

A high-magnification, black and white micrograph of a porous material, likely a foam or a biological tissue. The image shows a dense network of small, dark, circular voids or cells, each surrounded by a thin, light-colored boundary. The overall texture is highly irregular and complex.

# Forever Chemicals

**The Who, the What and What If**

**Nancy V.  
Rodway MD  
MS MPH**

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# Objectives

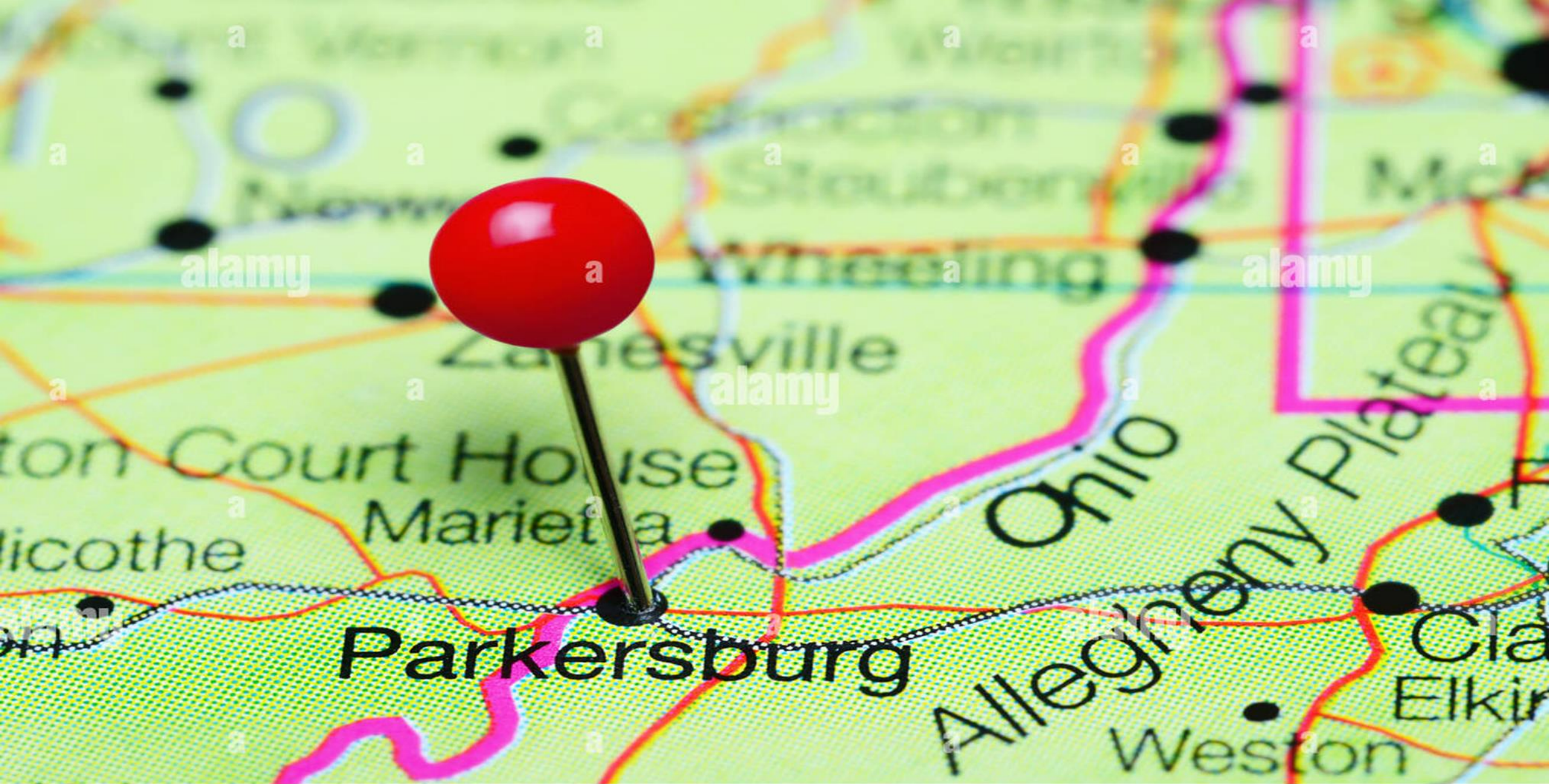
- **Describe the history of forever chemicals in Ohio.**
- **Clarify what constitutes a forever chemical**
- **Explain the environmental risks of forever chemicals**
- **Explain the medical risks of forever chemicals**
- **Describe what you can do to mitigate the risks of forever chemicals in you.**
  - **Testing your water for forever chemicals**
  - **Testing you for forever chemicals**

2005



# Parkersburg, WV



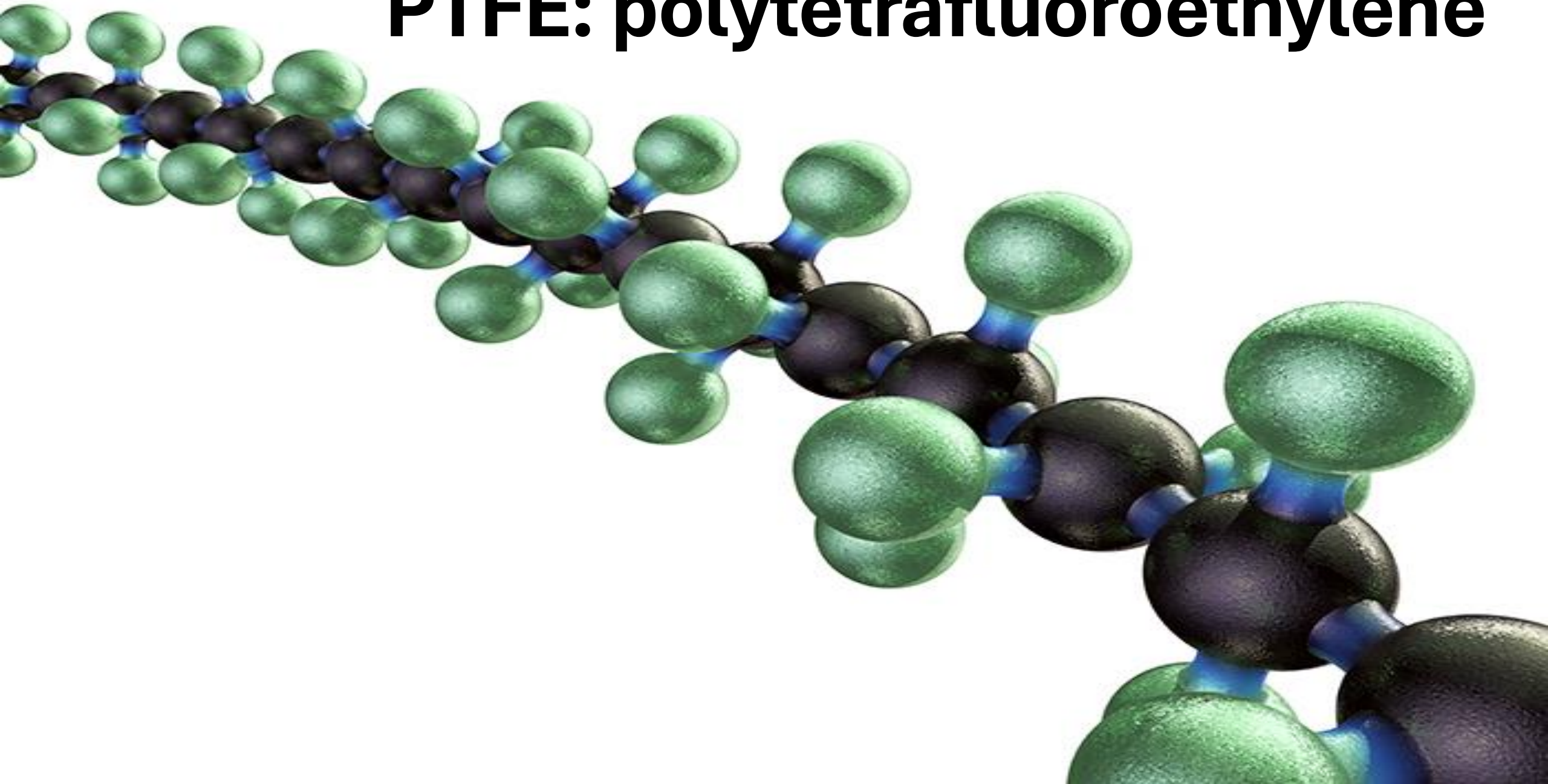


# DuPont Washington Works



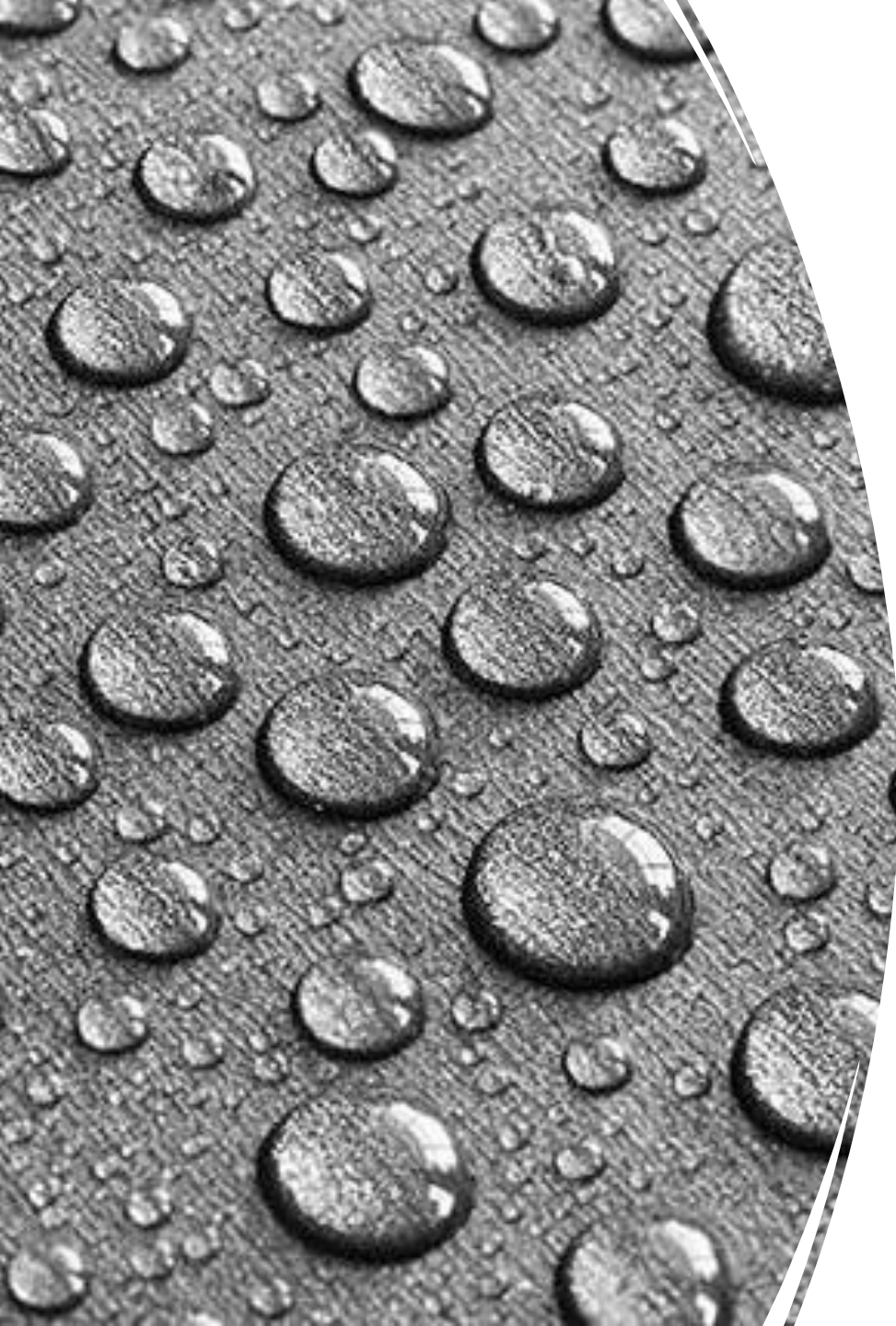


**PTFE: polytetrafluoroethylene**





**Teflon**



# Teflon/PTFE

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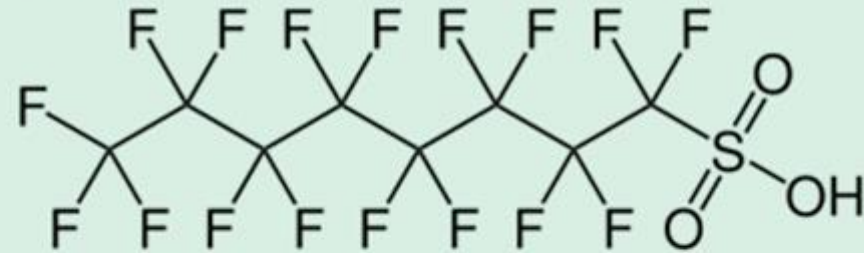
- **Heat Resistant**
- **Resistant to most chemicals, solvents, and corrosives**
- **Non-stick, slippery**
- **Water and Oil Repellent**
- **Non-Flammable**
- **Durable**

