and your work clothes should be kept separate from other clothes and laundered separately.

#### Is there a medical test to show whether I've been exposed to PCBs?

Tests exist to measure levels of PCBs in your blood, body fat, and breast milk, but these are not routinely conducted. Most people normally have low levels of PCBs in their body because nearly everyone has been environmentally exposed to PCBs. The tests can show if your PCB levels are elevated, which would indicate past exposure to above-normal levels of PCBs, but cannot determine when or how long you were exposed or whether you will develop health effects.

#### Has the federal government made recommendations to protect human health?

The EPA has set a limit of 0.0005 milligrams of PCBs per liter of drinking water (0.0005 mg/L). Discharges, spills or accidental releases of 1 pound or more of PCBs into the environment must be reported to the EPA. The Food and Drug Administration (FDA) requires that infant foods, eggs, milk and other dairy products, fish and shellfish, poultry and red meat contain no more than 0.2-3 parts of PCBs per million parts (0.2-3 ppm) of food. Many states have established fish and wildlife consumption advisories for PCBs.

#### References

Agency for Toxic Substances and Disease Registry (ATSDR). 2000. Toxicological profile for polychlorinated biphenyls (PCBs). Atlanta, GA: U.S. Department of Health and Human Services, Public Health Service.

**Where can I get more information?** For more information, contact the Agency for Toxic Substances and Disease Registry, Division of Toxicology, 1600 Clifton Road NE, Mailstop E-29, Atlanta, GA 30333. Phone: 1-888-422-8737, FAX: 404-498-0093. ToxFAQs™ Internet address is <http://www.atsdr.cdc.gov/toxfaq.html>. ATSDR can tell you where to find occupational and environmental health clinics. Their specialists can recognize, evaluate, and treat illnesses resulting from exposure to hazardous substances. You can also contact your community or state health or environmental quality department if you have any more questions or concerns.





This fact sheet answers the most frequently asked health questions (FAQs) about DDT, DDE, and DDD. For more information, call the ATSDR Information Center at 1-888-422-8737. This fact sheet is one in a series of summaries about hazardous substances and their health effects. It is important you understand this information because this substance may harm you. The effects of exposure to any hazardous substance depend on the dose, the duration, how you are exposed, personal traits and habits, and whether other chemicals are present.

**HIGHLIGHTS:** Exposure to DDT, DDE, and DDD occurs mostly from eating foods containing small amounts of these compounds, particularly meat, fish and poultry. High levels of DDT can affect the nervous system causing excitability, tremors and seizures. In women, DDE can cause a reduction in the duration of lactation and an increased chance of having a premature baby. DDT, DDE, and DDD have been found in at least 441 of the 1,613 National Priorities List sites identified by the Environmental Protection Agency (EPA).

### What are DDT, DDE, and DDD?

DDT (dichlorodiphenyltrichloroethane) is a pesticide once widely used to control insects in agriculture and insects that carry diseases such as malaria. DDT is a white, crystalline solid with no odor or taste. Its use in the U.S. was banned in 1972 because of damage to wildlife, but is still used in some countries.

DDE (dichlorodiphenyldichloroethylene) and DDD (dichlorodiphenyldichloroethane) are chemicals similar to DDT that contaminate commercial DDT preparations. DDE has no commercial use. DDD was also used to kill pests, but its use has also been banned. One form of DDD has been used medically to treat cancer of the adrenal gland.

### What happens to DDT, DDE, and DDD when they enter the environment?

- DDT entered the environment when it was used as a pesticide; it still enters the environment due to current use in other countries.
- DDE enters the environment as contaminant or breakdown product of DDT; DDD also enters the environment as a breakdown product of DDT.
- DDT, DDE, and DDD in air are rapidly broken down by sunlight. Half of what's in air breaks down within 2 days.
- They stick strongly to soil; most DDT in soil is broken down slowly to DDE and DDD by microorganisms; half the DDT in soil will break down in 2-15 years, depending on the type of soil.

- Only a small amount will go through the soil into groundwater; they do not dissolve easily in water.
- DDT, and especially DDE, build up in plants and in fatty tissues of fish, birds, and other animals.

