

BIOMONITORING

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ARIZONA DEPARTMENT
OF HEALTH SERVICES



Four Corners States
Biomonitoring
Consortium

Chemicals have the ability to enter the body in many different ways, through the products we use, foods we eat, and the environment we live in. These chemicals and their by-products can be found in people and may have harmful health effects. Biomonitoring measures these chemicals and can help public health understand what individuals may be coming into contact with.

FREE TESTING

Well water and urine samples will be tested for the chemicals listed below. Results will be reported back to the participant.

Chemicals Studied

Arsenic, mercury, uranium, cadmium, manganese, selenium



Chemical Sources

Untreated ground water, such as private wells

Possible Health Effects

Nerve damage, cancer, heart disease, kidney damage, softening of the bones

How To Prevent Exposure

If you have a private well, test every three years for heavy metals and consider installing a reverse osmosis and/or carbon filter if your well has elevated levels.

2,4-dichlorophenol (DCP) and 2,5-DCP



Some weed killer, disinfectants, deodorants, and pest/bug killer

Cancer, negative birth outcomes, weight gain and obesity, chronic fatigue, or insulin resistant Type II diabetes

Wear protective clothing, such as long pants and sleeves when using bug and weed repellents outside or when using household chemicals. Be sure to check the label on the chemical to know when it is safe for children and pets to go back outside after spraying.

11-14 metabolites of phthalates

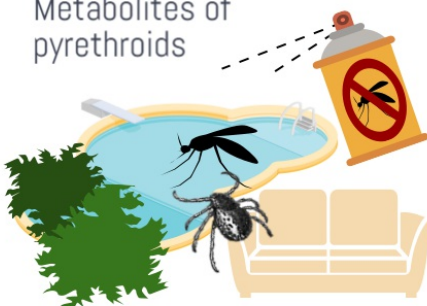


Phthalates can be found in plastics, personal care products, detergents, pharmaceuticals, gelling agents, glues, agriculture soil treatment, and paints

Hormone disruption, asthma, reproductive problems, obesity, associated with breast cancer

Use glass containers or plastics with recycling code #1, #2, or #5 for storing food or drinks. Heat food only in microwave safe containers. Look for products labeled with essential oils or fragrance-free to avoid exposure to phthalates.

Metabolites of pyrethroids



Insecticides, such as tick and mosquito abatement spray, may have pyrethroids

Reproductive problems

Be aware of areas around the home where ticks and mosquitoes like to breed. Dump containers, such as buckets and tires, that can hold water and wipe them out. Clean up yards and throw away old furniture, dog beds, or anything that is not needed. Always wear protective clothing, such as long pants and sleeves when outside. Follow all instructions when applying bug spray.

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WHAT?

The Arizona Department of Health Services is monitoring certain types of chemicals to which Arizona residents may be exposed:

- Heavy Metals (for private well owners)
- Pyrethroids (a type of insecticide)
- Phthalates (found in some plastics)
- 2,4-D and 2,5-D (types of pesticides)

Creatinine will also be measured to indicate hydration level.

WHEN?

Contact us now if you would like to participate.

WHY?

Chemicals have the ability to enter the body in many different ways: through the products we use, foods we eat, and the environment we live in. This project will help empower communities and health officials to develop health-based policies and practices that can ultimately reduce exposure to environmental contaminants.

WHO?

All Arizonans are invited to participate, including children 6 years old or older with the consent of their parent or guardian.

HOW?

Urine samples will be analyzed for one or more chemicals (listed on left) to determine how much is present in the body. Results are confidential and will be reported back to the participant. We will not test your urine for any other chemicals.

For heavy metals testing, a tap water sample will also be taken.

Contact us to sign up
or for more information:
biomonitoring@azdhs.gov
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