# Legacy Forever Chemicals (AKA C8)

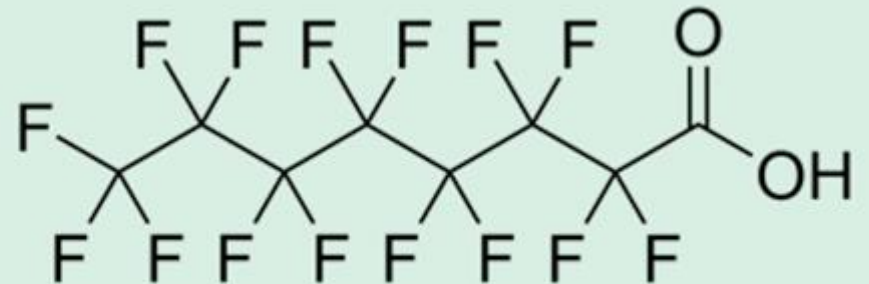
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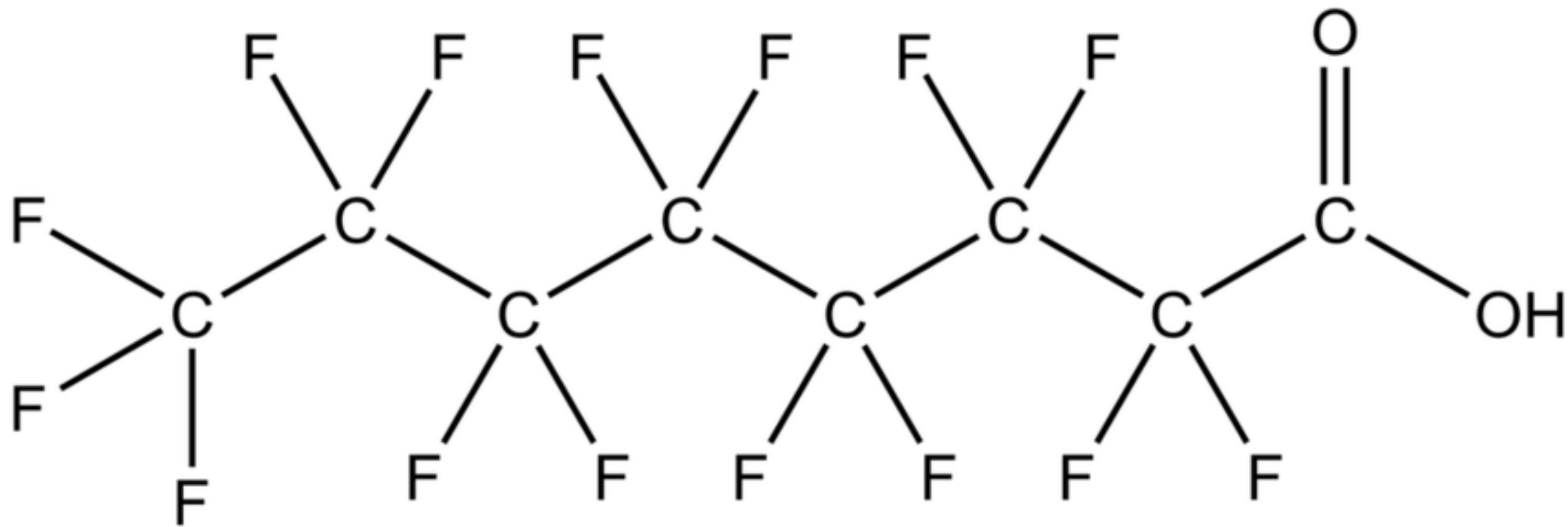
# PFAS

PFOS (Perfluorooctanesulfonic acid)



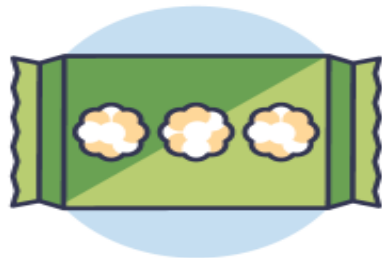
PFOA (Perfluorooctanoic acid)







**FIREFIGHTING  
FOAMS**



**MICROWAVE  
POPCORN BAGS**



**WATER RESISTANT  
CLOTHING**



**PAINT**



**STAIN RESISTANT  
PRODUCT**

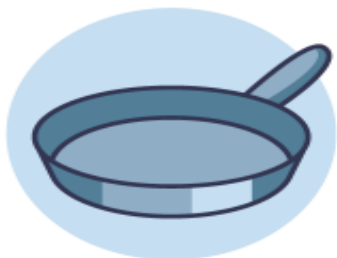


**PERSONAL CARE  
PRODUCTS**

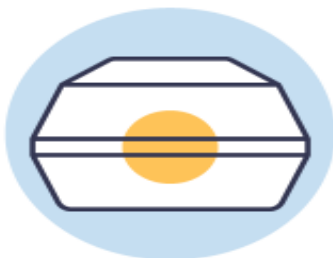
# **PRODUCTS THAT CONTAIN PFAS**



**COSMETICS**



**NON-STICK  
COOKWARE**



**FAST FOOD  
PACKAGING**



**STAIN RESISTANT  
FURNITURE**



**PHOTOGRAPHY**



**PESTICIDES**



Stain resistant  
products



Nonstick  
cookware



Takeout  
containers



Waterproof  
apparel



Furniture &  
textiles



Firefighting  
foam





1948-2015\*



Earl Wilbur Tennant







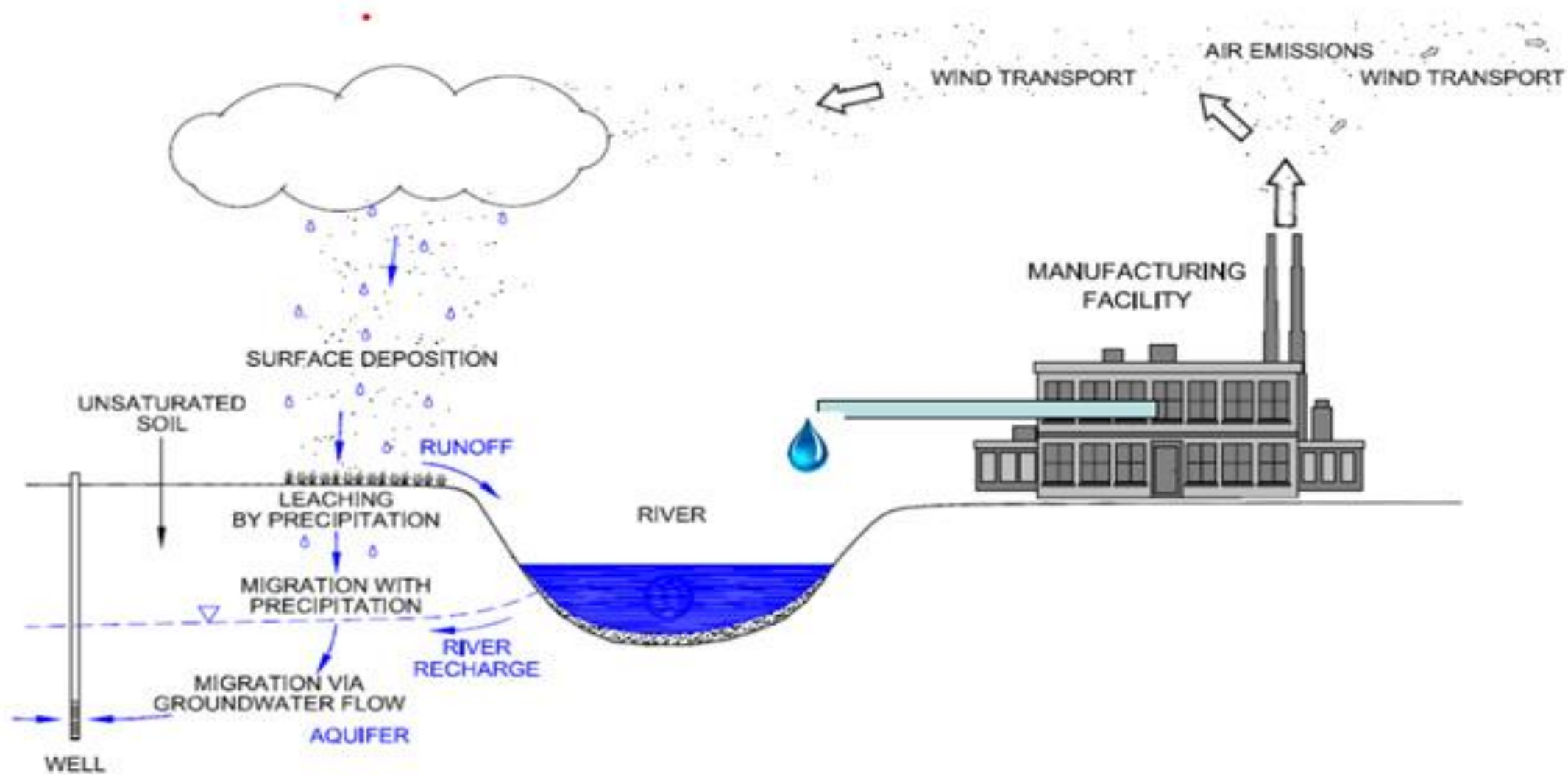
Penn  
UNIVERSITY *of* PENNSYLVANIA

# **Community Exposure to Perfluorooctanoate: Relationships Between Serum Concentration and Exposure Sources**

**Objective: to determine PFOA levels in this  
exposed population and determine source(s) and  
relationship to gender and age**

## WELL FIELD

## SITE



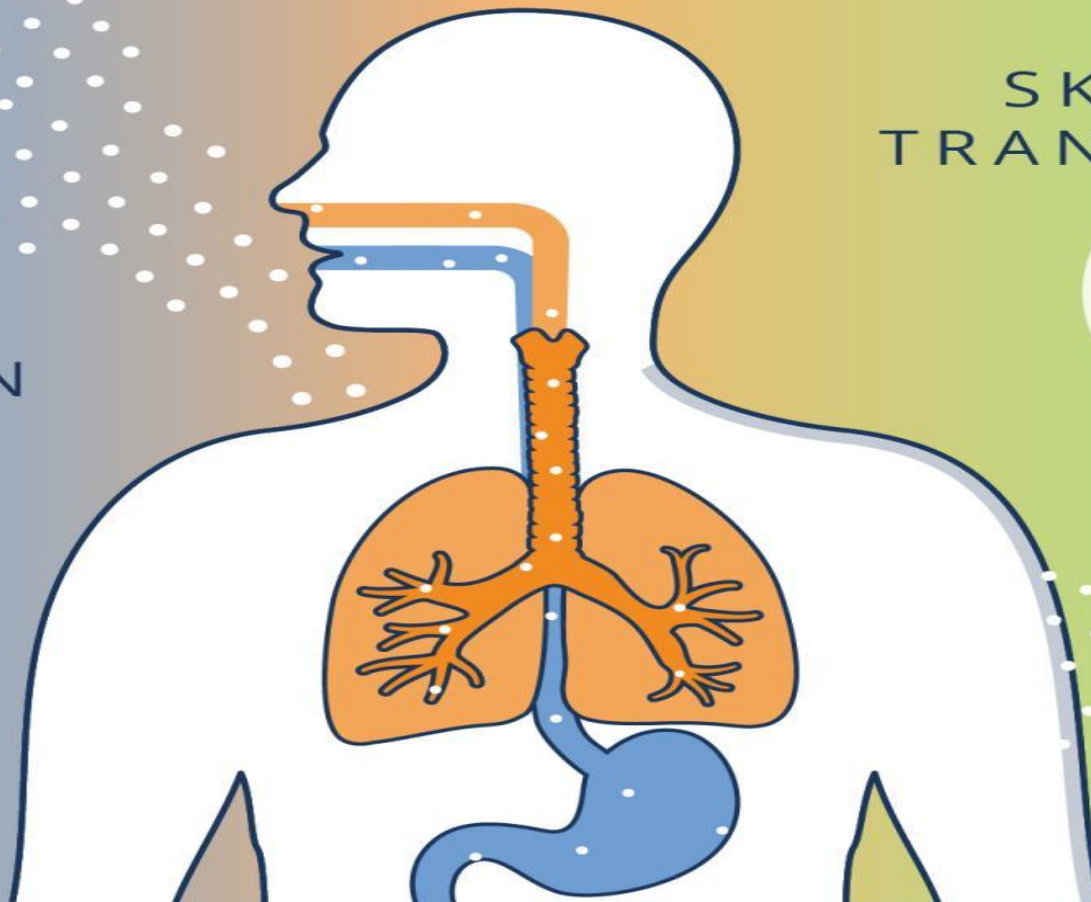


INHALATION

SKIN  
TRANSFER



INGESTION



HUMAN EXPOSURE TO PFAS OCCURS IN THREE WAYS



# DuPont Washington Works and Surrounding Area



Ohio River

Prevailing Wind

DuPont

# **Community Exposure to PFOA RESULTS**

- **Community serum PFOA very high: 298-370 ng/mL, 70x higher than general population**
- **PFOA exposure due to work and drinking water, not air.**
  - **Little Hocking Water Association LHWA**
  - **LHWA users had blood PFOA 106x higher than water**
- **Carbon water filter can help**
- **Highest levels in children less than 5 yoa and elderly**
- **No gender differences**





**Pregnant women can pass PFAS through the placenta and through mother's milk.**



# West Virginia EPA

Increased “safe levels” of PFOA in water to be higher than detected levels







I'm out of bed and dressed.  
What a day.

06/26/2010

**Rob Bilott JD**



# Decades of Deception: A Timeline of Companies Hiding Health Risks of PFAS

**1956**

—  
Stanford University study finds that PFAS binds to proteins in human blood.

**1965**

—  
DuPont rat study shows liver damage and increased spleen size.

**1978**

—  
3M concludes that PFOS and PFOA, a PFAS chemical used to make DuPont's Teflon, "should be regarded as toxic."

**1989**

—  
3M study finds elevated cancer rates among PFAS workers.



DuPont knew the  
local drinking  
water was  
contaminated in  
the 1980s



A photograph of an industrial facility, likely a chemical plant or refinery, with several tall smokestacks emitting thick white plumes of smoke. The facility is complex with various structures, pipes, and scaffolding. In the foreground, there are dark, silhouetted hills or mountains. The sky is a pale, hazy blue. The text is overlaid in a large, bold, white font.

