

209

Recommendations

1. Despite the occurrence of low average concentrations of PCBs, PCDDs and PCDFs in human milk, breast-feeding programmes ^{should be} are encouraged to be promoted ^{and} expanded on the basis of overwhelming evidence on benefits of that nutrient to overall health and development of the infant.

2. Programmes for identification ^{and} surveillance of ^{and monitoring} potential sources of PCBs, PCDDs and PCDFs are recommended.

Where appropriate monitoring programmes for assessment of levels of these contaminants in the environment and particularly in various food items are recommended.

3. Monitoring programmes on concentrations of PCBs, PCDDs and PCDFs are recommended to be undertaken in order to obtain representative data for establishment of ^{concentrations and} trends of these compounds in human blood, adipose tissue and milk. These data could also be used for identification of appropriate cohorts for possible epidemiological studies.

4. A large-scale epidemiological programme is needed for improvement of assessment of health hazards in infants associated with occurrence of PCBs, PCDDs and PCDFs in human milk at the present average levels. A feasibility study for such a programme is strongly recommended.

5. Data on populations heavily exposed in the past ^{significantly} should be collected and ^{evaluated} reviewed in detail. The possibility of carrying out further follow-up studies on these groups