

Is There a Need to Revise Health Canada's Human PCB Guidelines?

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ABSTRACT

Background: This article assesses if there is a need to revise Health Canada's polychlorinated biphenyl (PCB) guidelines for whole blood given that plasma is typically favoured over whole blood for analysis, technological advancements in analytical methods have occurred, and the congener profiles of PCBs in the environment continue to change due to degradation and re-compartmentalization.

Methods: Canadian epidemiological and exposure studies within the last 11 years were examined in order to determine the dominant method of PCB reporting and the human tissues or fluids analyzed.

Findings: In all but one study, PCBs were analyzed on a congener basis. In the cases where an Aroclor™ equivalency was reported, the result was calculated using an Aroclor™ estimation equation based on several PCB congeners. To date, a wide variety of tissues and fluids are still being analyzed; however, only one study performed the analysis using whole blood, the basis of Health Canada's guidelines. Additionally, congener profiles in the environment are changing due to degradation and re-compartmentalization; therefore, guidelines should reflect this change.

Conclusion: The reporting of whole blood PCB levels in Canada is a rare practice, and reporting PCBs solely as an Aroclor™ mixture can result in false non-detection; however, the Health Canada guidelines are based on Aroclor™ 1260 levels in whole blood. PCB congener analysis by gas chromatography/mass spectroscopy results in greater accuracy with greater sensitivity and limit of detection for the samples when compared to gas chromatography alone. Further, Aroclor™ equivalency can be estimated from congener analysis results. No other nation has yet prescribed PCB guidelines in human fluids or tissues; this is likely due to the uncertainty associated with PCB health risk assessment. Given the findings, whole blood PCB guidelines must be revised in order to reflect advances in the medical sciences.

MeSH terms: Polychlorinated biphenyls; Aroclor™; guideline

La traduction du résumé se trouve à la fin de l'article.

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Polychlorinated biphenyls (PCBs) are among the most stable and ubiquitous of the organochlorine contaminants known to humankind. PCBs have been analyzed in a wide range of human tissues and fluids, including: plasma,¹ whole blood,² adipose tissue,³ milk,² follicular fluid,⁴ and serum.⁴ Because PCBs are highly resistant to degradation, they will remain in the environment for many years and ultimately make their way to biota primarily through the food chain. Further, the propensity of PCBs to bioaccumulate and magnify means that all trophic levels will be contaminated and the upper levels of the food chain will bear a disproportionate burden of the contamination. PCBs are widespread, having been found in the most remote regions of the globe;¹ yet, to our knowledge, Canada is currently the only country with a government-mandated PCB health guideline for whole blood and breastmilk.⁵

In theory, there are 209 different PCB isomers, known as congeners, which can be formed with 1 to 10 chlorine atoms on a biphenyl molecule.⁶ Commercial PCB mixtures, like the Aroclor™s, are composed of a mixture of congeners. Aroclor™ mixtures were used predominantly in North America as coolants and lubricants in electrical transformers, insulators, and other electrical equipment until their ban in the late 1970s.⁶ The Aroclor™ mixtures are named by a four-digit number; the first two numbers representing the number of carbon atoms and the last two numbers representing the percent of chlorine by weight. PCBs, as Aroclor™ mixtures, enter the environment through routes, such as leakage (e.g., transformers), industrial discharges or accidental spills.⁶

A Health Canada PCB guideline of 50µg/L, measured as Aroclor™ 1260, is set for human milk while a range has been established for whole blood (Table I). The Health Canada guidelines are based on the toxicological evaluation of non-human primates with exposure to commercial Aroclors™ in combination with human toxicity exposure data from the 1968 Yusho PCB exposure in Japan.⁷ In this paper, we determine whether the guideline for whole blood set by Health Canada in 1978 needs to be revised given changes in the tissue type analyzed, improvements in analytical methods and the changing congener profiles of PCBs in the environment.

It should be noted that we do not address lipid adjustment of PCB data as this issue is beyond the scope of this paper.

METHODS

Refereed journals with articles relating to PCB studies conducted on Canadians were acquired through database searches. Journal indexes such as PubMed, Scholarsportal, ProQuest and Ovid were used to locate studies that occurred in the 11-year period from January 1995 to October 2006, inclusive. Several studies from Health Canada were obtained in order to assess how PCBs were reported within the government and which biological tissues were measured.⁹⁻¹¹ The attached appendix presents the research databases and the search strings used to retrieve the articles for this report. Articles were retrieved based on titles and kept subject to inclusion criteria, which included exposure or epidemiological studies of Canadians occurring between January 1995 and October 2006. If articles met the inclusion criteria, they were used regardless of how PCB data were presented.

