



SCIENCE YOU CAN WEAR: THE SILICONE WRISTBAND JOURNEY FROM BENCH TO BIOMONITORING

FOR BIOMONITORING CALIFORNIA SCIENTIFIC GUIDANCE PANEL ANNUAL MTG

AUGUST 27, 2025

WEBINAR

Kim A. Anderson, PhD
Professor, Environmental & Molecular Toxicology
Director, Food Safety & Environmental Stewardship Program
Oregon State University

Stationary Monitors May Be a **Poor** Estimate of Personal Chemical Exposures

Worn Science: Inventing the Silicone Wristband for Measuring Real-World Chemical Exposures



Assessing the Exposome with External Measures: Commentary on the State of the Science and Research Recommendations

Michelle C. Turner,^{1,2,3,4} Mark Nieuwenhuijsen,^{1,2,3} Kim Anderson,⁵ David Balshaw,⁶ Yuxia Cui,⁶ Genevieve Dunton,⁷ Jane A. Hoppin,⁸ Petros Koutrakis,⁹ and Michael Jerrett^{10,11}

Annu. Rev. Public Health 2017. 38:215–39

2

In 2015, diseases caused by pollution were responsible for

9 million premature deaths.

That is 16 percent of all global deaths.

Exposures to contaminated air, water and soil kill more people than a high-sodium diet, obesity, alcohol, road accidents, or child and maternal malnutrition. They are also responsible for three times as many deaths as AIDS, tuberculosis, and malaria combined, and for nearly 15 times as many deaths as war and all forms of violence.



3 x



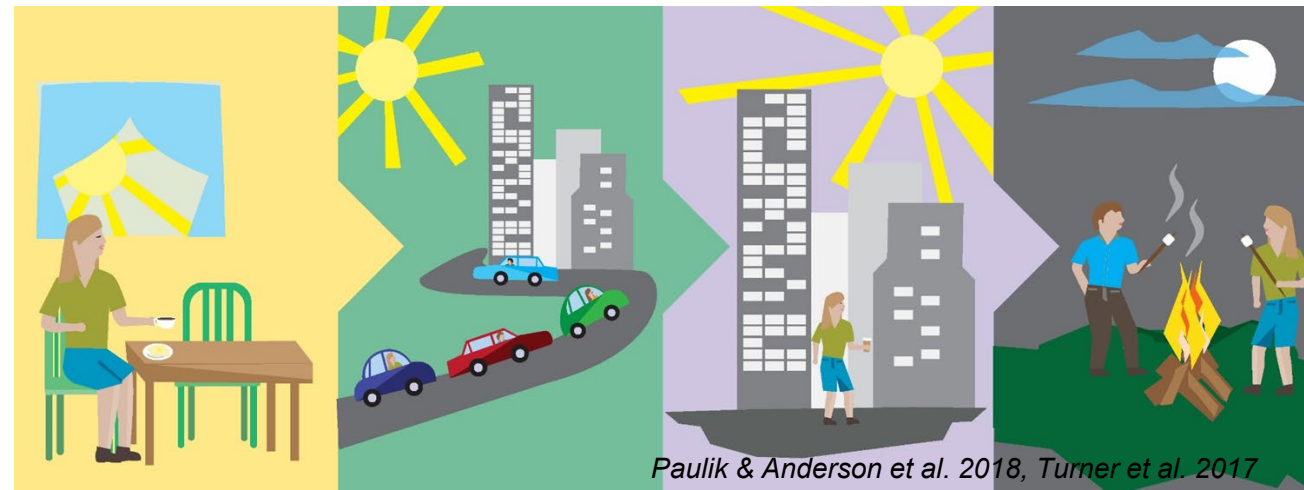
15 x



The Lancet, Vol. 391, No. 10119

Although the risks of developing diseases are attributed to both genetic and environmental factors, 70% to 90% of disease risks are probably due to **differences in environments.**

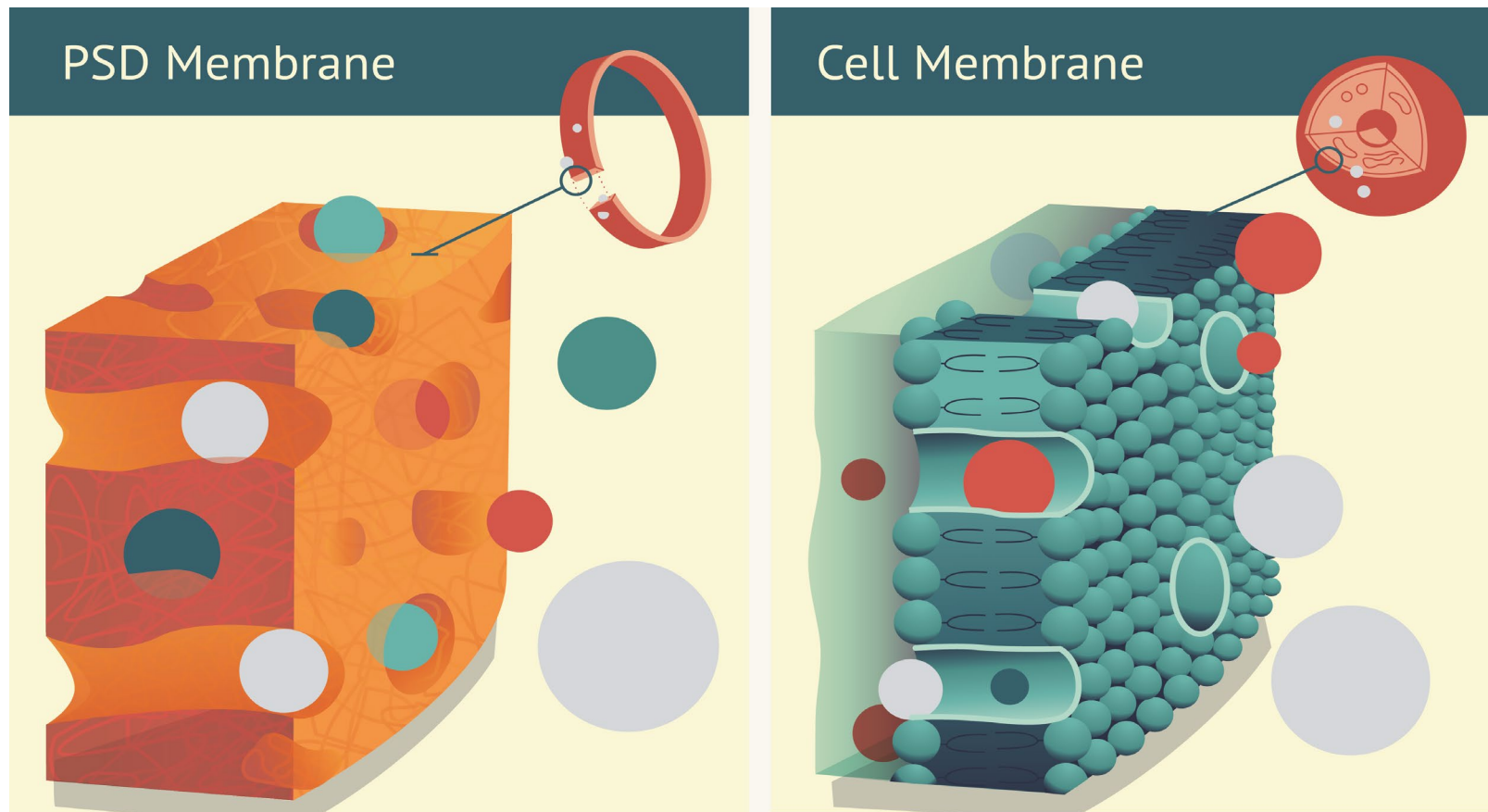
- Rappaport and Smith, Science, 2010
- Willett, Science, 2002
- Lichtenstein et al, N. Engl J. Med. 2000