**Bilott helped secure, from DuPont, over \$850 million in settlements and benefits for affected residents, including funds for medical monitoring and individual damages, exposing DuPont's knowledge of PFAS harms to the EPA.**

# **The U.S. Environmental Protection Agency (EPA) fined DuPont \$16.5 million**

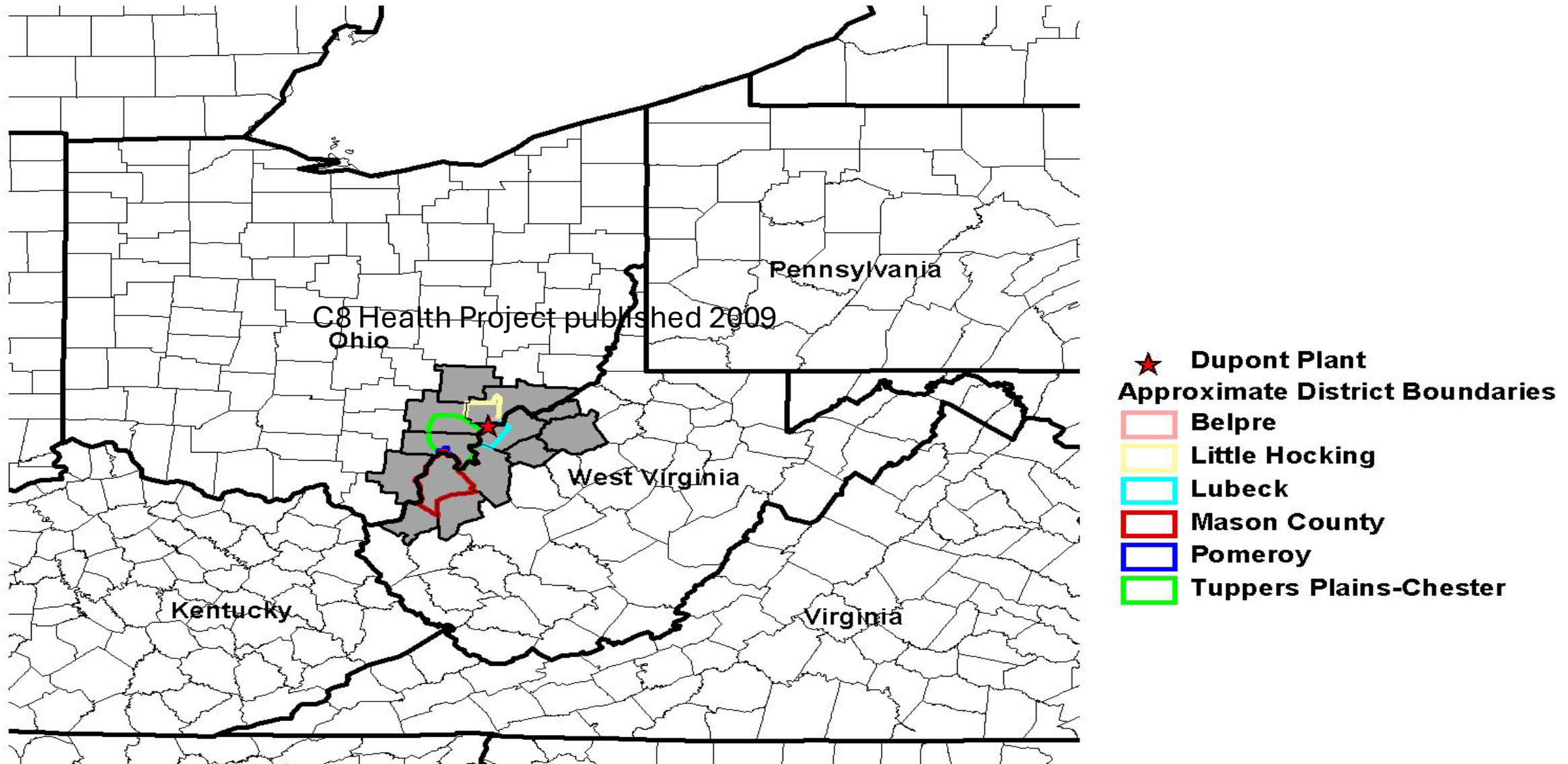


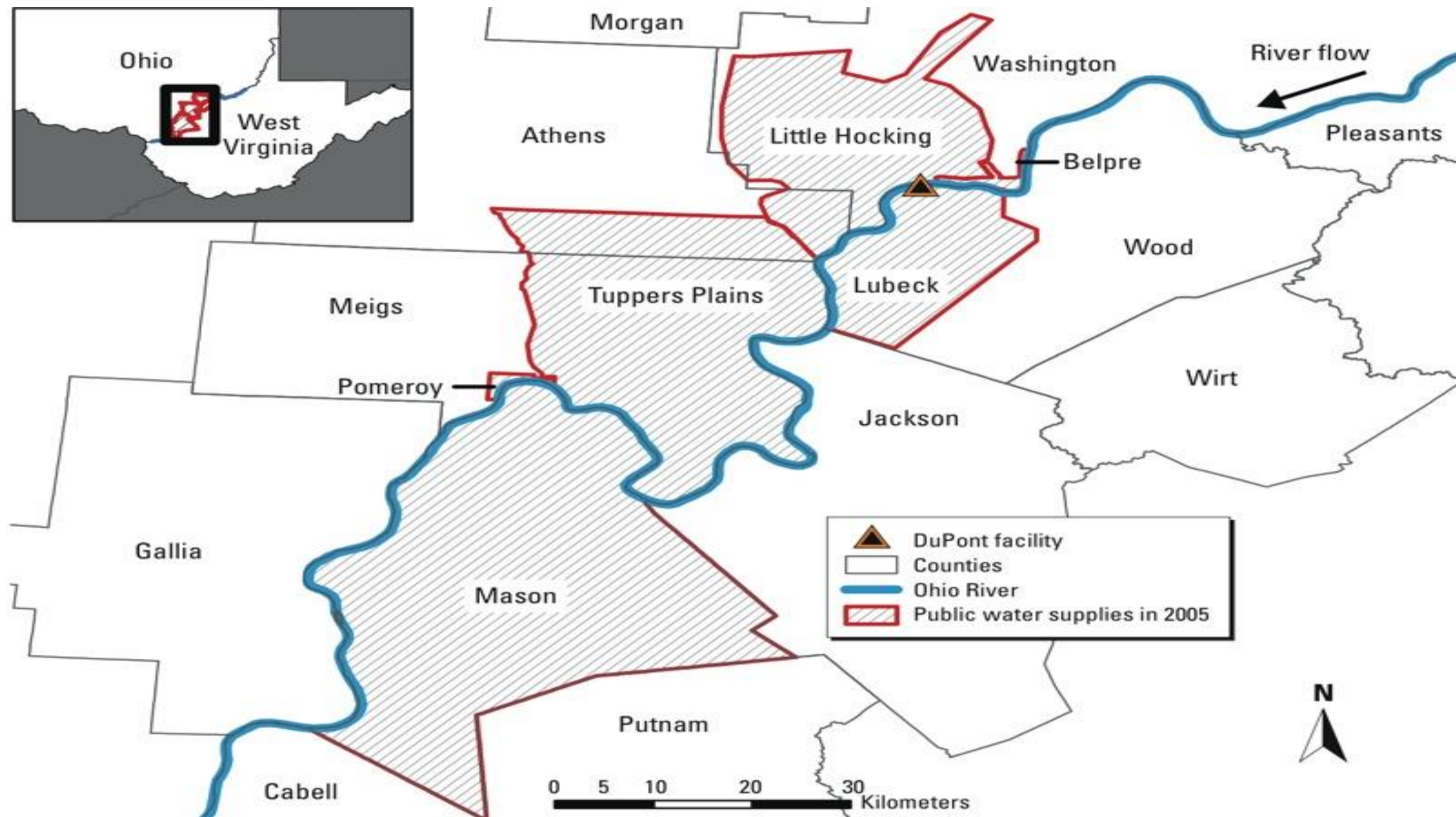


**Required DuPont to provide equipment to remove C8 from the human drinking water**

**Fund a community health study, the C8 Health Project, to document the health effects of PFAS on residents in affected water districts.\***

# C8 Health Project Study Area

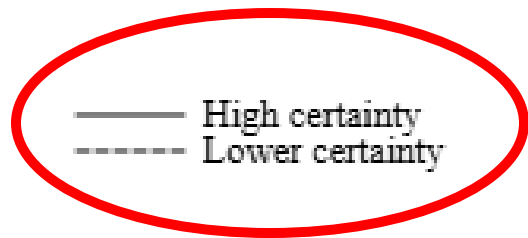




# C8 Health Project published 2009

- **Study of residents exposed to C8 through drinking water**
- **More than 69,000 participants**
- **Average serum PFOA was 82 ng/mL, with a median of 28 ng/mL**
- **PFOA levels 100 to 5,000 ng/mL in occupational cohorts**
- **Probable links between C8 exposure and:**
  - **Kidney cancer**
  - **Testicular cancer**
  - **Thyroid disease**
  - **High cholesterol**
  - **Ulcerative colitis**
  - **Pregnancy-induced hypertension**

<https://ehp.niehs.nih.gov/doi/full/10.1289/ehp.1002346>; <https://pubmed.ncbi.nlm.nih.gov/20049206/>



**Developmental effects  
affecting the unborn child**

**Delayed mammary gland  
development**

**Reduced response  
to vaccines**

**Lower birth weight**

**Obesity**

**Early puberty onset**

**Increased miscarriage risk  
(i.e. pregnancy loss)**

**Low sperm count and mobility**

**Thyroid disease**

**Increased cholesterol levels**

**Breast cancer**

**Liver damage**

**Kidney cancer**

**Inflammatory  
bowel disease  
(ulcerative colitis)**

**Testicular cancer**

**Increased time to pregnancy**

**Pregnancy induced  
hypertension/pre-eclampsia  
(increased blood pressure)**

# Testicular cancer

- **PFAS associated with increased risk of testicular cancer.**
- **Elevated levels of some PFAS, especially PFOS, in the blood was associated with serving as a firefighter or at a military base with high levels of PFAS in the water supply.**
- **Consider monitoring of PFAS/PFOS blood levels and testicular cancer in military and firefighters**

# The US Military and PFAS

- Military firefighters use aqueous-film-forming foam (PFOA/PFOS) contaminating 700 bases' H2O supply
- DOD: bottled water and filtration systems/municipal water connections since 2016
- 2020 National Defense Auth Act mandated phasing out the PFAS foam



# Due to C8 Health Project:



- **IARC has classified PFOA as “carcinogenic to humans”**
- **IARC has classified PFOS as “possibly carcinogenic to humans”**
- **National Cancer Institute classified PFOA and PFOS as human carcinogens in 2023.**
- **The US EPA has not officially classified PFOA as to its carcinogenicity. The EPA’s Scientific Advisory Board “suggestive evidence of carcinogenicity, but not sufficient to assess human carcinogenic potential.”**

[https://www.cancer.org/cancer/risk-prevention/chemicals/teflon-and-perfluorooctanoic-acid-pfoa.html#:~:text=In%20a%20draft%20\(not%20final,considered%20as%20it%20becomes%20available](https://www.cancer.org/cancer/risk-prevention/chemicals/teflon-and-perfluorooctanoic-acid-pfoa.html#:~:text=In%20a%20draft%20(not%20final,considered%20as%20it%20becomes%20available)  
<https://dceg.cancer.gov/research/what-we-study/pfas>

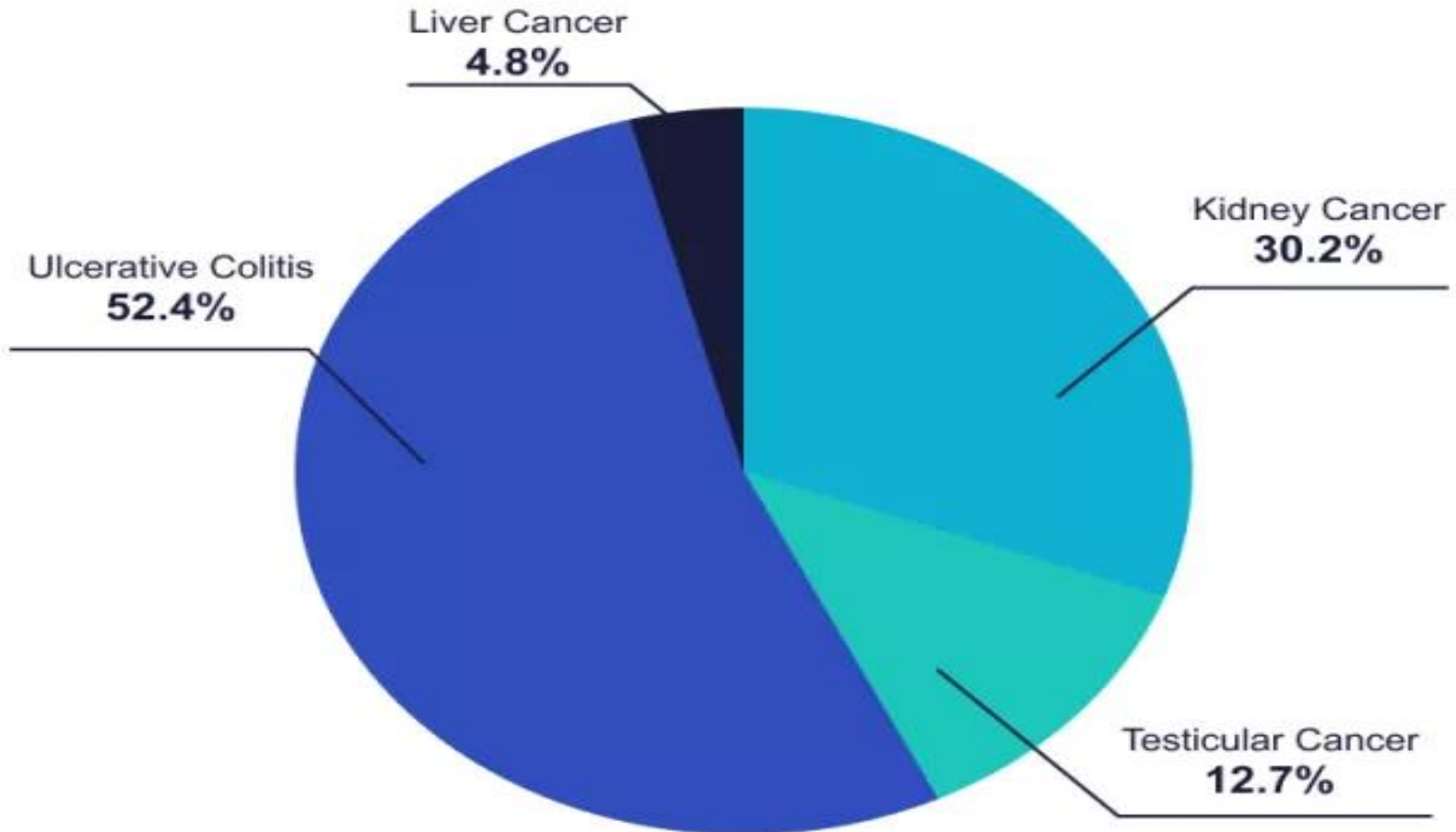
# C8 Health Project

**The C8 results triggered additional lawsuits against DuPont for health damages, with significant settlements**

**And so on...**



# Injury Distribution Among PFAS Claims



<https://dceg.cancer.gov/research/what-we-study/pfas>



**After lawsuits resulted in \$671+ million settlement to compensate residents, DuPont transferred WW to Chemours, a spin-off, in 2015.**