RESULTS

The analysis of PCB levels within Canada has changed drastically since they were initially investigated; there is a growing trend towards congener-specific analysis and reporting. Table II outlines 36 Canadian PCB studies published from 1995 to 2006 and tissues analyzed, as well as the method of reporting the contaminant load. All of these PCB studies, except for 3, report congener abundance; 18 studies report Aroclor™ levels and 34 studies individual congeners or the sum of congeners. It is important to note that in all but one study, the PCB analyses were conducted on a congener basis and not as an Aroclor™ analysis. The studies that conveyed results as Aroclor™ equivalency either required human fluid conversions to whole blood and/or Aroclor™ equivalency estimation from congener analysis results. For example, the Health Canada studies required conversion of blood serum to whole blood, while other studies estimated Aroclor™ content by the summation of PCB congeners 138 and 153 and multiplying by a predetermined factor (e.g. refs. 1, 12-16).

TABLE I

Health Canada Guidelines for PCB (Aroclor™ 1260) in Whole Blood^a

Gender and Age Category	Normal Level (ppb*)	Concern Level (ppb)	Action Level (ppb)
Children (under 18 years)	Below 5	5 or above	20 or above
Pregnant and lactating women	Below 5	5 or above	5 or above
Adult women (18-45 years)	Below 5	5 or above	100 or above
Adult women (46 and above)	Below 20	20 or above	100 or above
Adult men (over 18 years)	Below 20	20 or above	100 or above

* ppb = part per billion = µg/L

It is clear from these human PCB studies that congener reporting is preferred over Aroclor™ reporting and that blood plasma is preferred over other human tissues.

Despite the fact that PCBs are persistent in the environment, congener profiles will ultimately change from the parent commercial mixture. The primary environmental mechanisms for alteration are degradation and re-compartmentalization.¹⁷ It is likely that peak environmental loading for PCBs occurred during the 1950-1970s, and therefore the current human exposure patterns are likely to be different than the parent mixtures from that era. The loss of certain congeners (and/or analyzing for an Aroclor™ mixture different than the exposure source) makes it possible to report that a specific Aroclor™ mixture is undetectable in an organism even when other congeners are present. For example, in a game bird study where Aroclor™ 1260 and individual congeners were reported; the Aroclor™ 1260 results indicated 76% detection (n=100), yet congener analysis yielded 84% detection.¹⁸ Similarly, in a cord blood plasma study (n=135), it was found that 89.6% of participants were reported as having detectable concentrations of PCBs as Aroclor 1260, while congener 153 was detected in 91.9% of cord blood plasma samples.¹² These examples clearly illustrate the chance of false non-detection of PCBs if Aroclor™ reporting is used alone, and as one author notes,¹⁹ Aroclor™ analysis yields higher total PCB values than congener-specific analysis and provides limited information regarding the content of the PCB mixture.

Canadian studies continue to report PCB results as Aroclor™ equivalencies for several reasons. First, the results can be directly compared to the Health Canada guidelines. Second, the results can be used for historical comparisons. Finally, if human exposure to a known Aroclor™ mixture such as Aroclor™ 1260 is certain, then reporting as such is suitable (as done in Tsuji et al.¹⁵). Congener analysis using

gas chromatography/mass spectroscopy yields advantages such as greater analytical sensitivity and lower detection and quantitation limits, but comes at a higher price per sample than gas chromatography analysis. The advantages of congener analysis are particularly important for ultra trace detection of persistent organic pollutants such as the PCBs which may exist at low levels in biota. Congener analysis also allows for the determination of the composition of weathered and degraded PCB mixtures whereas Aroclor™ analysis impedes this process. In addition, toxicity data such as toxic equivalency (TEQ) is congener-specific, and therefore measurement on an Aroclor™ basis may not represent valid toxicity results.⁹

DISCUSSION

On a national and international scale, health agencies have proposed tolerance guidelines for acceptable daily intake limits for PCBs in varying foodstuffs; most notably, this occurred in Canada for salmon.⁴⁴ Though food intake guidelines exist in other countries, only Canada currently has human tissue guidelines for PCBs. Implementing guidelines in the absence of adequate data can lead to under- or overprotective guidelines and legislation. The guidelines set by Health Canada are prescribed in order to provide an early warning signal that PCB body burdens have reached a level of concern. A false sense of security may arise from the knowledge that levels are in an acceptable limit set by the government.