Paulik & Anderson et al. 2018, Turner et al. 2017

Purpose-Built: Quantifying bioavailability

- Mimic passive uptake and accumulation



Silicone Wristbands as Personal Passive Samplers

Steven G. O'Connell, Laurel D. Kind, and Kim A. Anderson*

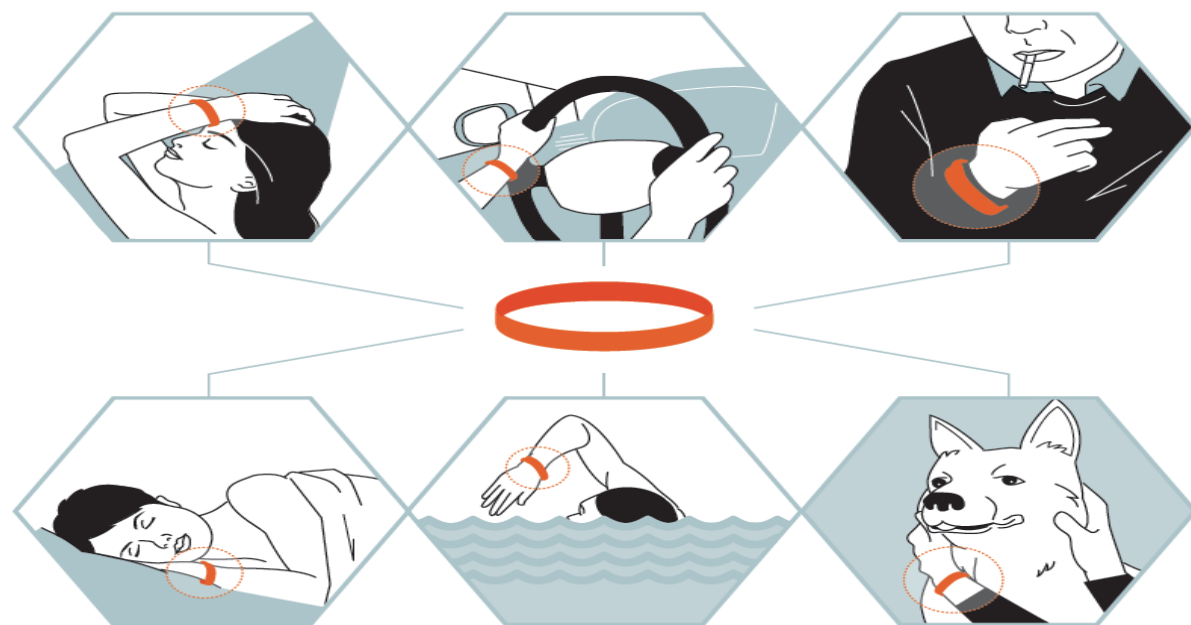
Department of Environmental and Molecular Toxicology and [†]College of Public Health and Human Sciences, Oregon State University, Corvallis, Oregon 97331, United States



Steven O'Connell

4

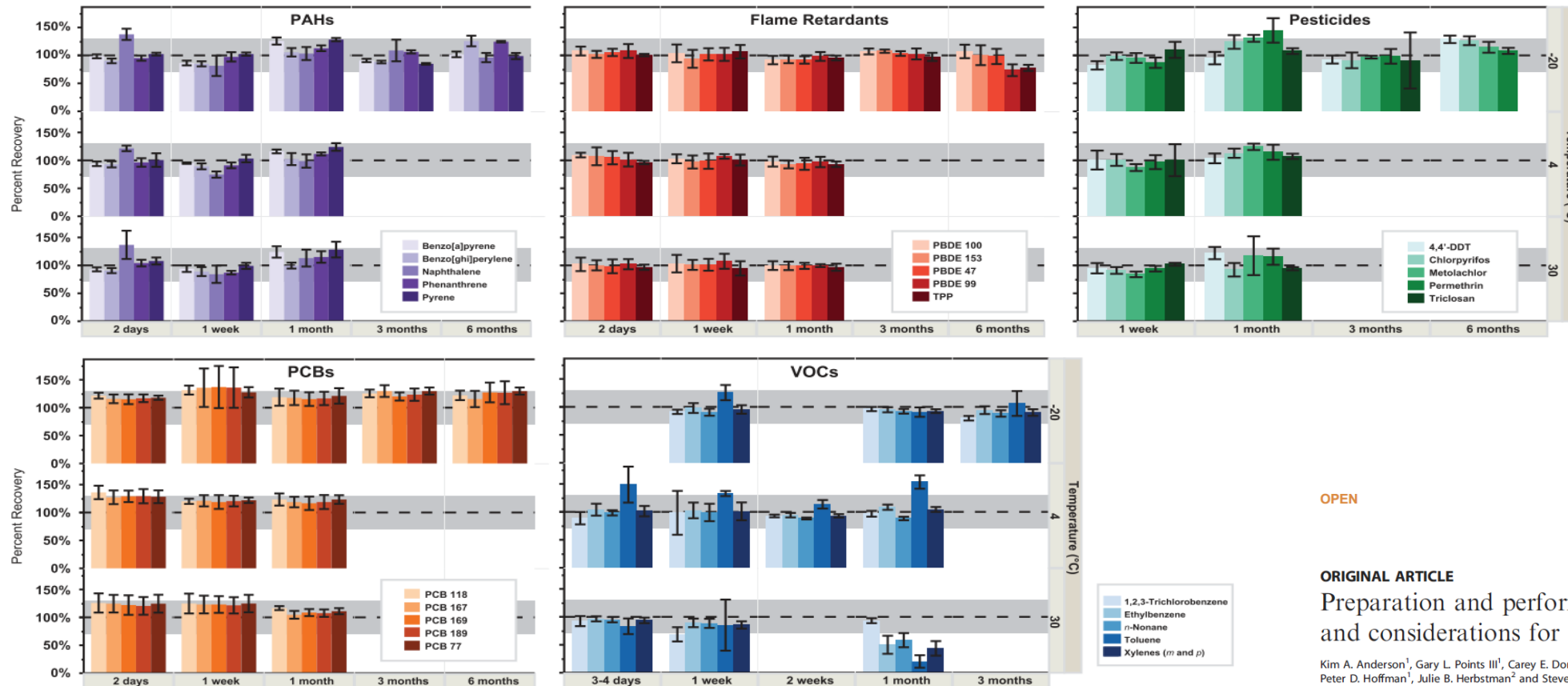
Fit for Purpose: Building, Testing, and Applying the Silicone Wristband for Chemical Exposure Science



Built for Purpose: Transport and long-term storage stability

n=4 for each experiment, 148 chemicals all 102%, SVOCs 104%, VOCs 99%

Transport at **ambient** temp, in airtight bags



OPEN

ORIGINAL ARTICLE

Preparation and performance features of wristband samplers and considerations for chemical exposure assessment