### How might I be exposed to DDT, DDE, and DDD?

- Eating contaminated foods, such as root and leafy vegetables, fatty meat, fish, and poultry, but levels are very low.
- Eating contaminated imported foods from countries that still allow the use of DDT to control pests.
- Breathing contaminated air or drinking contaminated water near waste sites and landfills that may contain higher levels of these chemicals.
- Infants fed on breast milk from mothers who have been exposed.
- Breathing or swallowing soil particles near waste sites or landfills that contain these chemicals.

### How can DDT, DDE, and DDD affect my health?

DDT affects the nervous system. People who accidentally swallowed large amounts of DDT became excitable and had tremors and seizures. These effects went away after the exposure stopped. No effects were seen in people who took small daily doses of DDT by capsule for 18 months. A study in humans showed that women who had high amounts of a form of DDE in their breast milk were unable to

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breast feed their babies for as long as women who had little DDE in the breast milk. Another study in humans showed that women who had high amounts of DDE in breast milk had an increased chance of having premature babies.

In animals, short-term exposure to large amounts of DDT in food affected the nervous system, while long-term exposure to smaller amounts affected the liver. Also in animals, short-term oral exposure to small amounts of DDT or its breakdown products may also have harmful effects on reproduction.

### How likely are DDT, DDE, and DDD to cause cancer?

Studies in DDT-exposed workers did not show increases in cancer. Studies in animals given DDT with the food have shown that DDT can cause liver cancer.

The Department of Health and Human Services (DHHS) determined that DDT may reasonable be anticipated to be a human carcinogen. The International Agency for Research on Cancer (IARC) determined that DDT may possibly cause cancer in humans. The EPA determined that DDT, DDE, and DDD are probable human carcinogens.

### How can DDT, DDE, and DDD affect children?

There are no studies on the health effects of children exposed to DDT, DDE, or DDD. We can assume that children exposed to large amounts of DDT will have health effects similar to the effects seen in adults. However, we do not know whether children differ from adults in their susceptibility to these substances.

There is no evidence that DDT, DDE, or DDD cause birth defects in people. A study showed that teenage boys whose mothers had higher DDE amounts in the blood when they were pregnant were taller than those whose mothers had lower DDE levels. However, a different study found the opposite in preteen girls. The reason for the discrepancy between these studies is unknown.

Studies in rats have shown that DDT and DDE can mimic the action of natural hormones and in this way affect the development of the reproductive and nervous systems. Puberty was delayed in male rats given high amounts of DDE as juveniles. This could possibly happen in humans.

A study in mice showed that exposure to DDT during the first weeks of life may cause neurobehavioral problems later in life.

### How can families reduce the risk of exposure to DDT, DDE, and DDD?

- Most families will be exposed to DDT by eating food or drinking liquids contaminated with small amounts of DDT.
- Cooking will reduce the amount of DDT in fish.
- Washing fruit and vegetables will remove most DDT from their surface.
- Follow health advisories that tell you about consumption of fish and wildlife caught in contaminated areas.

### Is there a medical test to show whether I've been exposed to DDT, DDE, and DDD?

Laboratory tests can detect DDT, DDE, and DDD in fat, blood, urine, semen, and breast milk. These tests may show low, moderate, or excessive exposure to these compounds, but cannot tell the exact amount you were exposed to, or whether you will experience adverse effects. These tests are not routinely available at the doctor's office because they require special equipment.

### Has the federal government made recommendations to protect human health?

The Occupational Safety and Health Administration (OSHA) sets a limit of 1 milligram of DDT per cubic meter of air (1 mg/m<sup>3</sup>) in the workplace for an 8-hour shift, 40-hour workweek.

The Food and Drug Administration (FDA) has set limits for DDT, DDE, and DDD in foodstuff at or above which the agency will take legal action to remove the products from the market.

### References

Agency for Toxic Substances and Disease Registry (ATSDR). 2002. Toxicological Profile for DDT/DDE/DDD (Update). Atlanta, GA: U.S. Department of Health and Human Services, Public Health Service.

**Where can I get more information?** For more information, contact the Agency for Toxic Substances and Disease Registry, Division of Toxicology, 1600 Clifton Road NE, Mailstop E-29, Atlanta, GA 30333. Phone: 1-888-422-8737, FAX: 404-498-0093. ToxFAQs Internet address via WWW is <http://www.atsdr.cdc.gov/toxfaq.html>. ATSDR can tell you where to find occupational and environmental health clinics. Their specialists can recognize, evaluate, and treat illnesses resulting from exposure to hazardous substances. You can also contact your community or state health or environmental quality department if you have any more questions or concerns.