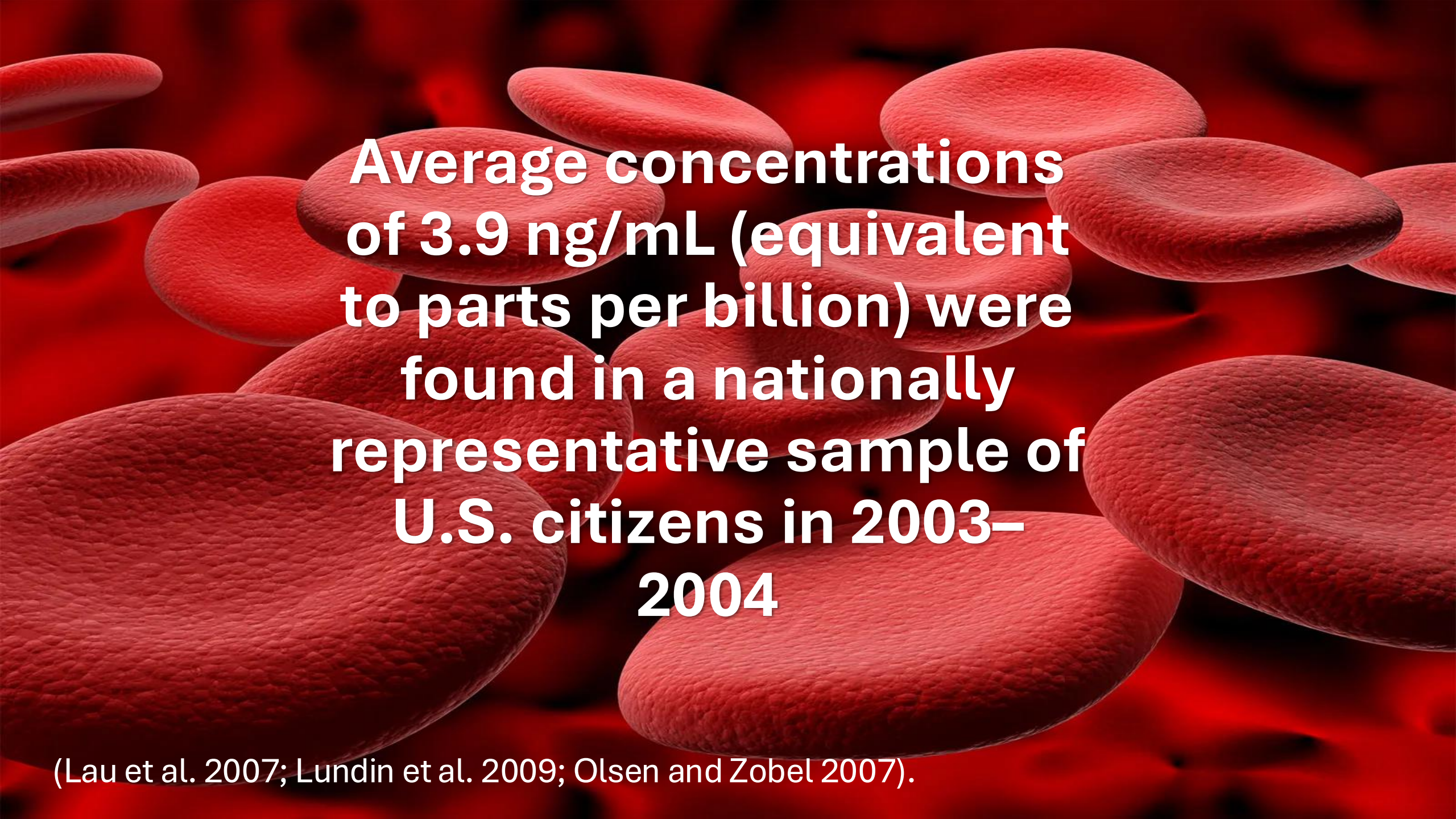
# PFAS in the Brain:



- **damage blood-brain barrier, making the brain vulnerable to PFAS and other neurotoxins.**
- **concentrates in lipid-rich areas like the hypothalamus and brainstem.**
- **interfere with neurotransmitters dopamine and serotonin, and is linked to attention deficit/hyperactivity disorder (ADHD) and Parkinson's disease.**
- **cause neural inflammation and is associated with cognitive decline**
- **damage brain mitochondria, the energy producers of cells.**
- **Fetal and early childhood exposure to PFAS is associated with delayed language/motor skills, and other neurodevelopmental issues.**

**97-99% of humans have PFAS in the blood.  
1 ng/ml to 5ng/ml**



The background of the slide is a close-up, artistic rendering of numerous red blood cells. These cells are depicted as biconcave discs, with a textured, slightly granular surface. They are scattered across the frame, with some in sharp focus in the foreground and others blurred in the background, creating a sense of depth. The overall color palette is a rich, vibrant red.

**Average concentrations  
of 3.9 ng/mL (equivalent  
to parts per billion) were  
found in a nationally  
representative sample of  
U.S. citizens in 2003–  
2004**

(Lau et al. 2007; Lundin et al. 2009; Olsen and Zobel 2007).

# PFAS half-life in blood\*

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- The mean estimated PFOA half-life was 2.36 years
- Faster clearance in women
- Slower clearance rates in smokers
- Slower clearance in alcohol drinkers

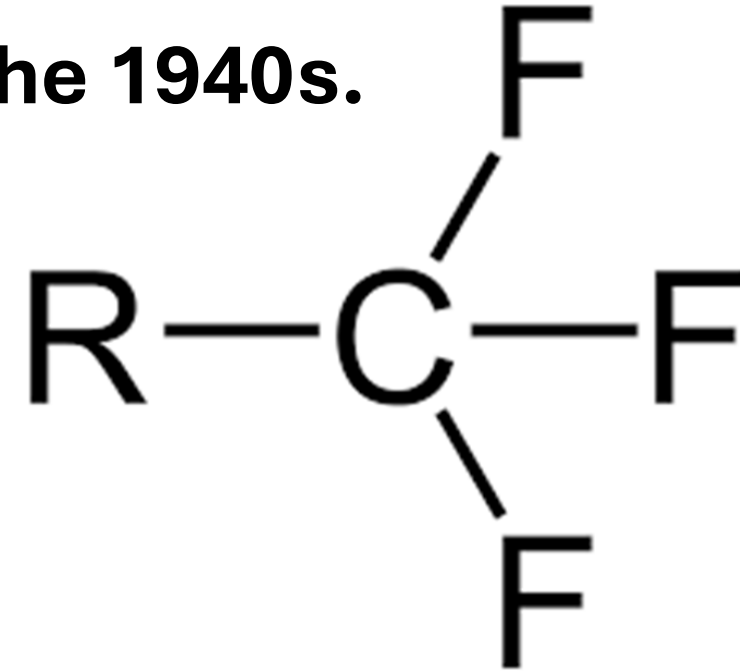
• <https://ehp.niehs.nih.gov/doi/full/10.1289/EHP13152>



FOREVER®

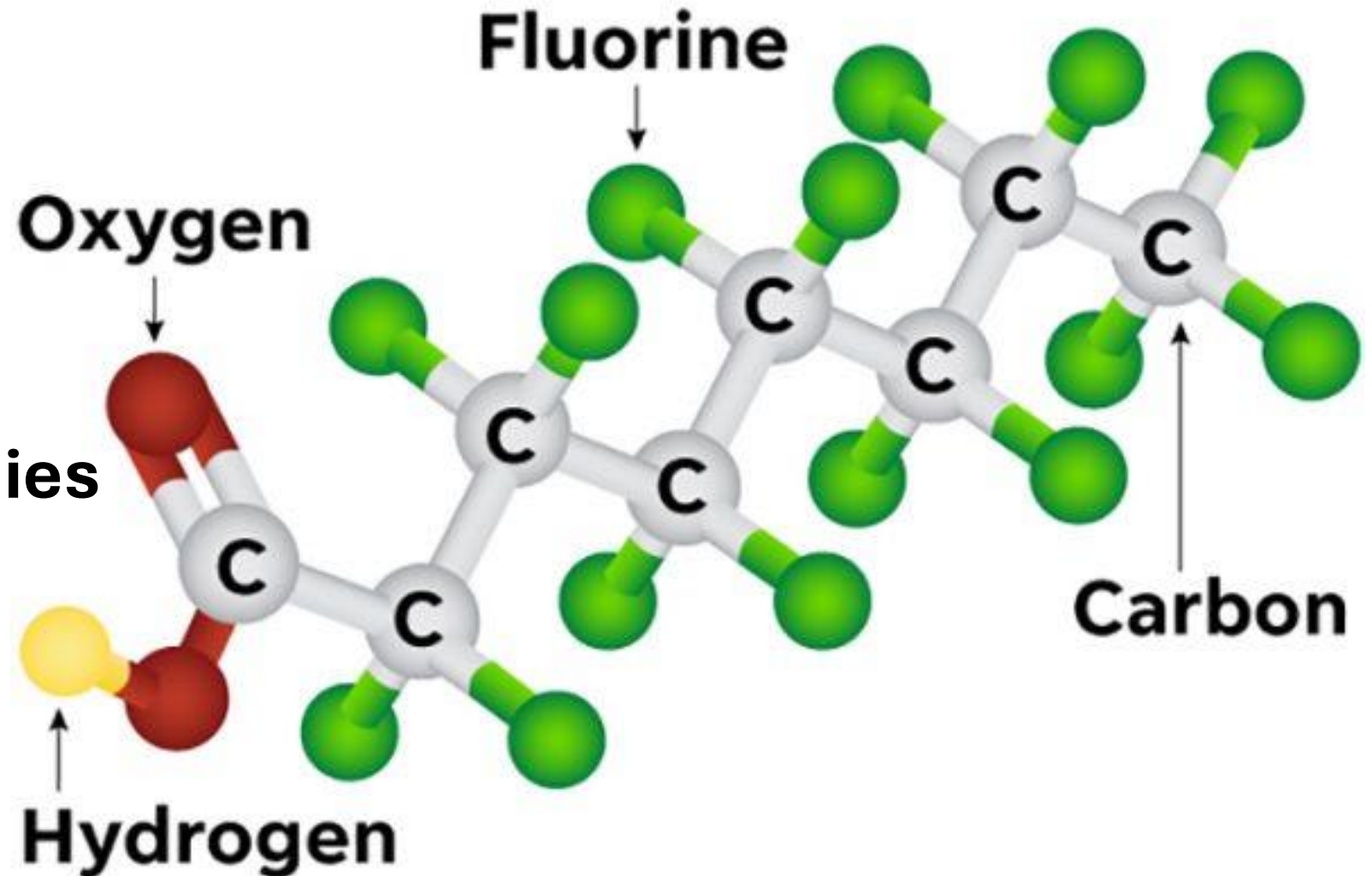
# PFASs

- **Man-made chemicals with fully fluorinated methyl(ene) group**
- **Manufactured and used in industry since the 1940s.**
- **Thousands of different PFAS chemicals**
- **Not all studied for safety**



# Poly (Per) FluoroAlkyl Substances

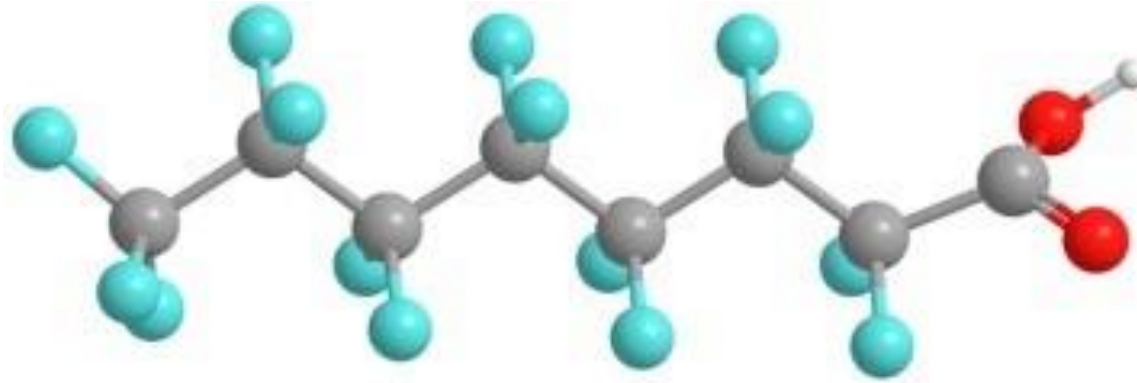
- Durable
- Heat resistant
- Surfactant properties



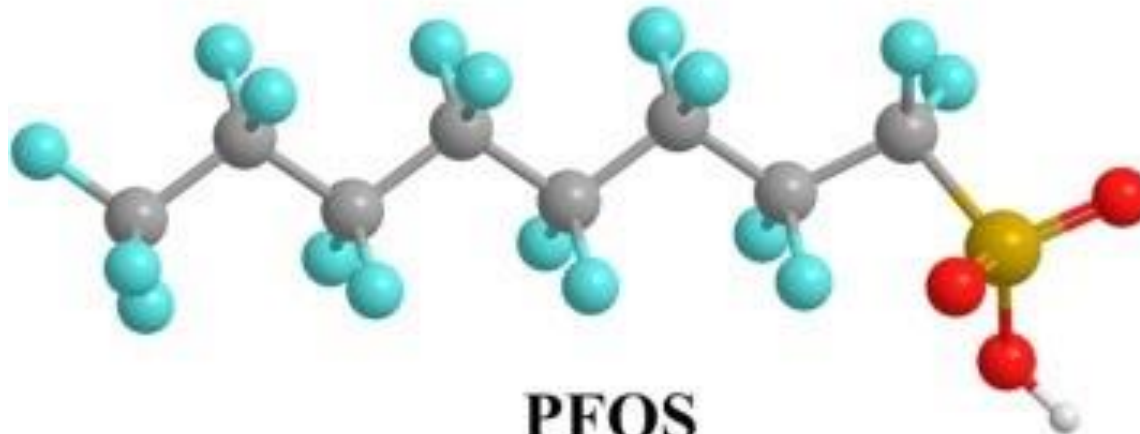


**The carbon-fluorine bonds are among the strongest in organic chemistry and require highly specialized, energy-intensive destruction methods**

# PFOA and PFOS—the “legacy” PFASs aka **C8**



**PFOA**



**PFOS**

# PFAS

## Polymers

- perfluoropolyethers (PFPE)
- Side chain FP or fluoropolymer
- fluoropolymers (FP)

## Non-polymers

PFPIA

PFPA

PASF

PFAA

PFPIA

PFSA

PFPA

PFCA

PFDS (C10)

PFBS (C9)

PFOS (C8)

PFHpS (C7)

PFHxS (C6)

PFPeS (C5)

PFBs (C4)