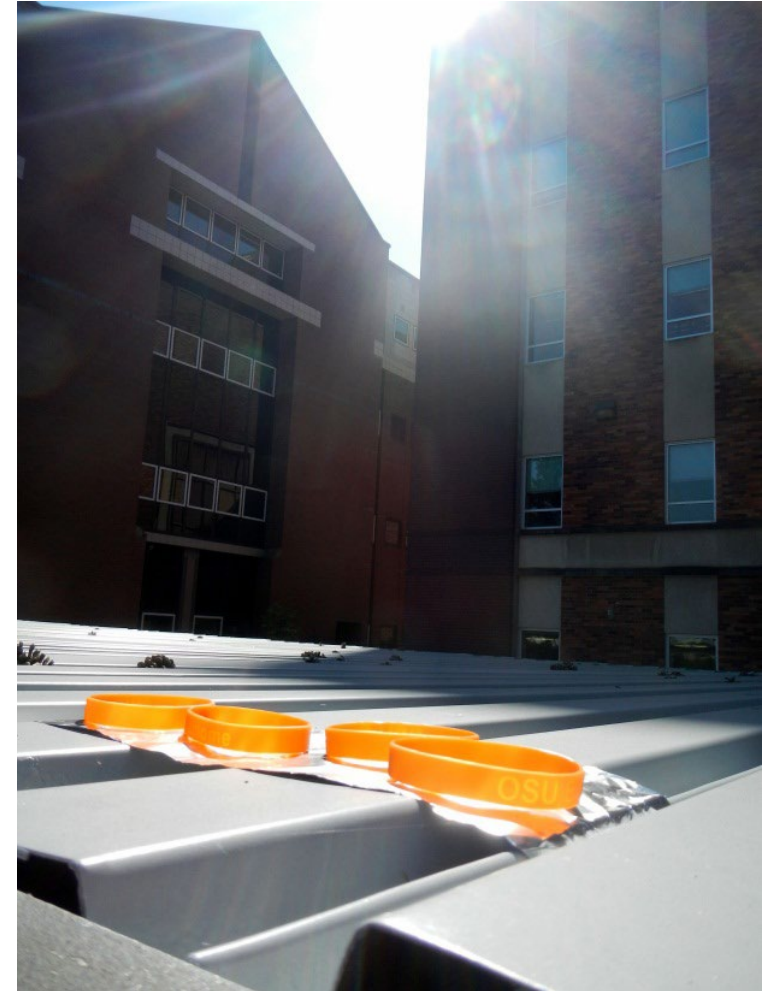
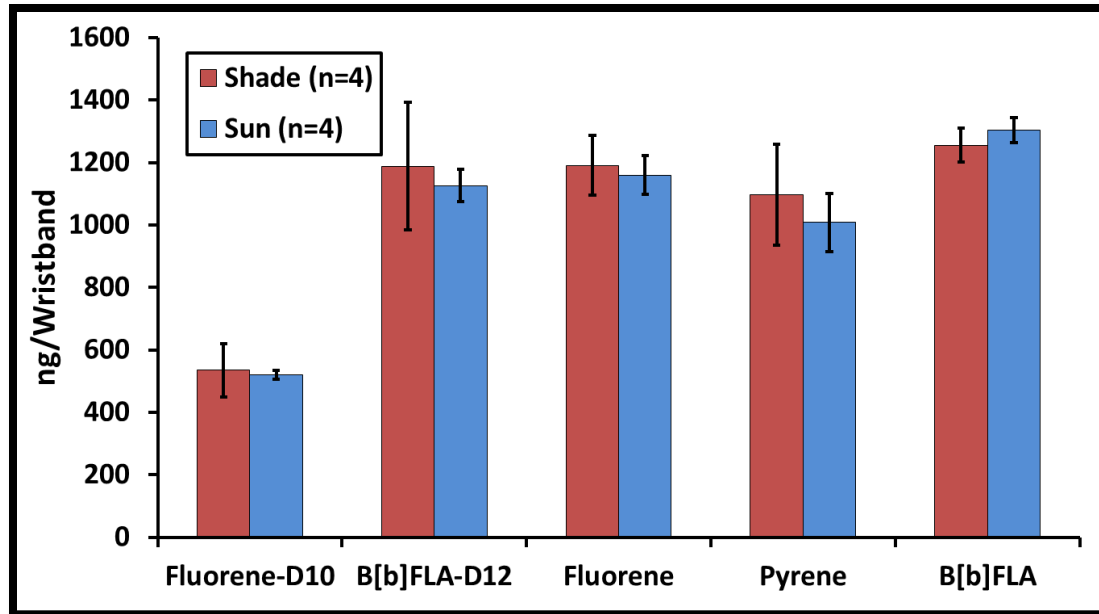
Kim A. Anderson¹, Gary L. Points III¹, Carey E. Donald¹, Holly M. Dixon¹, Richard P. Scott¹, Glenn Wilson¹, Lane G. Tidwell¹, Peter D. Hoffman¹, Julie B. Herbstman² and Steven G. O'Connell¹

Journal of Exposure Science and Environmental Epidemiology (2017) 27, 551–559
www.nature.com/jes

Measuring what matters: Your exposures

wristbands left in **sun**

6



Measuring What Matters: Captures Many Chemicals

0°C

Water freezes

log 0

5000°C

sun surface

log 3.7

15,000,000°C

sun center

log 7



Wide applicability of types of chemicals that can be sequestered

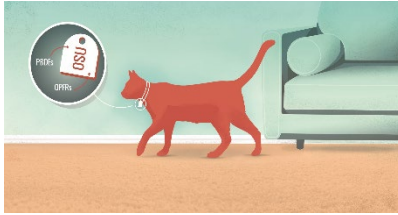
octanol water partitioning coefficient, log K_{ow} -0.7 to 9.5

octanol air partitioning coefficient, log K_{oa} 5.5 to 13

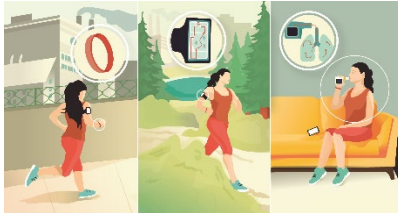


Inventing the Silicone Wristband for Personal Chemical Exposure Assessment

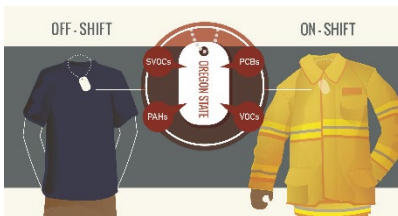
Testing in the field – a peak at a few past exposure studies



Measuring Flame Retardant Exposure in Cats



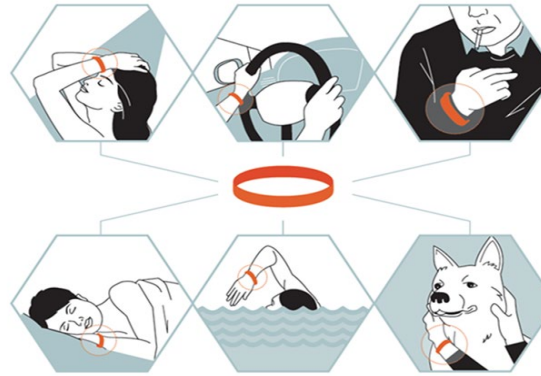
Measuring PAH Exposure and Lung Function



