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Polychlorinated Biphenyls (PCBs): Routes of Exposure and Effects on Human Health

David O. Carpenter,

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Polychlorinated Biphenyls (PCBs): Routes of Exposure and Effects on Human Health

David O. Carpenter

Institute for Health and the Environment University at Albany, SUNY, and School of Public Health, Dept. of Environmental Health Sciences, Rensselaer NY.12144, USA

ABSTRACT

The polychlorinated biphenyls (PCBs) are synthetic organochlorine chemicals that were useful industrial products in the past, but their production was ended because they persist in both the environment and living organisms. The PCBs are mixtures of up to 209 different components (congeners), depending on the number and position of chlorines around the biphenyl ring. The PCBs are fat-soluble substances to which everyone is exposed through ingesting animal fats, inhalation, or dermal contact. Exposure to PCBs suppresses the immune system, thereby increasing the risk of acquiring several human diseases. Both *ortho*-substituted and coplanar (dioxin-like) congeners are tumor promoters that enhance the effects of other carcinogenic substances. PCB exposure, especially during fetal and early life, reduces IQ and alters behavior. The PCBs alter thyroid and reproductive function in both males and females and increase the risk of developing cardiovascular and liver disease and diabetes. Women are at high risk of giving birth to infants of low birth weight, who are at high lifetime risk for several diseases. As knowledge of their toxic effects has grown faster than environmental levels have declined, PCBs remain dangerous contaminants.

Reprint requests to: D.O. Carpenter, School of Public Health, Department of Environmental Health Sciences, 5 University Place, A217, Rensselaer NY 12144, USA
e-mail: Carpenter@uamail.albany.edu

BACKGROUND

The polychlorinated biphenyls (PCBs), synthetic chemicals manufactured in the United States (U.S.) from 1929 to 1976, were useful compounds for a variety of purposes. These heavy oils were used in transformers and electrical capacitors because of their relatively good electrical insulating properties. They were also used as hydraulic fluid, oil additives to paints, window caulking, ceiling/floor tiles, and for many other uses. The PCBs were sold in the U.S. primarily as Araclor mixtures, based on the average degree of chlorination.

Polychlorinated biphenyls are made from the biphenyl molecule, two six-carbon rings linked by a single carbon-carbon bond. The PCB molecule comprises 12 carbon atoms with chlorine atoms substituted for hydrogen atoms at any of 10 possible positions (Fig. 1). Thus theoretically, 209 individual PCB components (congeners) can be formed, depending upon the number of chlorines and their location on the biphenyl rings. The name of a congener specifies the total number of chlorine substitutions and the position of chlorine. Figure 1 shows the conventional nomenclature, with the 1 and 6 positions closest to the biphenyl bond described as *ortho*, those opposite called *para*, and the remainder called *meta*. For example, a 4,4'-dichlorobiphenyl congener would consist of the biphenyl structure with two chlorine substitutions, one on each of the two carbons at the '4' (*para*) positions of the two rings. The number and position of the chlorines determine both the physical and the biological properties of each

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