PFODA (C18)

PFHxDA (C16)

PFTeDA (C14)

PFTriDA (C13)

PFDoDA (C12)

PFUnDA (C11)

PFDA (C10)

PFNA (C9)

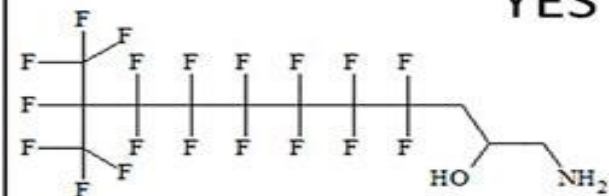
PFOA (C8)

PFHpA (C7)

PFHxA (C6)

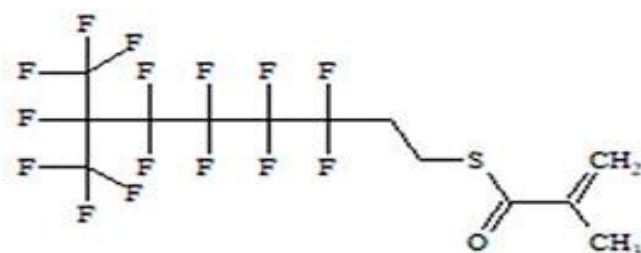
PFPeA (C5)

PFBA (C4)

**A****YES**

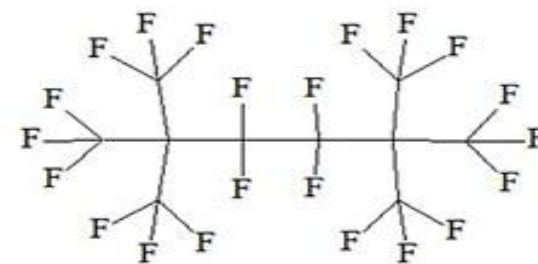
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54735-87-4



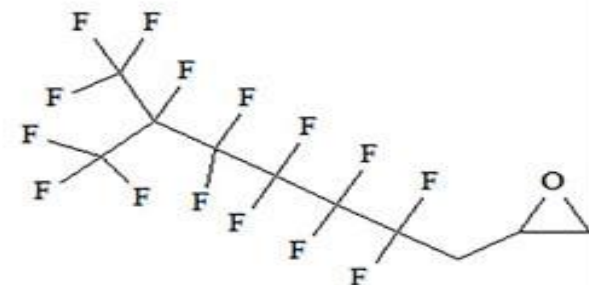
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30769-91-6



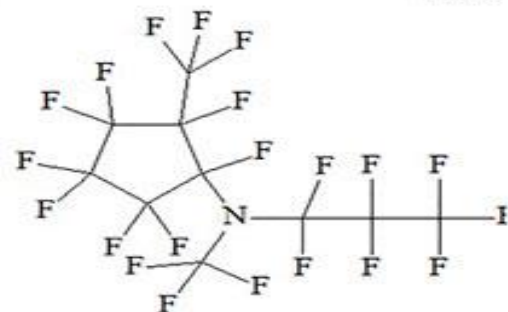
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71076-47-6



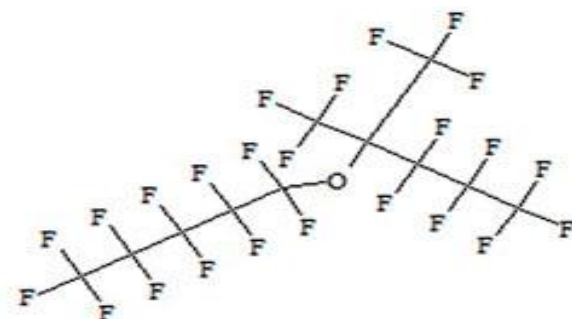
DTXSID80379908

24564-77-0

**B****NO**

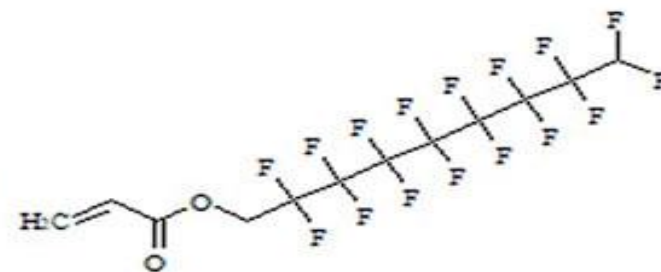
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444658-71-3



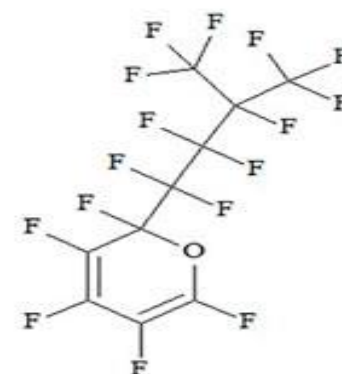
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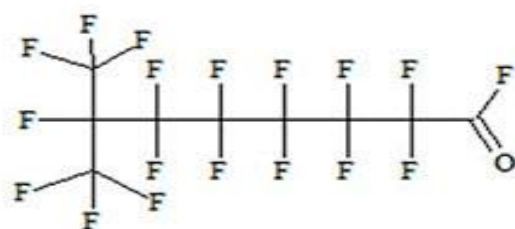
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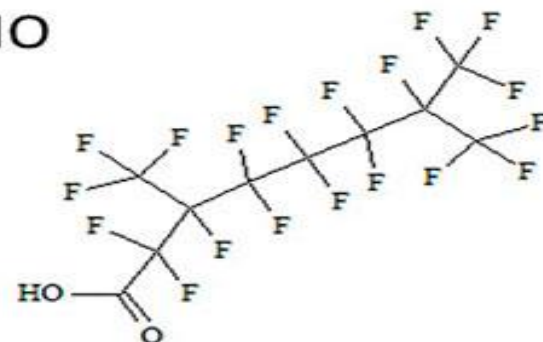
DTXSID10829921

88179-52-6

**C****YES→NO**

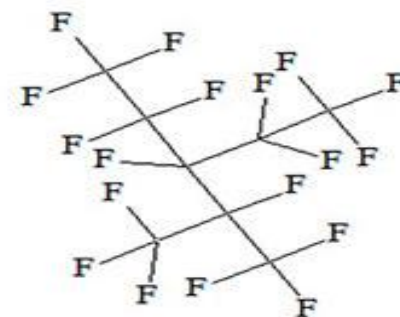
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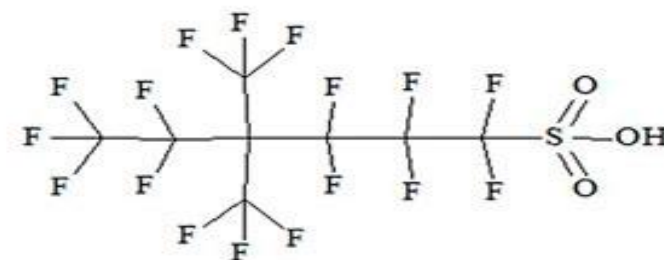
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172155-07-6



DTXSID80880120

354-97-2



DTXSID201019149

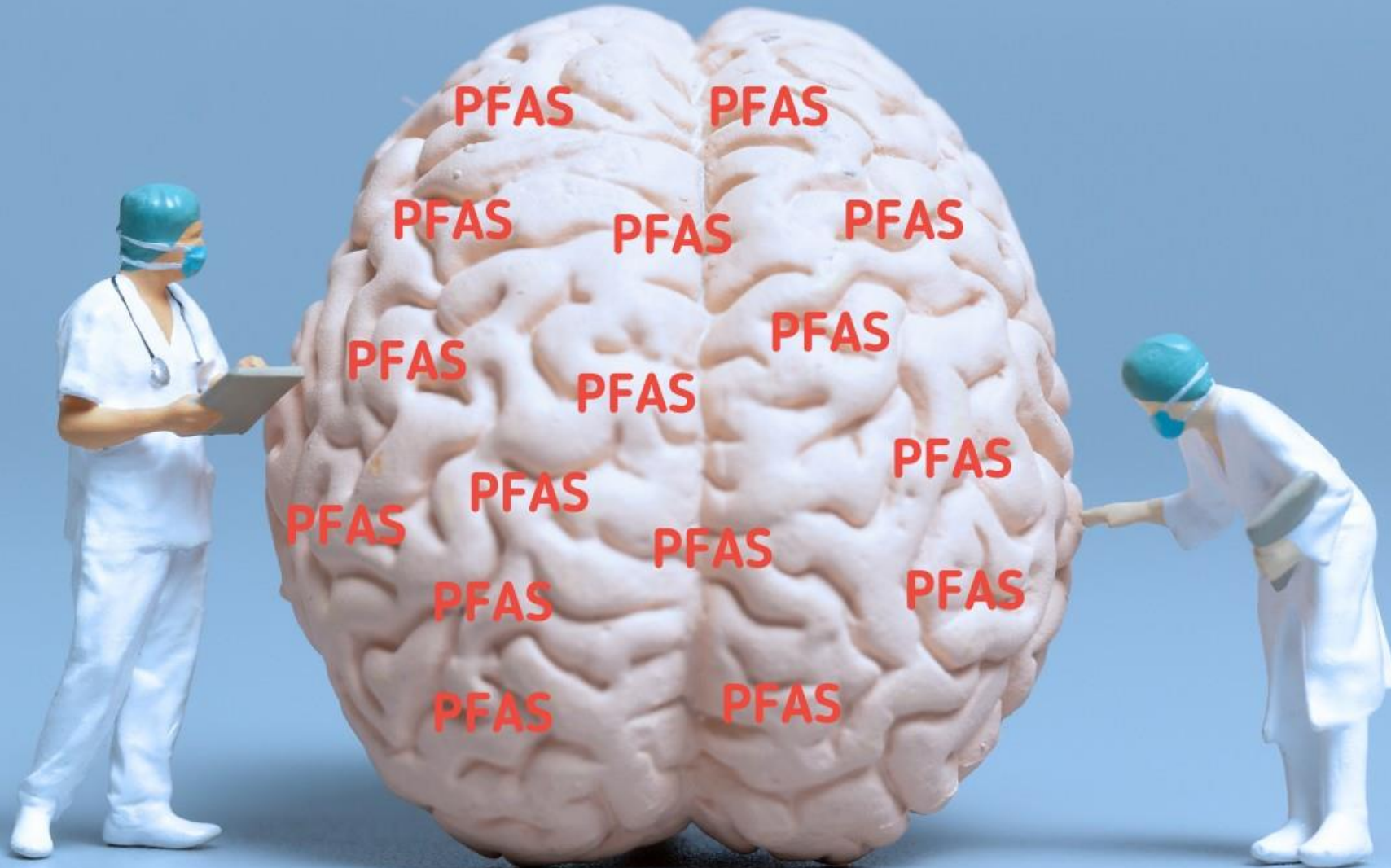
NOCAS\_1019149

# PFOS/PFOA and GenX

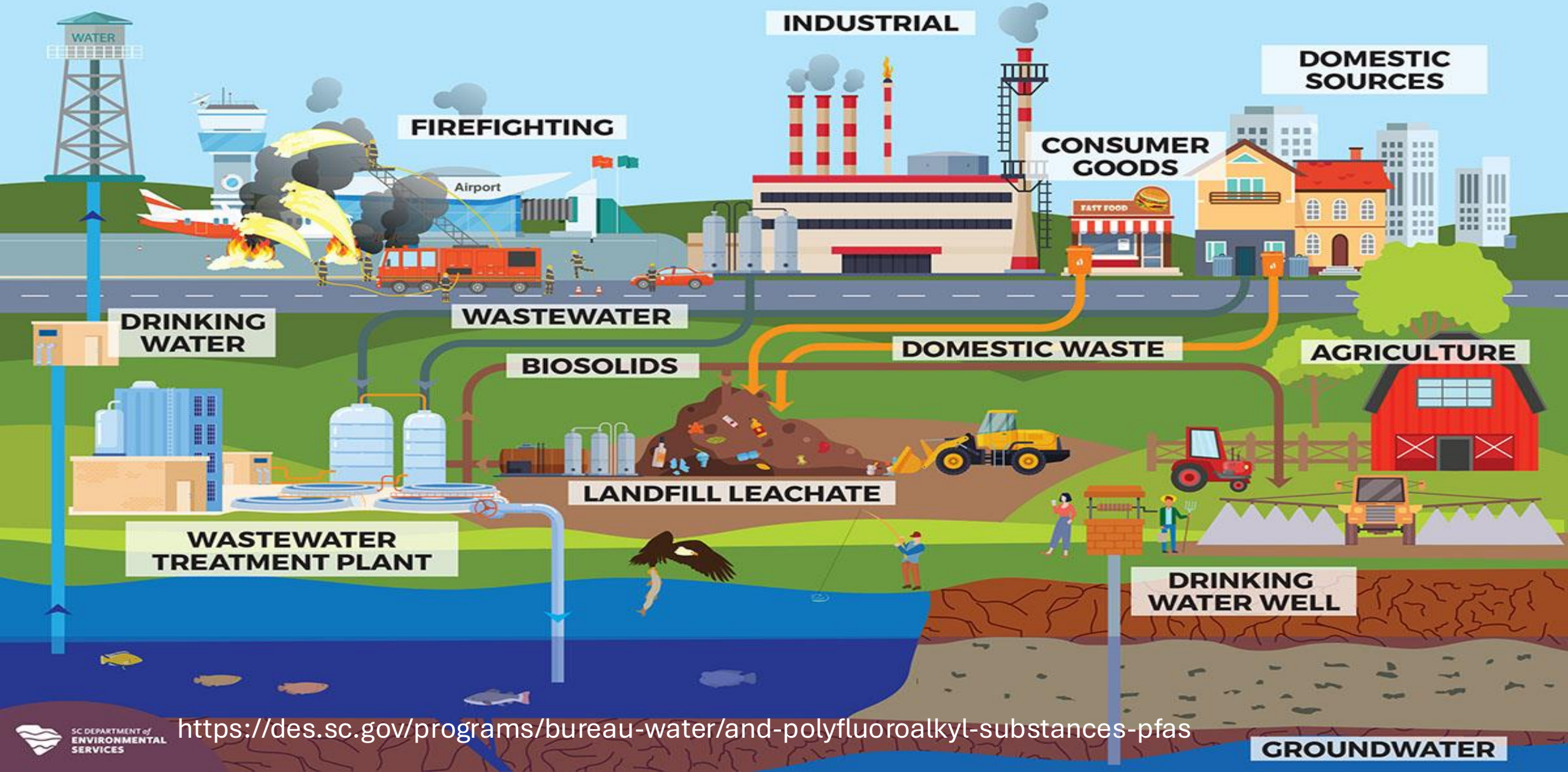


**Substitute PFAS** may have greater potential for  
accumulating in the brain

PFASfree



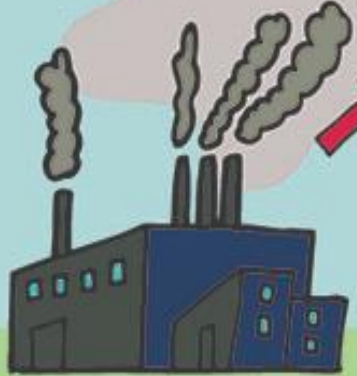
# PFAS SOURCES IN THE ENVIRONMENT



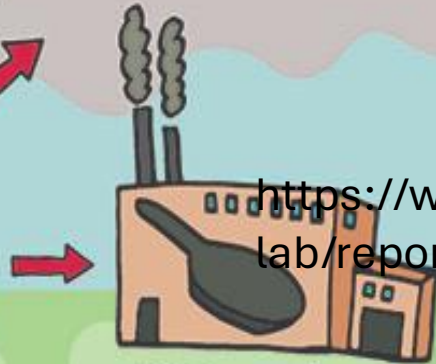
<https://des.sc.gov/programs/bureau-water/and-polyfluoroalkyl-substances-pfas>