Measuring Firefighter Chemical Exposure



Global Assessment of Human Chemical Exposure



Technology Highlights

- ❑ Over 6,000 wristbands analyzed
- ❑ Wristbands deployed in 6 continents
- ❑ Over 500 different chemicals detected
- ❑ 123 papers published with wristband technology



Measuring PAH Exposure in Pregnant Women



Multi-class Chemical Exposure in Peru



Measuring PAH Exposure Related to Fracking

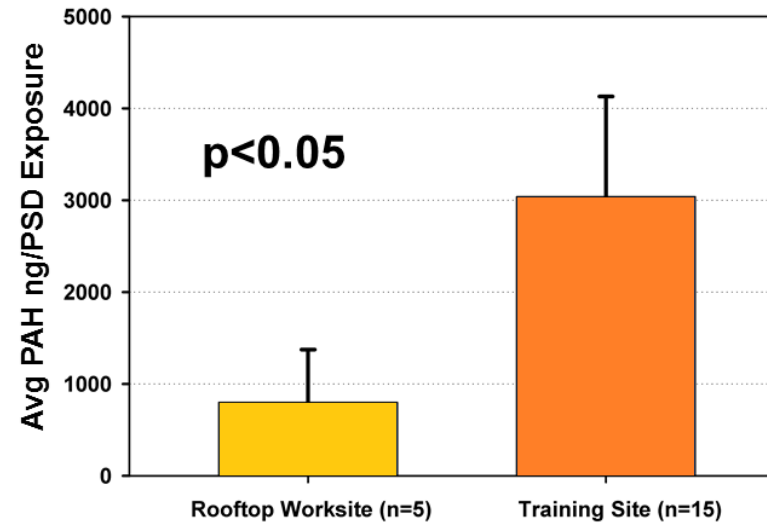
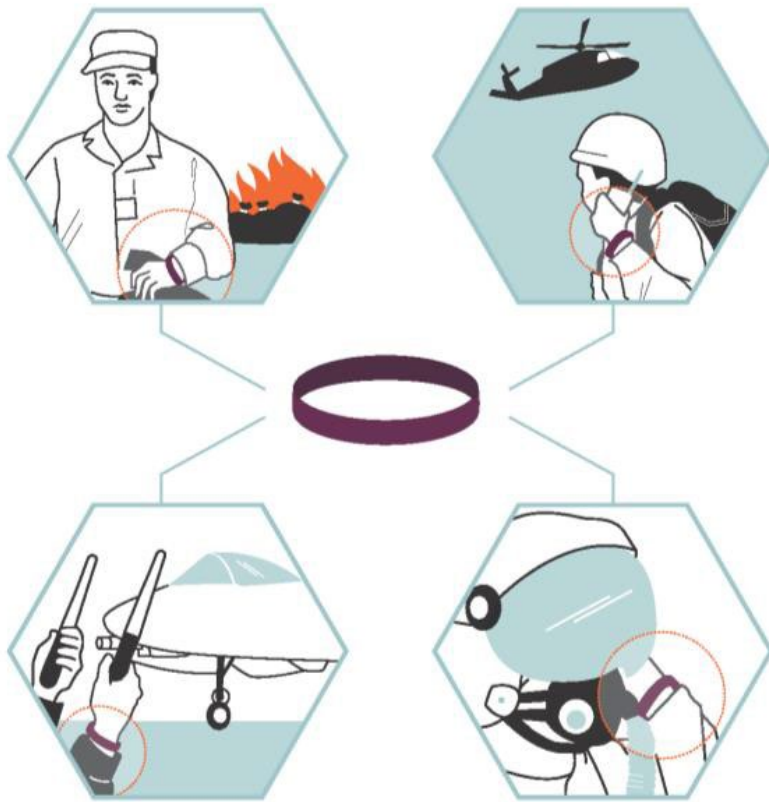


Measuring Pesticide Exposure in Senegal

A New Lense on Exposures:

Transport at ambient temp, in airtight bags

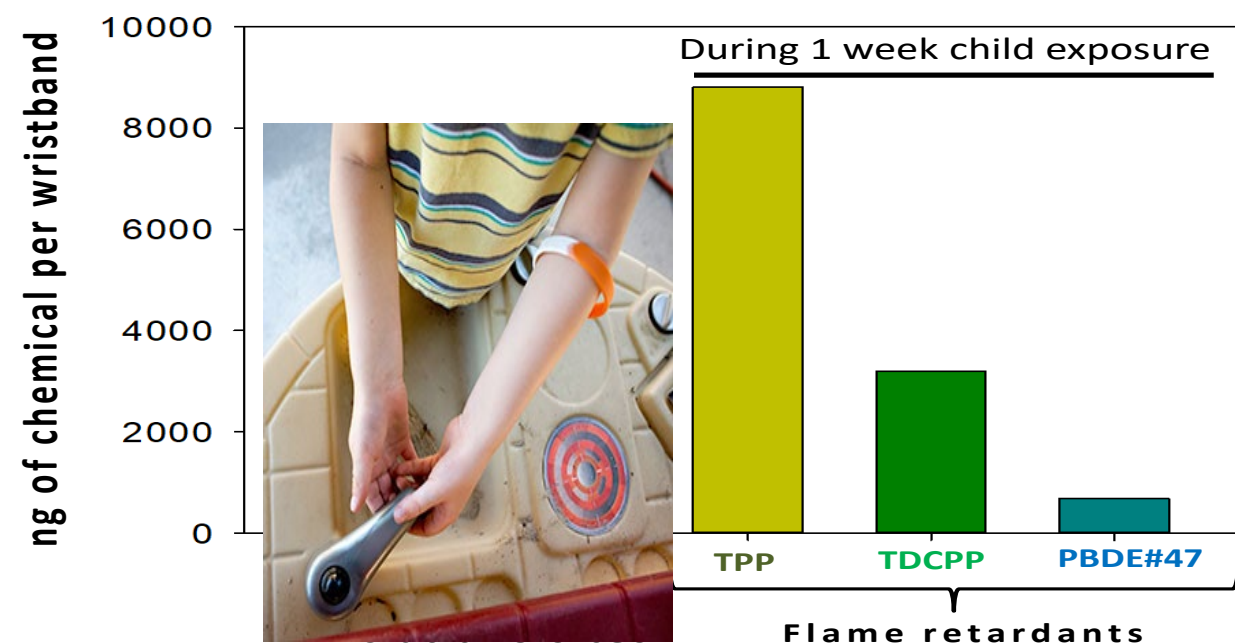
9



Empowering Exposure Science: Networking with communities

Children and flame retardants

10



Abbreviations used : ng = nanograms, hr = hours, PAHs = sum of 33 polycyclic aromatic hydrocarbons; TPP = triphenyl phosphate, TDCPP = tris(1,3-dichloro-2-propyl) phosphate, PBDE#47 = pentabromodiphenyl ether congener 47.



