STUDY OF PCB IN HUMAN MILK

Polychlorinated biphenyls or PCBs are a family of chemical compounds which recently have been discovered as a long lived environmental contaminant. Currently, levels of this compound in the environment pose no known threat to human health. Efforts are now underway to prevent any further contamination by these PCB substances.

The purpose of this study is to compare PCB levels in persons living in Northern Ohio with persons living in other parts of the country, and to isolate which foods (if any) are important sources of PCBs to humans.

PCBs are accumulate in body fat, the liver, some organs of the body and are excreted in milk. Therefore, only milk can be readily sampled to determine PCB intake and/or accumulation in the body.

INSTRUCTIONS:

1. Place the milk sample in a clean glass jar. A baby food jar works nicely. Avoid plastic containers as some plastics contain PCBs which would contaminate the sample.
2. One ounce is sufficient (minimum) to conduct the analysis, however, two ounces are preferred.
3. The sample should be kept frozen until it can be delivered to the laboratory.
4. Fill out the questionnaire as best you can.
5. Deliver sample and questionaire to:
   Dr. L. B. Willett
   Department of Dairy Science
   Gerlaugh Hall
   OARDC

   or if you would like the sample picked up, call Dr. Willett at: 264-1021 extension 242.

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Name _____

Sample Number _____

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1. How old is the child you are presently nursing?
   Months_____
   Weeks_____

2. How long have you lived in the Wayne County area?_____

   Where did you live before that?_____

   Do you live on a farm?_____
   Have you lived on a farm?_____
   Where?_____
   Have you lived in a city with a population greater than 50,000?_____ Which one?_____

3. Number the following meats in order of amount normally eaten--with 1 being the greatest amount eaten.
   Pork_____
   Beef_____
   Fish_____
   Chicken_____
   Other _____
   _____

4. How many days a month do you eat liver?_____

5. What quantities of the following do you eat or drink in a week?

Non-fat dry milk	_____	oz.
Skimmilk	_____	oz.
Low-fat (2%) milk	_____	oz.
Regular milk	_____	oz.
Milk direct from the farm	_____	oz.
Cheese	_____	oz.
Cottage cheese	_____	oz.
Butter	_____	oz.
Margarine	_____	oz.
Eggs	_____	(Number)

6. What is your blood type?_____.

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