# PFAS Pollution from Non-stick Pans

AIR POLLUTION



PFAS chemicals produced at factory



PTFE coating applied at factory



Overheating pan while cooking releases PFAS into air

AIR POLLUTION



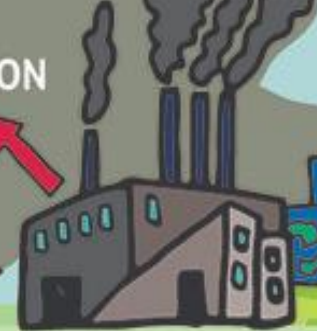
When coating fails, pans thrown into trash

AIR POLLUTION



LANDFILLED OR INCINERATED OR RECYCLED

Incineration creates ash that's landfilled and processing of pans into new products releases toxic byproducts



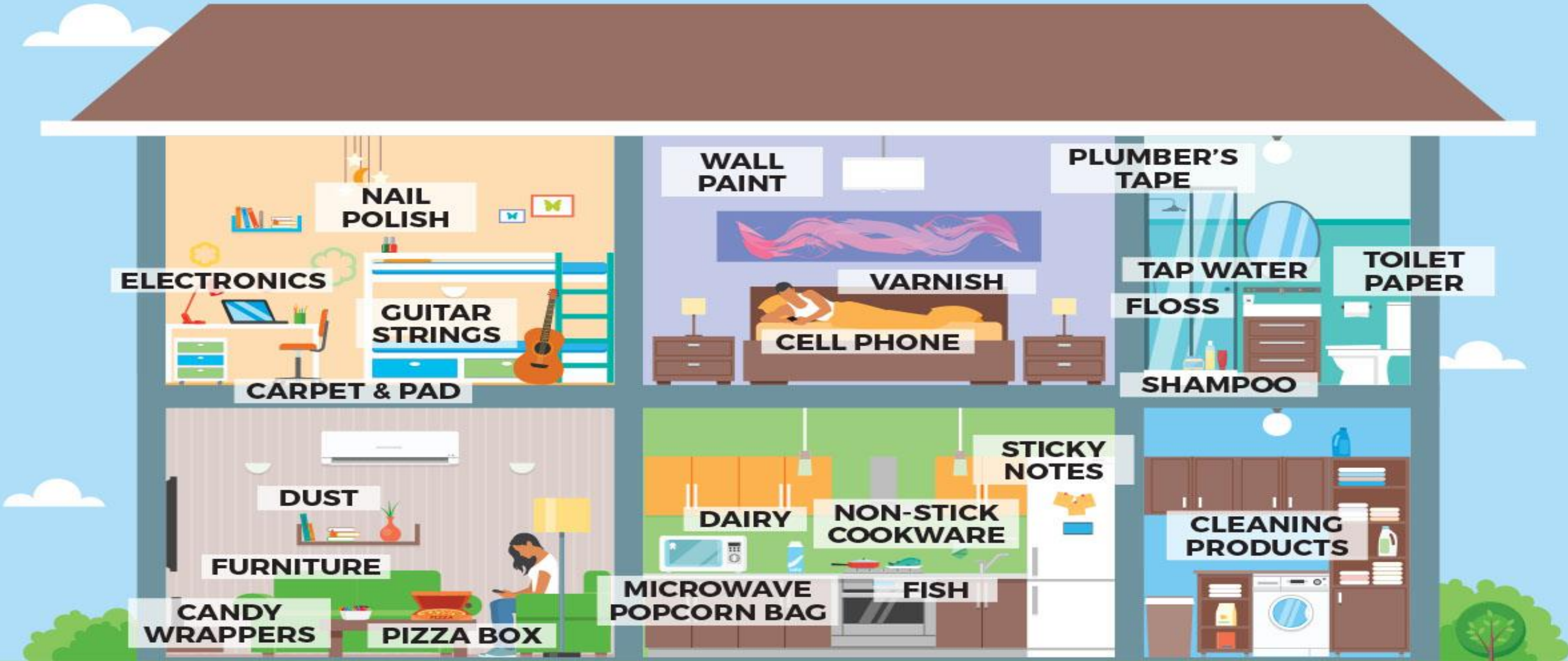
WASTE WATER POLLUTION

LEACHATE POLLUTION

DRINKING WATER CONTAMINATION

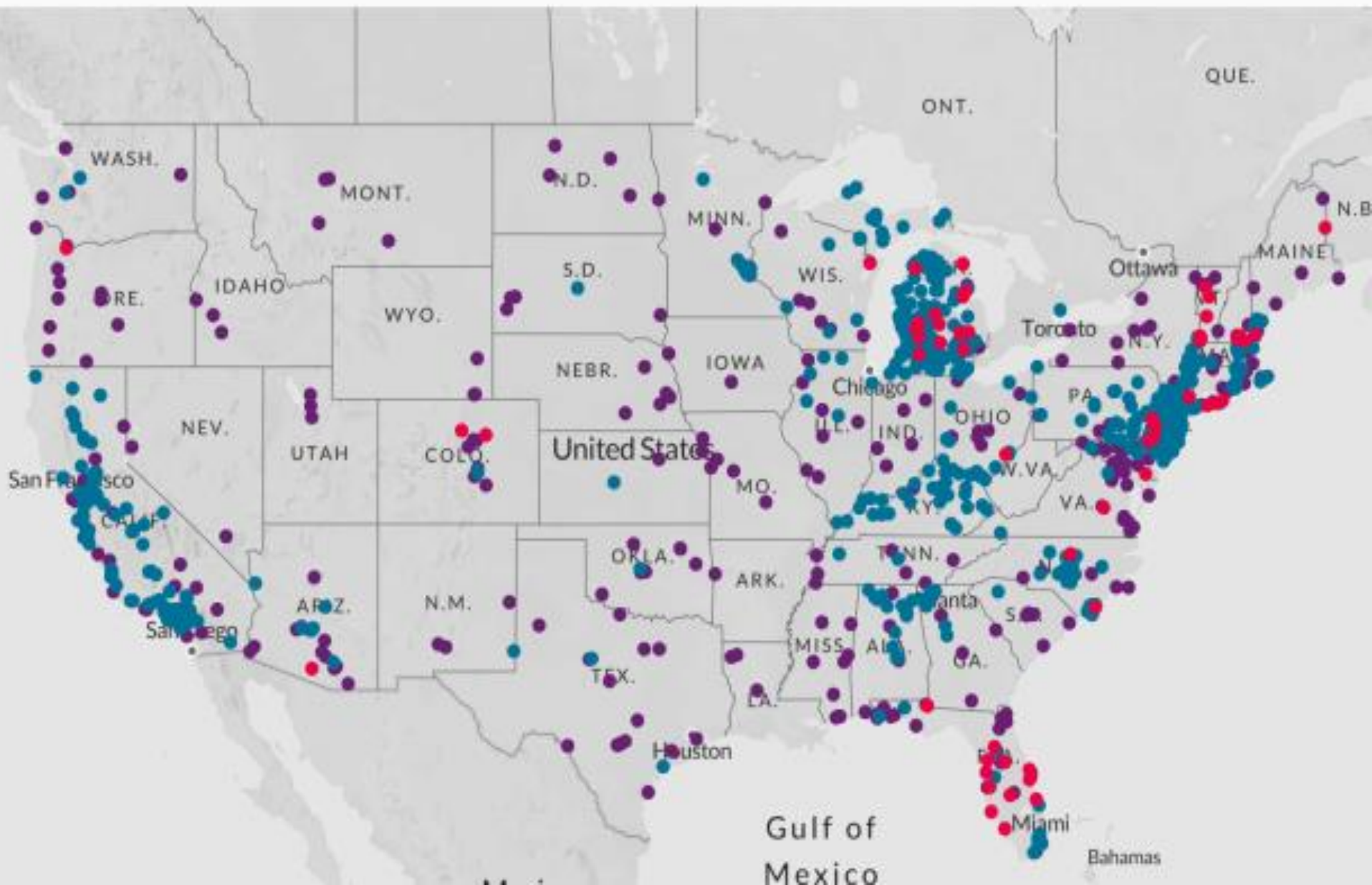
<https://www.ecocenter.org/our-work/healthy-stuff-lab/reports/whats-cooking>

# PFAS SOURCES IN THE HOME



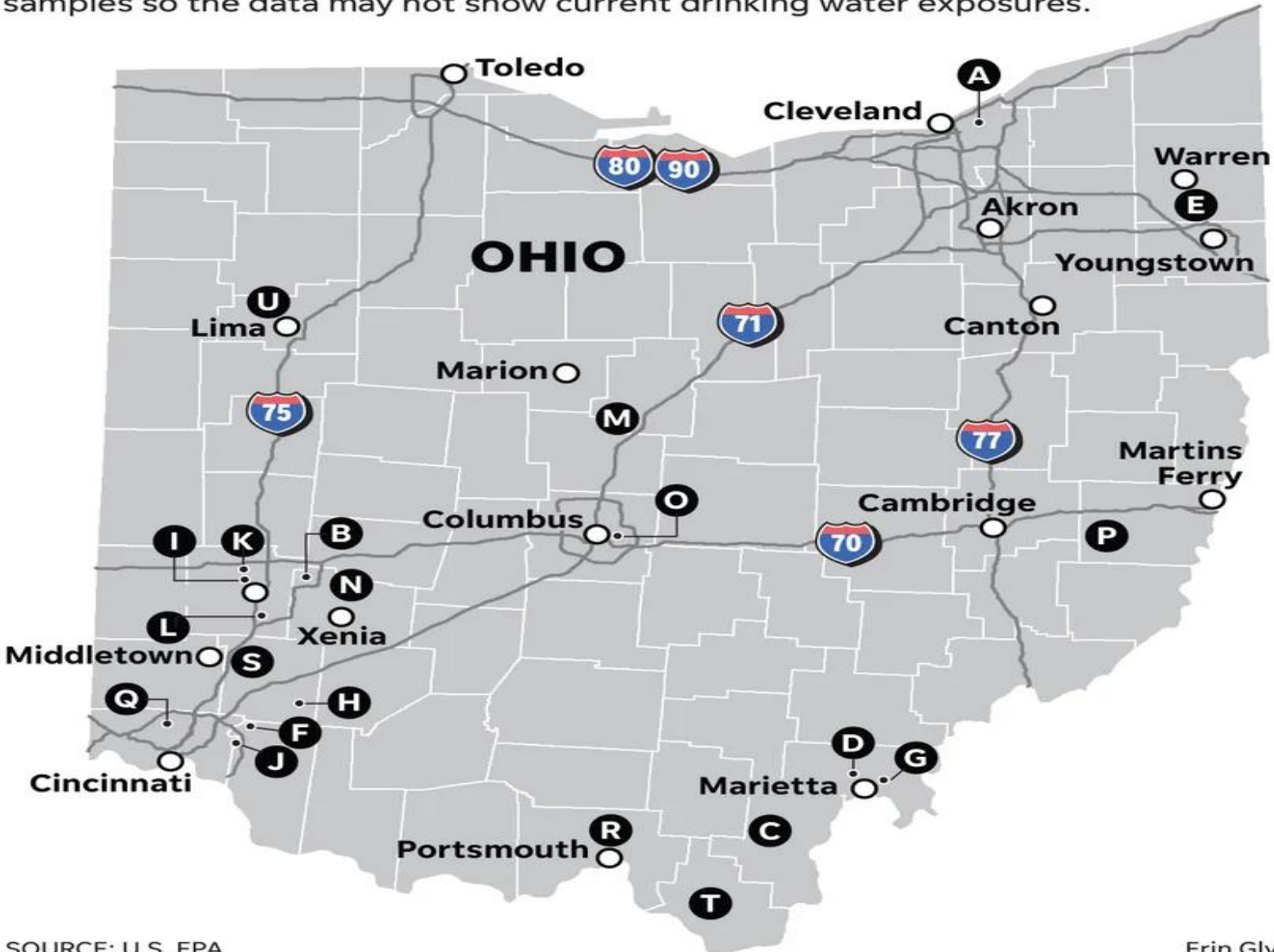
# PFAS Contamination in the U.S.