Environmental and individual PAH exposures near rural natural gas extraction[☆]

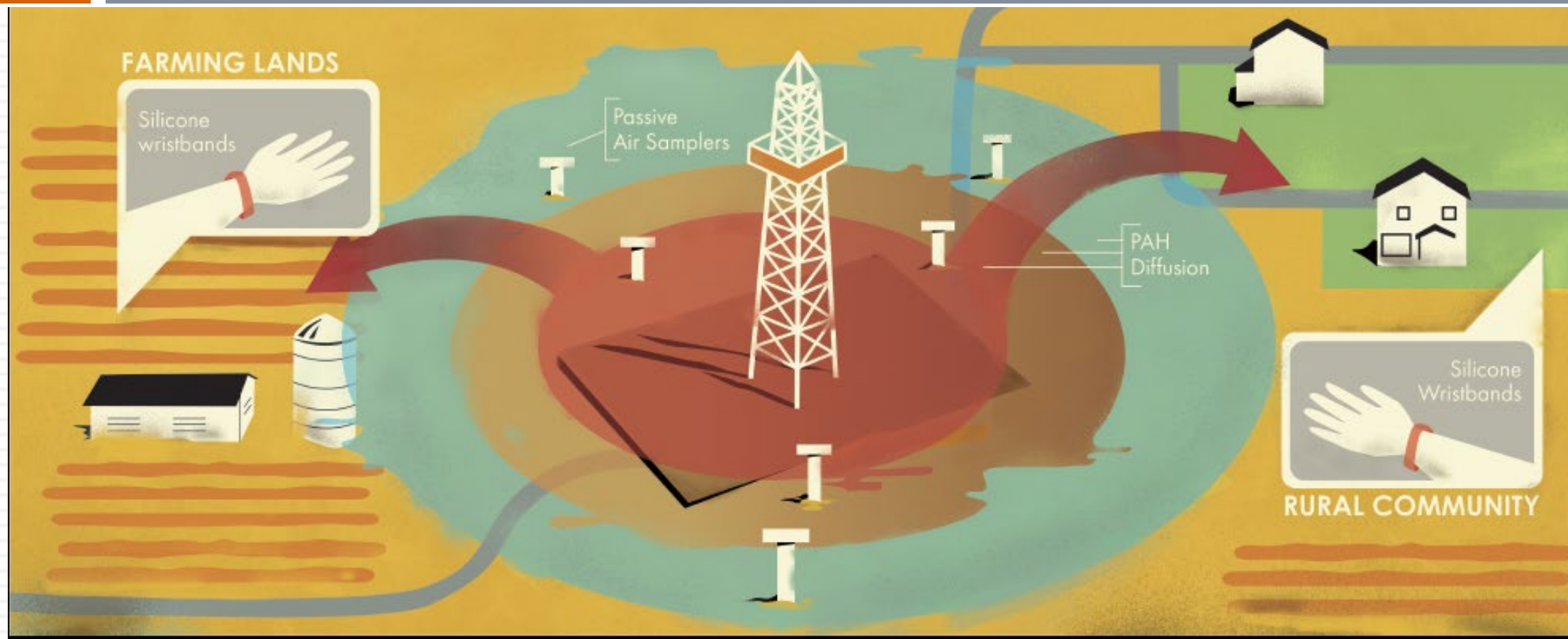
L. Blair Paulik^a, Kevin A. Hobbie^a, Diana Rohlman^b, Brian W. Smith^a, Richard P. Scott^a,
Laurel Kincl^b, Erin N. Haynes^c, Kim A. Anderson^{a,*}



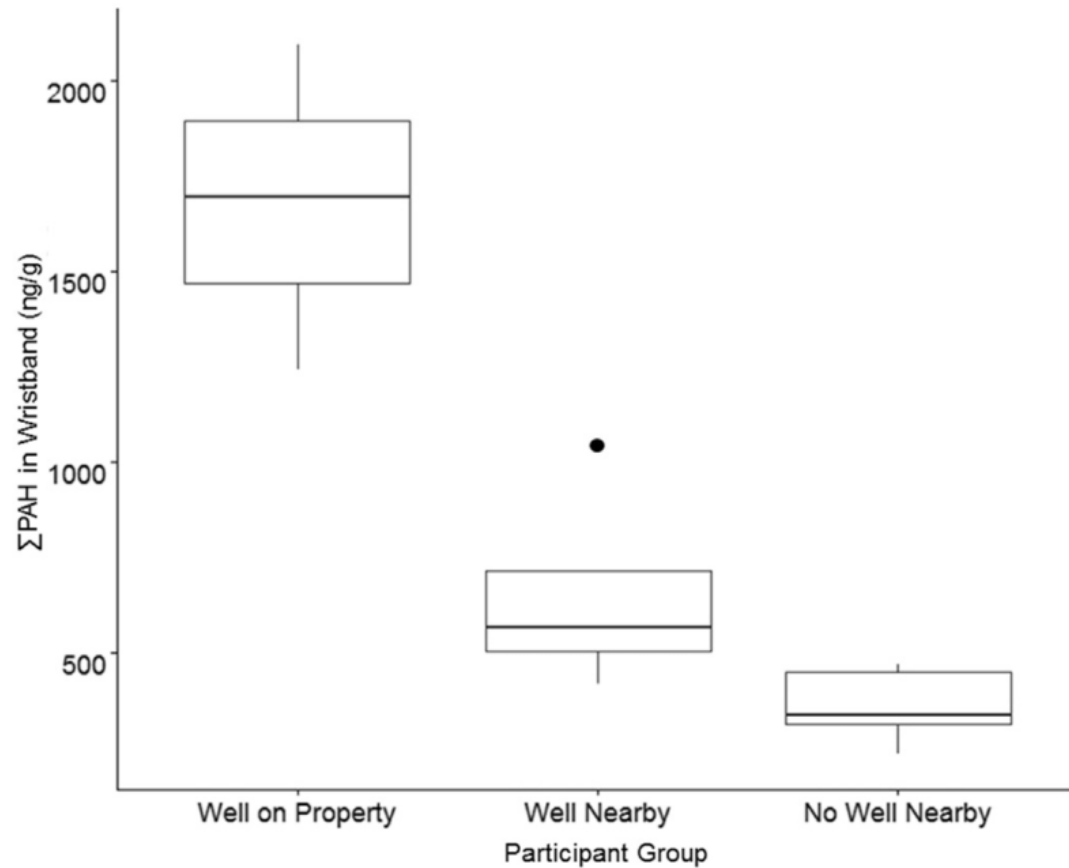
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The Silicone Wristband as a Tool for Real-World Chemical Exposure