While most epidemiology studies use the sum of congeners or individual congeners for cause and effect relationships, some studies do use Aroclor as well.³ However, it is important to note that even if contamination is known to be from an Aroclor source, the chlorination process during PCB manufacturing results in varying congener profiles for different batches of the

TABLE II

Canadian Human PCB Studies

Author	Tissue or Fluid Measured					Reported As			
	Whole Blood	Tissue	Milk	Misc. Fluid	Serum	Plasma	Aroclor™	Σ PCB	PCB Congeners
Epidemiological Studies									
Saint-Amour et al., 2006 ²⁰						x			x
Dallaire et al., 2004 ²¹						x		x	x
McCready et al., 2003 ³		x*					x		x
Demers et al., 2002 ²²						x		x†	x
Pereg et al., 2002 ²³		x‡				x			x
Wollcott et al., 2001 ¹³		x*					x		x
Aronson et al., 2000 ²⁴		x*					x		x
Demers et al., 2000 ²⁵						x			x
Dewailly et al., 2000 ²⁶			x					x	x
Lebel et al., 1998 ²⁷						x	x	x	x
Exposure Studies									
Ayotte et al., 2005 ²⁸						x		x	x
Jarrell et al., 2005 ²⁹				x§	x			x	x
Tsuji et al., 2005 ¹⁴						x	x		x
Tsuji et al., 2005 ¹⁵						x	x		x
Van Oostdam et al., 2004 ¹						x	x	x	x
Ayotte et al., 2003 ³⁰			x			x			x
Walker et al., 2003 ¹²						x	x	x	x
Cole et al., 2002 ³¹						x	x	x	x
Dallaire et al., 2002 ³²						x	x	x	x
Nadon et al., 2002 ³³						x	x		x
Sandau et al., 2002 ³⁴						x	x	x	x
Younglai et al., 2002 ⁴					x			x	x
Health Canada, 2001 ⁹					x		x		x
Health Canada, 2001 ¹⁰					x		x		x
Health Canada, 2001 ¹¹					x		x		x
Muckle et al., 2001 ³⁵						x		x	x
Muckle et al., 2001 ³⁶			x			x	x	x	x
Longnecker et al., 2000 ³⁷						x		x	x
Sandau et al., 2000 ³⁸	x							x	x
Kearney et al., 1999 ³⁹						x	x	x	x
Newsome et al., 1999 ⁴⁰			x					x	x
Muckle et al., 1998 ⁴¹						x	x		x
Ayotte et al., 1997 ⁴²						x		x	x
Ryan et al., 1997 ¹⁹						x		x	x¶
Dewailly et al., 1996 ¹⁶			x				x		x
Newsome et al., 1995 ⁴³			x					x	x

* Adipose tissue

† Σ PCB expressed in TEQ

‡ Placental tissue

§ Amniotic fluid

|| Follicular and seminal fluid

¶ Grouped sums

Appendix

Research Databases and Search Strings for Articles Used

Research Database and Search String	Search Results	Articles Retrieved	Articles Used
PubMed			
PCB AND Canad*	444	39	19
Polychlorinated AND Canad*	765	18	12
Scholars Portal			
PCB AND Canad*	579	7	1
Polychlorinated AND Canad*	406	1	0
ProQuest			
PCB AND Canad*	87	3	1
Polychlorinated AND Canad*	90	2	0
Ovid			
PCB AND Canad\$	211	2	0
Polychlorinated AND Canad\$	263	0	0

same commercial mixture.⁴⁵ Furthermore, Health Canada's guideline is set for Aroclor™ 1260; however, PCB contamination is not limited to one commercial mixture. Many Aroclor™ mixtures such as Aroclor™ 1254 and Aroclor™ 1242 were also used in North America and have differing congener profiles compared to that of Aroclor™ 1260. Additionally, degrada-

tion and re-compartmentalization of PCBs released into the environment have caused congener profiles to change, thus making the reporting of Aroclor™ alone misleading. Analysts have long abandoned whole blood as the biological matrix of choice and almost all exposure investigations of PCB contamination in Canada are now performed by congener analysis.