-  Military Sites
-  Drinking Water
-  Other Known Sites



# Water systems with PFAS above limits

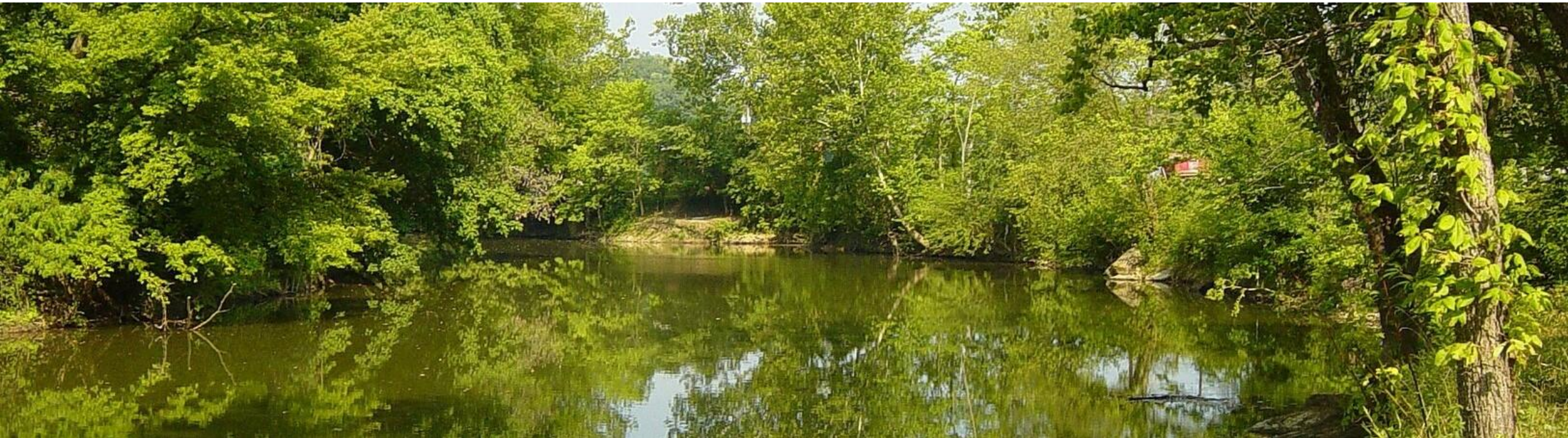
U.S. EPA data shows 21 public water systems in Ohio that reported PFAS levels over the health advisory limits. Samples were collected starting in 2023 and will be collected through 2025. Some systems take action to reduce PFAS after collecting samples so the data may not show current drinking water exposures.



**Max Analytic Value (MAV)** is the maximum value of any PFAS found in samples from this site.

| Public water system              | MAV |
|----------------------------------|-----|
| A. City of Cleveland Heights     | 400 |
| B. Wright-Patterson AFB Area     | 160 |
| C. Gallia Co. Rural Water Assn   | 20  |
| D. Warren Comm W and S Assn 2    | 20  |
| E. McDonald Village              | 18  |
| F. Loveland City                 | 16  |
| G. Putnam Comm Water Assn        | 14  |
| H. Western Water Company         | 14  |
| I. Grandview Medical Center      | 11  |
| J. Indian Hill City              | 11  |
| K. Dayton PWS                    | 10  |
| L. Montgomery Co. Water Services | 10  |
| M. Delaware Co. WC               | 9   |
| N. Yellow Springs Village PWS    | 9   |
| O. Bexley City PWS               | 8   |
| P. Barnesville, OH               | 7   |
| Q. Cincinnati PWS                | 6   |
| R. Portsmouth PWS                | 5   |
| S. Franklin PWS                  | 4   |
| T. Hecla Water Assn Plant PWS    | 4   |
| U. Lima City                     | 3   |

# Ohio PFAS Action Plan



**[pfas.ohio.gov](https://pfas.ohio.gov)**

# **Settlement with DuPont and Chemours (2023)**

**The State of Ohio secured a \$110 million settlement with DuPont and its spin-off, Chemours. The lawsuit alleged seven decades of environmental damage from the Washington Works plant in Parkersburg, West Virginia, which polluted the Ohio River with a type of PFAS known as PFOA or C8.**



# **Ohio 2025 PFAS Action Plan 2.0**

## **Ohio EPA and ODH**



- **Test nearly 1,500 public water systems for PFAS**
- **Establish state action levels for six PFAS chemicals**
- **Provide public education about forever chemicals**
- **Improve mitigation strategies**
- **Provide funding**
- **Monitor evolving scientific understanding of PFAS**



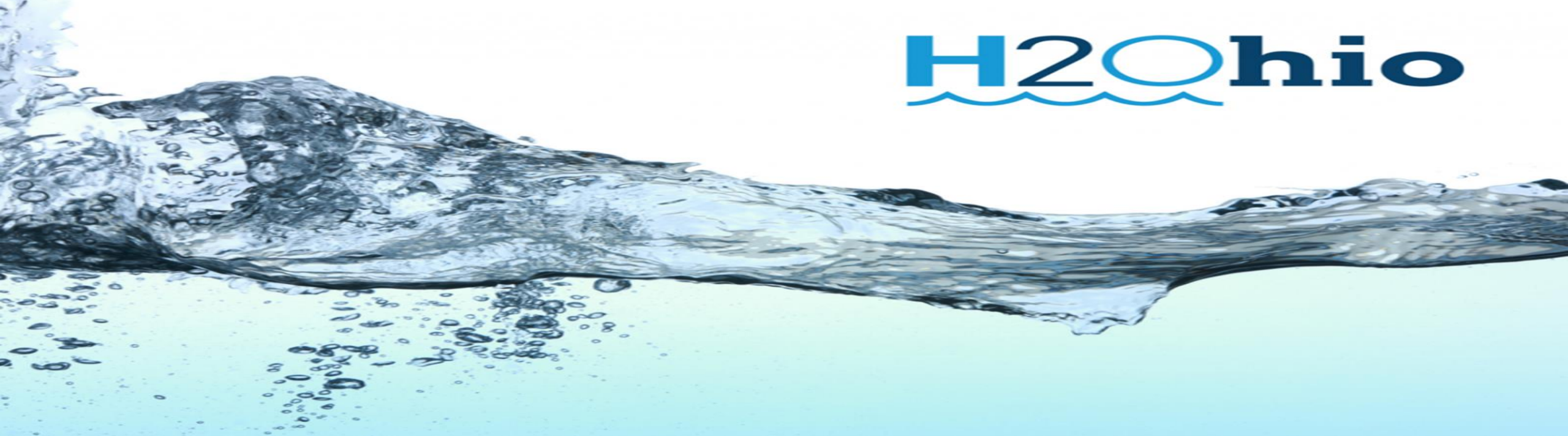
**Environmental  
Protection  
Agency**

# **Ohio PFAS Action Plan**

- **Ohio's PFAS Action Plan 2.0 is a continuation of Ohio's first PFAS Action Plan, released in 2019.**
- **Mitigation strategies**
  - AFFF takeback program
  - PFAS treatment guidance for public water systems
  - Ohio Waterways sampling
  - Fish sampling and testing

# PEAS ANNIHILATOR™



- 
- A dynamic splash of water, showing a large, dark blue wave cresting and breaking, with numerous smaller bubbles and droplets visible below the surface.
- Ohio public water systems must begin monitoring PFAS in 2027 have until 2029 to meet the new maximum contaminant levels (MCLs).
  - If levels exceed standards, public must be warned.



# EPA PFAs Maximum Contaminant Levels 2024/2025

| Compound                                                          | Final MCLG                   | Final MCL (enforceable levels) <sup>1</sup>           |
|-------------------------------------------------------------------|------------------------------|-------------------------------------------------------|
| PFOA                                                              | Zero                         | 4.0 parts per trillion (ppt) (also expressed as ng/L) |
| PFOS                                                              | Zero                         | 4.0 ppt                                               |
| PFHxS                                                             | 10 ppt                       | 10 ppt                                                |
| PFNA                                                              | 10 ppt                       | 10 ppt                                                |
| HFPO-DA (commonly known as GenX Chemicals)                        | 10 ppt                       | 10 ppt                                                |
| Mixtures containing two or more of PFHxS, PFNA, HFPO-DA, and PFBS | 1 (unitless)<br>Hazard Index | 1 (unitless)<br>Hazard Index                          |

**Compliance with MCLs is determined by running annual averages at the sampling point.**

# Lake Erie Fish Tissue Sampling





# **EPA final PFAS National Primary Drinking Water Regulation**

- **Public water systems must monitor for specific PFAS and have until 2027 to complete initial monitoring.**
- **Water systems must provide PFAS levels to the public beginning in 2027.**
- **Public water systems must reduce PFAS to MCLs by 2029.**
- **Beginning in 2029, public water systems that still have PFAS in drinking water more than the MCLs must act to reduce levels of these PFAS and must notify the public of the violation.**

# EPA PFAs Maximum Contaminant Levels 2024/2025

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| Compound                                                          | Final MCLG                   | Final MCL (enforceable levels) <sup>1</sup>           |
|-------------------------------------------------------------------|------------------------------|-------------------------------------------------------|
| PFOA                                                              | Zero                         | 4.0 parts per trillion (ppt) (also expressed as ng/L) |
| PFOS                                                              | Zero                         | 4.0 ppt                                               |
| PFHxS                                                             | 10 ppt                       | 10 ppt                                                |
| PFNA                                                              | 10 ppt                       | 10 ppt                                                |
| HFPO-DA (commonly known as GenX Chemicals)                        | 10 ppt                       | 10 ppt                                                |
| Mixtures containing two or more of PFHxS, PFNA, HFPO-DA, and PFBS | 1 (unitless)<br>Hazard Index | 1 (unitless)<br>Hazard Index                          |

**Compliance with MCLs is determined by running annual averages at the sampling point.**

# Federal EPA PFAS Standard



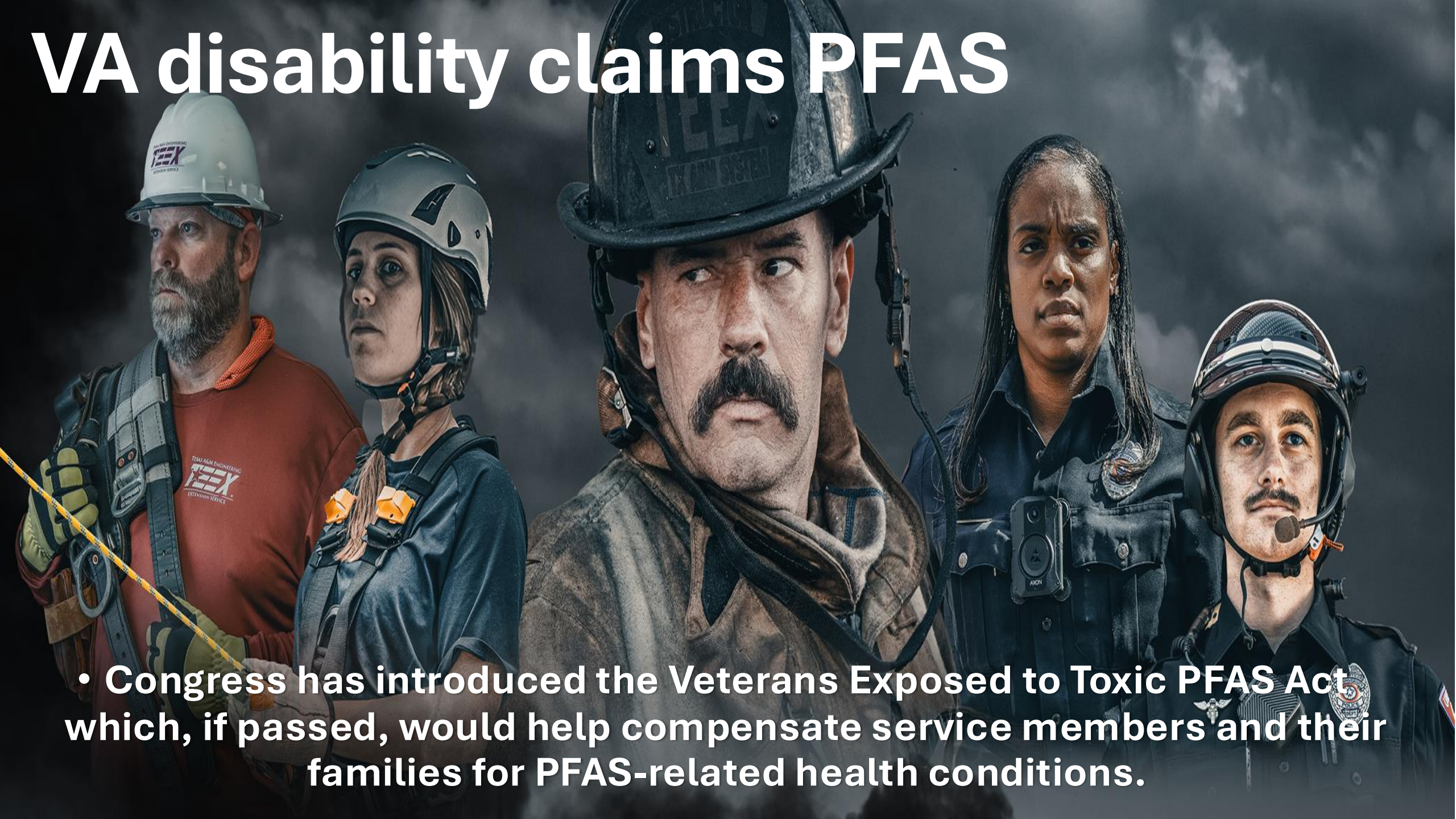
- EPA's first legally enforceable national standards for PFAS in drinking water
- In May 2025, the EPA announced an intention to delay the compliance deadlines for PFOA and PFOS until 2031.

# EPA Funding

EPA provides \$1 billion in available funding through the **Infrastructure Investment and Jobs Act** to help states and territories implement PFAS mitigation at public water systems and to help owners of private wells address PFAS contamination



# VA disability claims PFAS



- Congress has introduced the Veterans Exposed to Toxic PFAS Act which, if passed, would help compensate service members and their families for PFAS-related health conditions.

# **VET PFAS Act: Veterans Exposed to Toxic PFAS Act**

- Introduced in the U.S. House of Representatives May 2025 to provide disability and healthcare benefits to veterans **and their families** who were exposed to PFAS chemicals at military installations. In October 2025, sent to House Committee on Veterans' Affairs.
- Presumptive service connection for certain conditions linked to PFAS
- Extends VA medical services to eligible veterans **and their family members, including those who were in utero**, who resided at a military installation with PFAS exposure.
- The law would provide benefits for specified conditions/diseases that the VA and Department of Health and Human Services determine are associated with PFAS exposure.