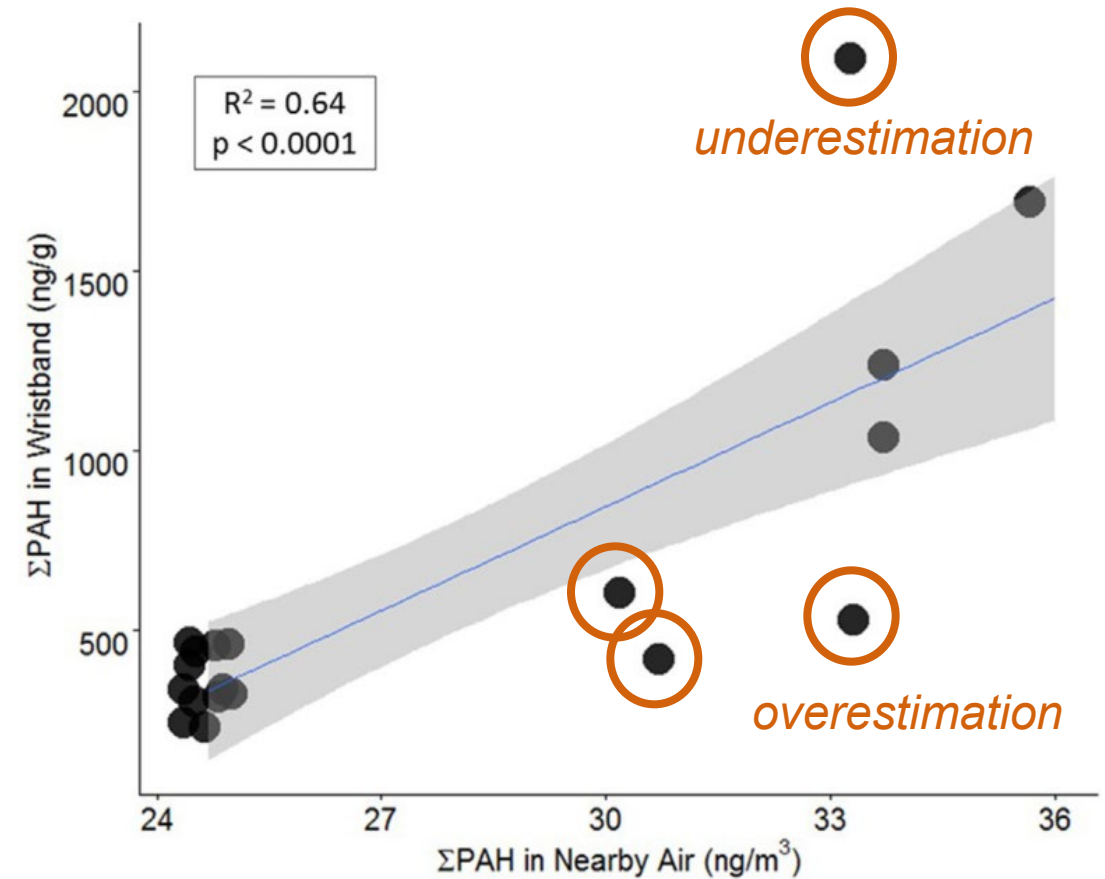
Connecting PAHs in air and the personal environment near rural natural gas extraction



Σ PAH significantly higher in wristbands worn by participants **closer** to active natural gas extraction



Significant positive correlation between Σ PAH in wristbands and Σ PAH in air near participants homes or workplaces

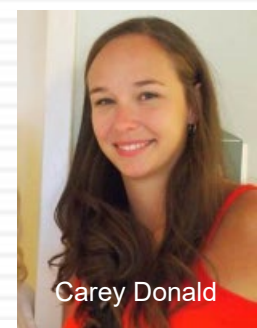


Silicone wristbands detect individuals' pesticide exposures in West Africa

Carey E. Donald, Richard P. Scott, Kathy L. Blaustein, Mary L. Halbleib, Makhfousse Sarr, Paul C. Jepson, Kim A. Anderson

Published 17 August 2016. DOI: 10.1098/rsos.160433

Published in collaboration with the Royal Society of Chemistry



Carey Donald

13

The Role of Silicone Wristbands in Modern Biomonitoring

Africa *adaptable to many audiences, include many training formats*

Farming community

Thirty-five men, women, and children from farming families in Diender, Senegal were recruited in November 2015 (n=70)

Given two wristbands **to wear for two separate** periods of up to 5 days

acknowledging limitations of small sample size in studies



100% compliance

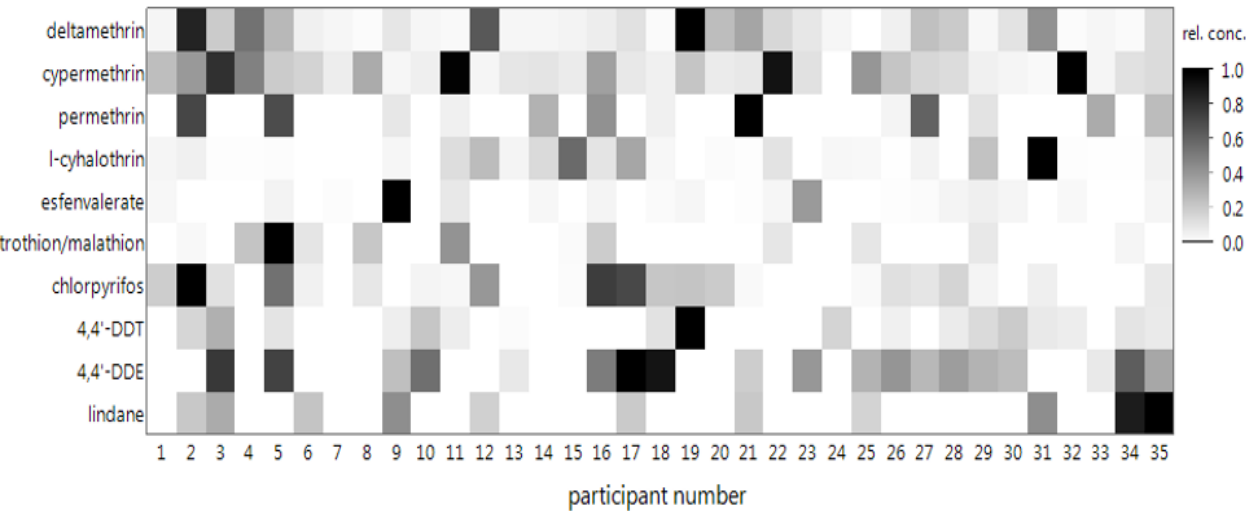
Lessons from a Decade+ of Silicone Wristband Use