While progress has been made in the last three decades in an attempt to better understand PCB-induced human health effects, data gaps still exist and cloud the human health issue with uncertainty. A notable effort was put forth by Health Canada to create PCB guidelines; however, the guidelines were based on limited toxicological data. It is time to either incorporate the medical and analytical advances made thus far and revise Health Canada's PCB guidelines for whole blood or remove the guidelines altogether.

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RÉSUMÉ

Contexte : Dans cet article, nous cherchons à déterminer s'il y a lieu de mettre à jour les lignes directrices de Santé Canada sur les biphenyles polychlorés (BPC) dans le sang entier, étant donné que l'on utilise d'habitude le plasma plutôt que le sang entier à des fins d'analyse, qu'il y a eu des progrès techniques dans les méthodes d'analyse, et que le profil des congénères de BPC dans l'environnement continue d'évoluer en raison de la dégradation et de la reconfiguration des BPC.

Méthode : Nous avons examiné les études épidémiologiques et d'exposition réalisées au Canada au cours des 11 dernières années afin de déterminer la méthode de déclaration la plus utilisée pour les BPC, ainsi que les tissus et liquides organiques humains analysés.

Résultats : Dans toutes les études sauf une, l'analyse portait sur des congénères de BPC. Lorsqu'un équivalent Aroclor^{MD} était indiqué, le résultat avait été calculé à l'aide d'une équation d'estimation des Aroclor^{MD} fondée sur plusieurs congénères de BPC. On semble encore utiliser des tissus et liquides organiques très divers pour ce type d'analyses, mais une seule étude portait sur le sang entier (le produit dont il est question dans les lignes directrices de Santé Canada). De plus, le profil des congénères dans l'environnement évolue en raison de la dégradation et de la reconfiguration des BPC, ce dont les lignes directrices devraient tenir compte.

Conclusion : L'analyse des concentrations de BPC dans le sang entier est une pratique rare au Canada, et la détection des BPC uniquement sous forme de mélange d'Aroclor^{MD} risque de produire des résultats faussement négatifs; or, les lignes directrices de Santé Canada sont fondées sur les concentrations d'Aroclor^{MD} 1260 dans le sang entier. L'analyse des congénères de BPC par chromatographie en phase gazeuse et spectroscopie de masse donne des résultats plus précis, avec une sensibilité plus grande et une limite de détection plus faible, que la chromatographie gazeuse utilisée seule. De plus, il est possible d'estimer l'équivalence Aroclor^{MD} à partir des résultats d'analyse de congénères. Aucun autre pays n'a encore publié de lignes directrices pour la détection des BPC dans les liquides ou tissus humains, sans doute en raison de l'incertitude associée à l'évaluation du risque des BPC pour la santé. Sur la base de ces résultats, il faudrait revoir les lignes directrices sur la détection des BPC dans le sang entier en fonction des progrès de la science médicale.

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Coming Events / Activités à venir

To be assured of publication in the next issue, announcements should be received by **September 30, 2007** and valid as of **October 31, 2007**. Announcements received after **September 30, 2007** will be inserted as time and space permit.

Pour être publiés dans le prochain numéro, les avis doivent parvenir à la rédaction avant le **30 septembre 2007** et être valables à compter du **31 octobre 2007**. Les avis reçus après le **30 septembre 2007** seront insérés si le temps et l'espace le permettent.

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Resiliency – Individual, Community, Business
The Canadian Centre for Emergency Preparedness
15-18 June 2008 Toronto, ON
Contact: www.wcdm.org
Deadline for abstracts: 2 December 2007

International Nursing Research Conference
Facing the Challenge of Health Care Systems in Transition
29 June-3 July 2008 Jerusalem, Israel
Contact: Diesenhaus Unitours – Convention Department
Tel: 972-3-5651313 Fax: 972-3-5610152
E-mail: meetings@diesenhaus.com
www.d-convention.com/israelnursing

Beyond the Horizon
74th Annual Educational Conference of the Canadian Institute of Public Health Inspectors
20-23 July 2008 St. John's, NL
Contact: www.ciphi.ca/events.htm

29th ICOH, International Congress on Occupational Health / 29^e CIST, Congrès International de la Santé au Travail
Occupational Health: A Basic Right at Work – An Asset to Society / Santé au travail : un droit fondamental au travail – un atout à la société
22-27 March/mars 2009
Cape Town, South Africa / Afrique du Sud
Contact:

Congress Secretariat / Secrétariat du Congrès
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