# **PFAS blood testing: What you need to know**

**<https://pfas-exchange.org/wp-content/uploads/PFAS-Blood-Testing-Document-May-2022.pdf>**

# Testing for PFAS

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- **CDC does not currently recommend routine PFAS blood testing for the general population. However, individuals who may have been exposed to high levels of PFAS, may consider getting tested.**
- **There is no known safe level of PFAS exposure.**



# What you need to know about PFAS testing



- **Ask for a “comprehensive panel” that includes both linear and branched isomers**
  - **Most insurance companies will not pay for it.**
  - **Provider diagnostic ICD-10 code is Z13.88**
  - ***Encounter for screen for disorder due to exposure due to contaminants***
  - **CPT code is 82542**
- **Rapid home tests cost about \$300**
- **Lab result starts the clock on the Statue of Limitations.**
- **The result WILL NOT tell you the source of the contamination nor how long you have been contaminated.**

# Testing your well for PFAS



- **Collecting a water sample for PFAS testing is a complicated procedure and is best performed by a trained professional.**
- **A list of certified labs that collect and analyze water samples for PFAS can be found at the Ohio PFAS website or: [epa.ohio.gov/static/Portals/28/documents/pfas/PFASSampleCollectionServices.pdf](https://epa.ohio.gov/static/Portals/28/documents/pfas/PFASSampleCollectionServices.pdf).**

# How to avoid PFASs

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- Skip optional stain repellent on carpeting
- Choose personal care items without “fluoro” ingredients
- Be wary of water-repellant items





**How to avoid PFASs**

# Highest PFAS levels on average



**Paper Bags**



**Molded Fiber  
Bowls**



**Single-Use  
Plates**

**Fast food wrappers\***



**Avoid stain resistance on carpeting**

# PFASs found in jackets made by:

- North Face
- Patagonia
- Adidas
- Columbia
- Jack Wolfskin



# PFAS can be found in shoes from:

- Nike
- Puma
- Adidas



# PFAS can be found in swimwear from:

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- **Disney**
- **Burberry**



# Teflon Pans





## WHAT'S COOKING?

Healthy Stuff Lab  
Recommendations  
for Non-Toxic Cookware

### Preferred

Uncoated  
made with  
Stainless steel  
Cast iron  
Glass, etc.



### Caution\*

Coated with  
Non-PFAS  
coatings:  
Silicone  
Enamel



### Avoid

PTFE-Coated  
Brands:  
Teflon™  
Autograph  
Greblon, etc.  
Visit  
[ecocenter.org](http://ecocenter.org)  
for full list



### Better Buying Tip

In general, coated pans are less durable and some coatings present chemical hazards during manufacture, use, and/or disposal. Uncoated cookware is generally safer and more durable.

\*Not enough information is available to fully assess potential hazards of some non-PFAS coatings. Ceramic is likely a safer nonstick choice although is not known for durability.

Full report at [ecocenter.org/healthy-stuff](http://ecocenter.org/healthy-stuff)

# Consumer Alert: Undisclosed PFAS



Our testing found this  
pan to be coated in PTFE,  
PTFE=PFAS



**PFOA-free doesn't  
mean PTFE-free, but  
you wouldn't know  
that from the package**



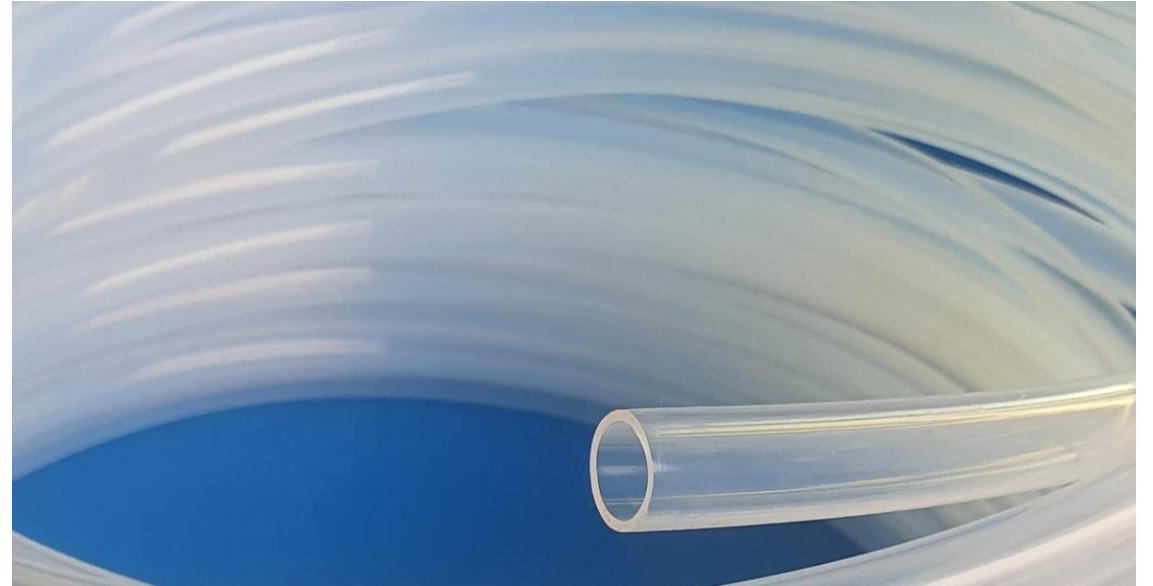
Many companies do not provide adequate information to determine if a product is PFAS/PTFE-free. This and other products frequently advertise PFOA-Free, free of GenX fluorinated chemicals, PFBS, PFOS, PFOA. The absence of any or all of these chemicals DOES NOT mean a product is PFAS or PTFE-free.

Read the report: [ecocenter.org/healthy-stuff](http://ecocenter.org/healthy-stuff)



**DuPont spun off The Chemours Company ("Chemours") as an independent, publicly traded company on July 1, 2015.**

# Flouroplastics: Perfluoroalkoxy (PFA) polymer



**August 2025 ‘A victory for public health:’  
U.S. judge orders Chemours to stop dangerous  
discharges from WV plant**

# Superfund law: CERCLA

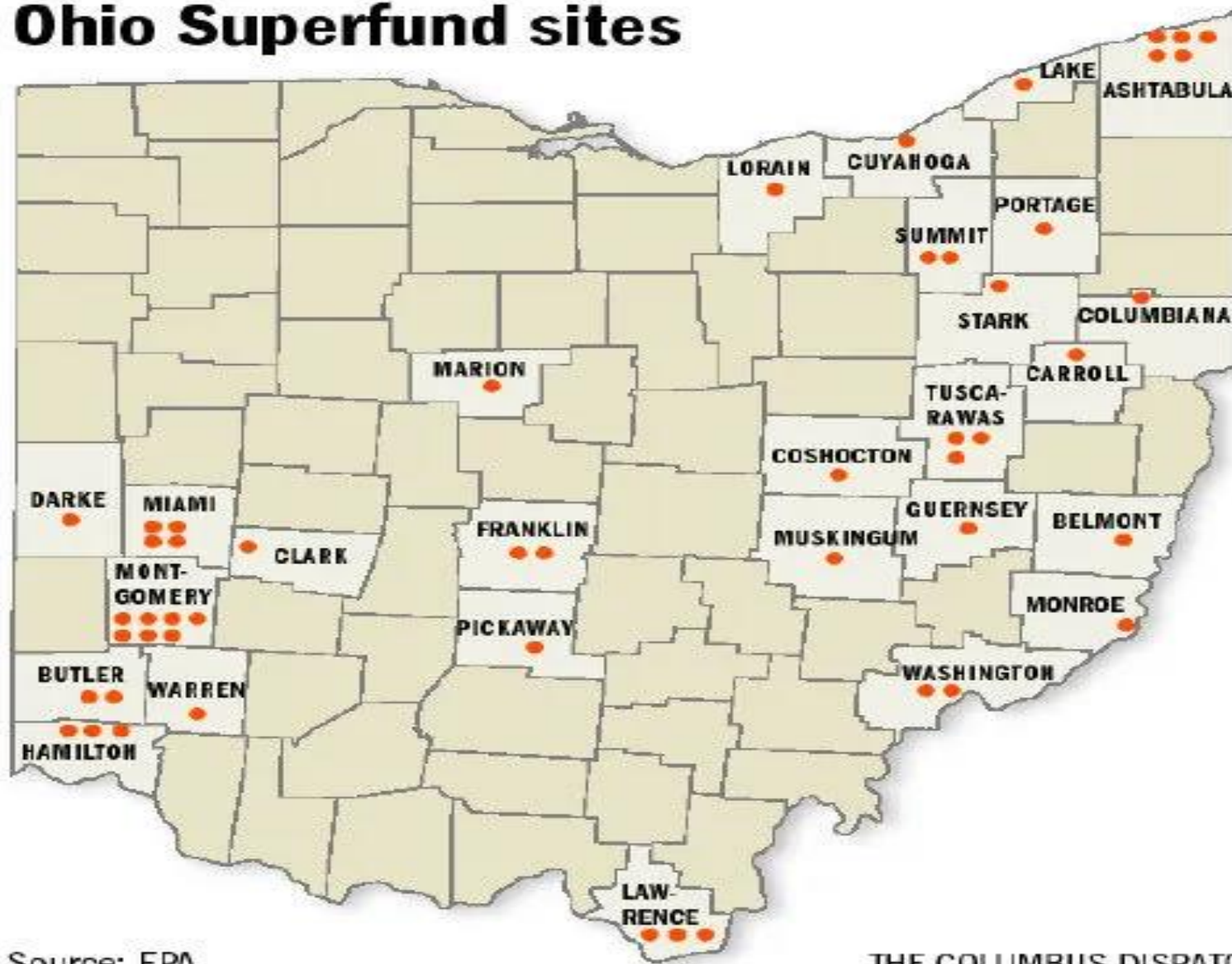
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In April 2024, the EPA designated PFOA and PFOS as hazardous substances under the Comprehensive Environmental Response, Compensation, and Liability Act (CERCLA), also known as the Superfund law.

CERCLA holds manufacturers and polluters of PFOA and PFOS responsible for cleanup costs



## Ohio Superfund sites



Source: EPA

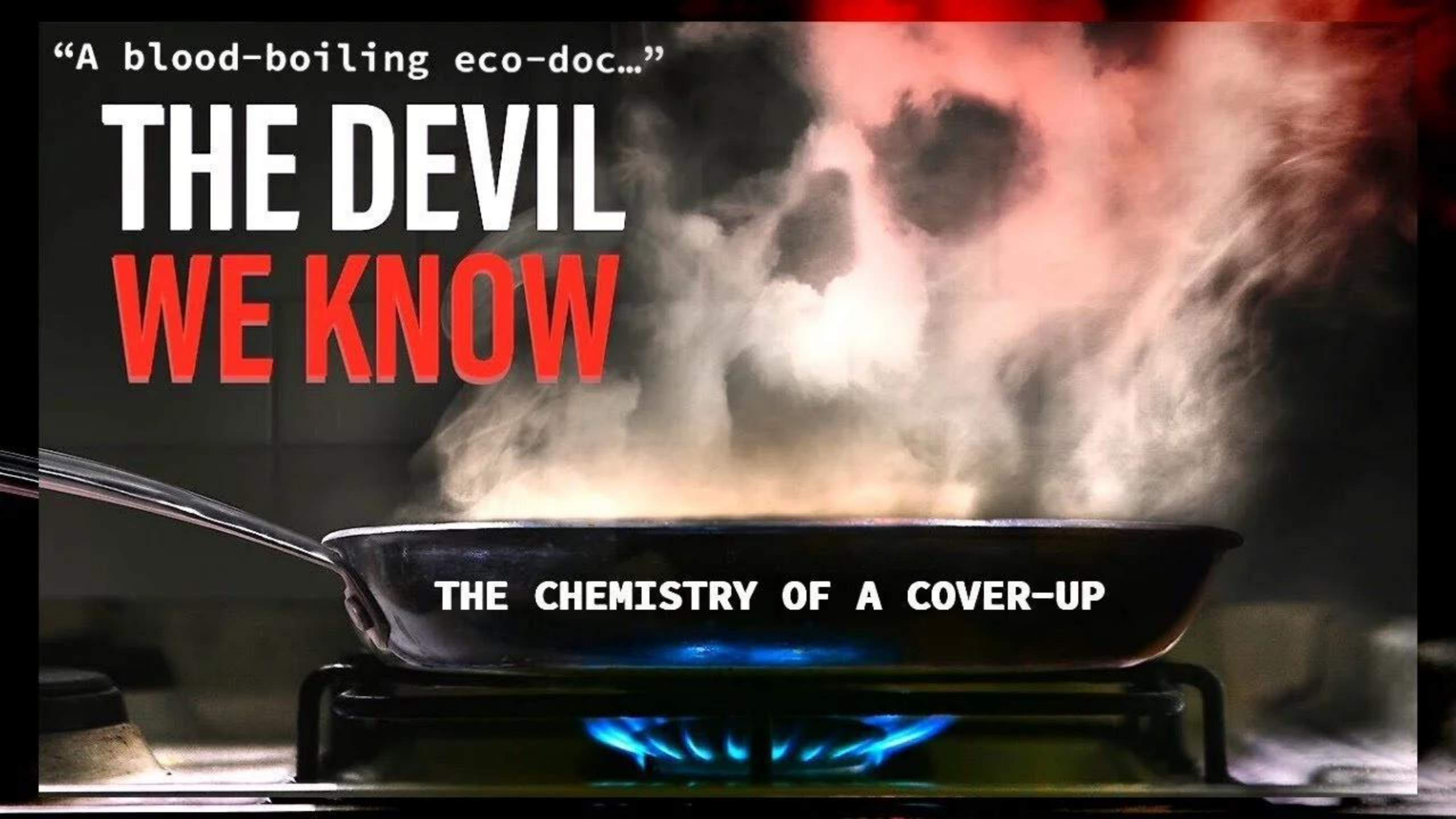
THE COLUMBUS DISPATCH

<https://www.epa.gov/superfund/search-superfund-sites-where-you-live>

“A blood-boiling eco-doc...”

# THE DEVIL WE KNOW

THE CHEMISTRY OF A COVER-UP



MARK  
RUFFALO

ANNE  
HATHAWAY

TIM  
ROBBINS

AND BILL  
PULLMAN

A TODD HAYNES FILM

# DARK WATERS



ONE OF THE DEADLIEST COVER-UPS  
IN AMERICAN HISTORY

THE TRUE STORY  
BEHIND THE MAJOR  
MOTION PICTURE  
**DARK WATERS**

# EXPOSURE



POISONED WATER, CORPORATE GREED,

AND ONE LAWYER'S TWENTY-YEAR

BATTLE AGAINST DUPONT

*"For Erin Brockovich fans, a David vs. Goliath tale with a twist."*

*—The New York Times Book Review*

**ROBERT BILOTT**

# Downloadables

- **Testing your private water**

<https://dam.assets.ohio.gov/image/upload/epa.ohio.gov/Portals/47/facts/PFAS-FactSheet.pdf>

- **PFAS blood testing: What you need to know** <https://pfas-exchange.org/wp-content/uploads/PFAS-Blood-Testing-Document-May-2022.pdf>

- **Ohio PFAS website** <https://epa.ohio.gov/monitor-pollution/pollution-issues/per-and-polyfluoroalkyl-substances-pfas>