Intra-Inter individual differences

14

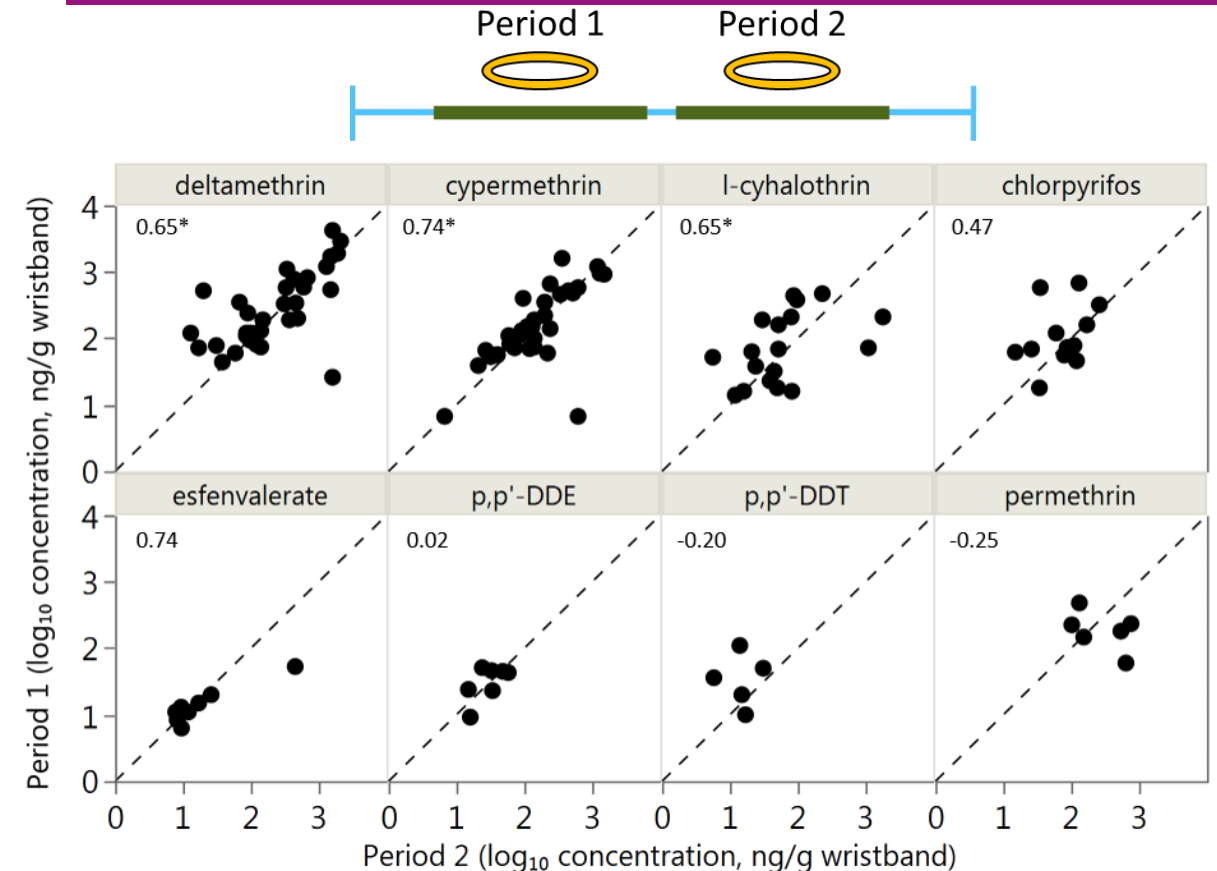
Intra-individual differences **large**

Frequency of detected pesticides by concentration



Inter-individual differences **small**

Neither the number of positive detected nor the concentrations of individual pesticides sequestered in a participant's wristband were different between the two periods



Lessons from a Decade of Silicone Wristband Use Africa

15

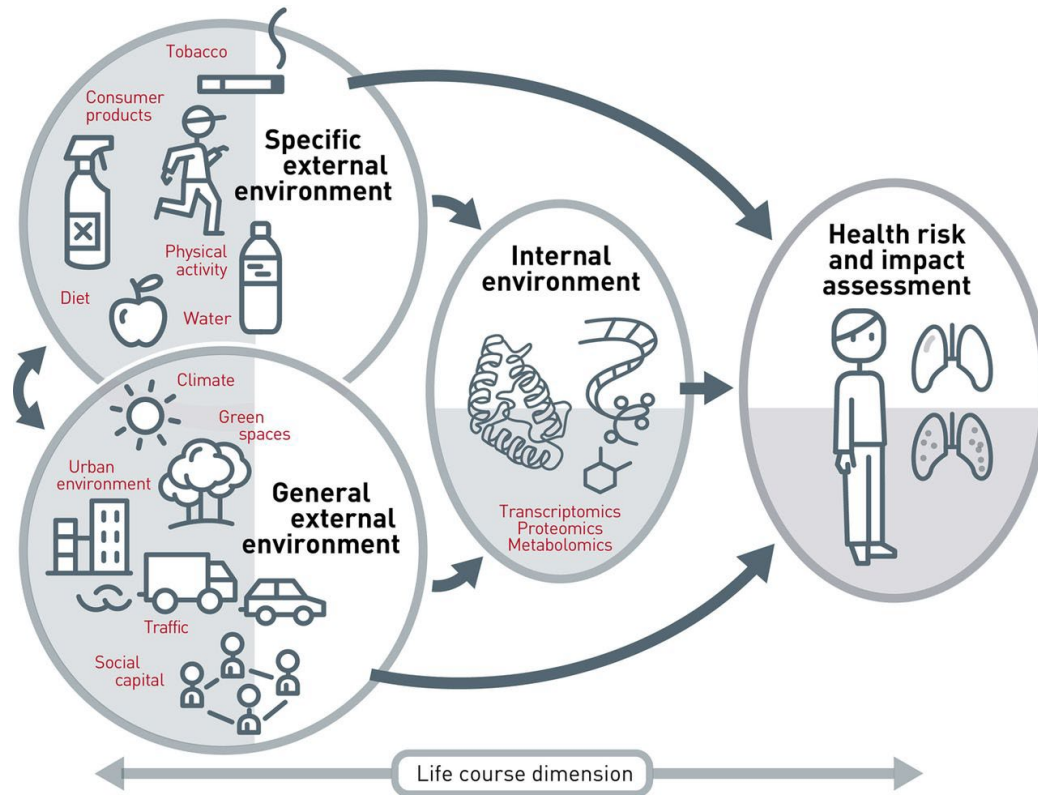
- 50% QC, 63 pesticides quantified
- 26 were detected in at least one wristband
 - ▣ Log K_{oa} ranged from 5.8 (chloroneb) to 12.5 (bifenthrin)
 - ▣ Log K_{ow} ranged from 0.8 (dimethoate) to 8.2 (bifenthrin)
- 2 and 10 pesticides in wristbands
- All pesticides reported by participants found
- 19 pesticides detected beyond those reported by participants



Carey E. Donald^a, Richard P. Scott^a, Kathy Blaustein^b, Mary L. Halbleib^b, Makhfousse Sarr^c, Paul C. Jepson^b, and Kim A. Anderson^{a*}, Silicone wristbands detect individuals' pesticide exposures in West Africa, Royal Society Open Science, 3, 160433, 2016.

Chemical exposures & adverse health effects

16



• Interventions

- To change behaviors and built environments to reduce exposure to chemical stressors, the external personal chemical environment needs to be studied
- All chemicals do not have a clear link to an internal biomarker
- External measurement of chemicals in some cases can provide quicker link to an intervention (some chemicals bioaccumulate)

• Regulations and Policy

- Policy on organic chemical exposures will be based on the external chemical exposure level
- Due to variability in metabolism, lifestyle, and other personal variables, organic chemical regulations will not be based on biomarker concentrations

Vrijheid 2014

Chemical $\stackrel{?}{=}$ DNA Damage $\stackrel{?}{=}$ DNA Methylation $\stackrel{?}{=}$ Mutation $\stackrel{?}{=}$ Tumor $\stackrel{?}{=}$ Cancer



Personal samplers of bioavailable pesticides integrated with a hair follicle assay of DNA damage to assess environmental exposures and their associated risks in children

Pierre-Alexandre Vidi^{a,b,*}, Kim A. Anderson^c, Haiying Chen^d, Rebecca Anderson^a, Naïke Salvador-Moreno^a, Dana C. Mora^e, Carolyn Poutasse^c, Paul J. Laurienti^d, Stephanie S. Daniel^a, Thomas A. Arcury^{a,g}



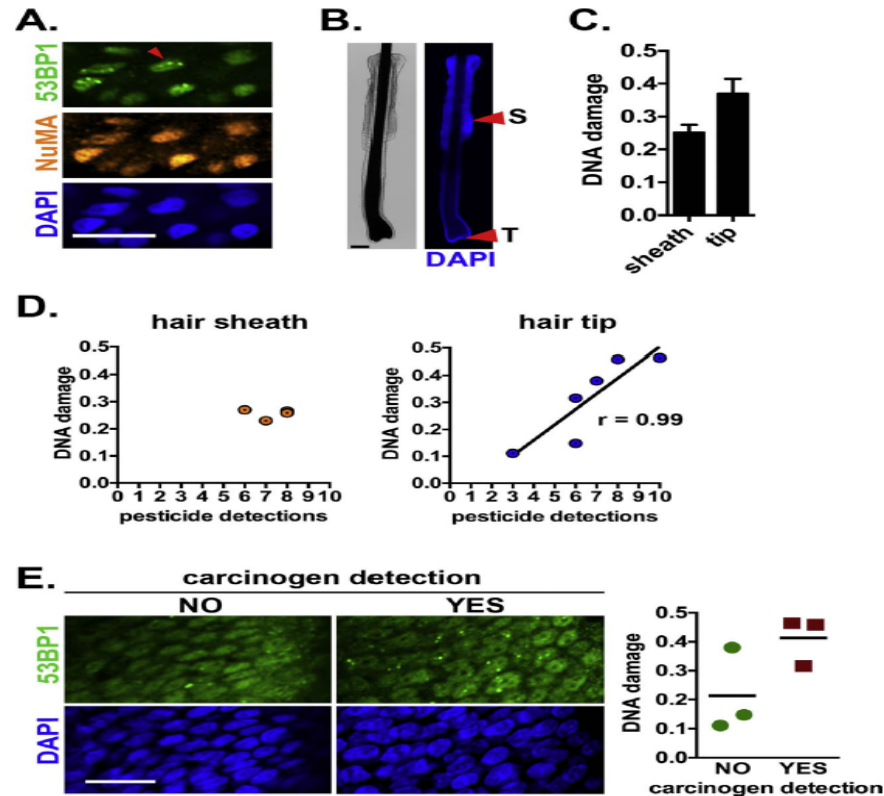
Carolyn Poutasse

17

Lessons from a Decade of Silicone Wristband Use

Significant association found between number of pesticides in wristbands and DNA damage in hair follicles

- 7-9 yr olds, n=10
- North Carolina
- Farmwork families
- Kruskal-Wallis testing,
- $P < 0.05$ considered significant



- (A) Staining of a child participant hair with antibodies against 53BP1 (DNA damage) and NuMA (staining control). The arrowhead points to a nucleus with DNA repair foci. Nuclei were counterstained with DAPI.
- (B) Illustration of the sheath (S) and tip (T) regions of a scalp hair follicle plucked from a participant.
- (C) DNA damage (average number of 53BP1 foci/nucleus cross section \pm SEM) in the sheath and tip regions
- (D) DNA damage in hair sheaths or at hair tips, plotted against the number of pesticides detected with wristbands in each participant.
- (E) Confocal images of 53BP1 staining (left) and DNA damage quantification (right) in participants with or without detection of pesticides described as carcinogenic by Cal/EPA. Individual values are plotted and means are indicated. Scale bars, 20 μ m.



Silicone wristbands compared with traditional polycyclic aromatic hydrocarbon exposure assessment methods

Holly M. Dixon¹ · Richard P. Scott¹ · Darrell Holmes² · Lehyla Calero² · Laurel D. Kind³ · Katrina M. Waters⁴ · David E. Camann⁵ · Antonia M. Calafat⁶ · Julie B. Herbstman² · Kim A. Anderson¹

Lessons from a Decade of Silicone Wristband Use

Three times more positive, significant correlations between PAH and OH-PAH pairs in **wristbands and urine** samples than there were between PUFs-filters and urine samples



Holly Dixon

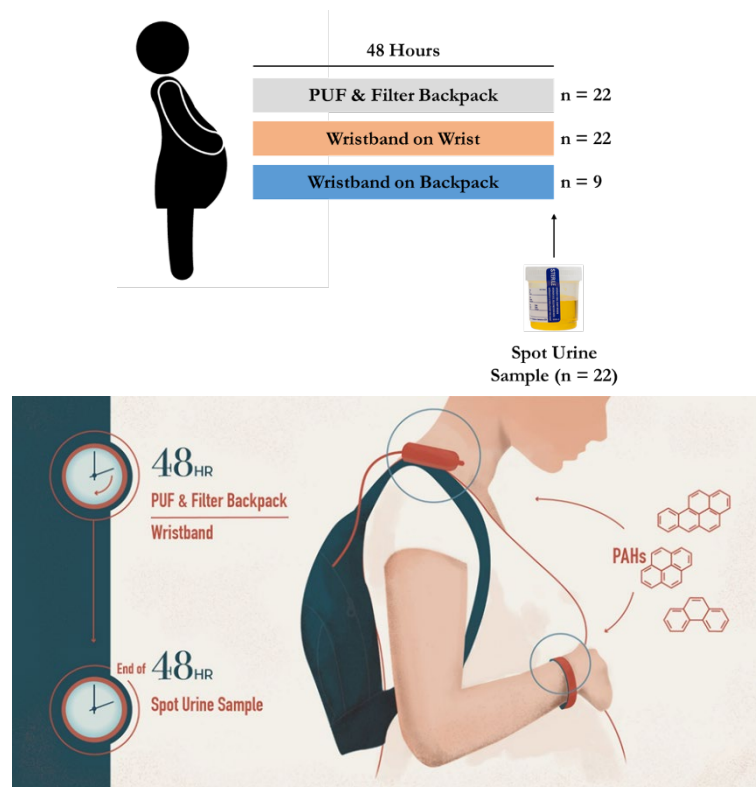


Table 4 Correlation table for creatinine-corrected OH-PAHs in urine and PAHs in backpacks (PUFs and filters) and wristbands

PAH	PAH metabolite	Urine PAH metabolite and PUF PAH		Urine PAH metabolite & PUF-filter PAH		Urine PAH metabolite & wristband PAH	
		r_s	p -value	r_s	p -value	r_s	p -value
Naphthalene	1-OH-naphthalene	0.53	0.01*	0.53	0.01*	0.48	0.02*
	2-OH-naphthalene	0.27	0.23	0.27	0.23	0.44	0.04*
	Σ OH-naphthalene ^a	0.35	0.11	0.35	0.11	0.47	0.03*
Fluorene	2-OH-fluorene	0.44	0.04*	0.44	0.04*	0.33	0.13
	3-OH-fluorene	0.08	0.72	0.08	0.72	0.14	0.52
	Σ OH-fluorene ^b	0.33	0.13	0.33	0.13	0.27	0.22
Phenanthrene	1-OH-phenanthrene	0.18	0.41	0.18	0.41	0.76	<0.0001*
	2- and 3-OH-phenanthrene	0.22	0.33	0.22	0.33	0.37	0.09
	4-OH-phenanthrene	0.23	0.30	0.23	0.30	0.18	0.42
	Σ OH-phenanthrene ^c	0.20	0.38	0.20	0.38	0.64	0.002*
Pyrene	1-OH-pyrene	0.11	0.63	0.12	0.59	0.66	0.0009*

^a Sum of 1-OH-naphthalene and 2-OH-naphthalene concentrations

^b Sum of 2-OH-fluorene and 3-OH-fluorene concentrations

^c Sum of 1-OH-phenanthrene, 2- and 3-phenanthrene, and 4-OH-phenanthrene concentrations

* and **bold type** indicates $\alpha < 0.05$

Continuation:

- 150 women
- Paired wristbands, backpacks, and urine
- Respiratory health of children compared to mother's chemical exposures



Cross-sectional study of social behaviors in preschool children and exposure to flame retardants

Shannon T. Lipscomb¹, Megan M. McClelland², Megan MacDonald², Andres Cardenas³, Kim A. Anderson⁴ and Molly L. Kile^{2*}

Measuring Personal Exposure to Organophosphate Flame Retardants Using Silicone Wristbands and Hand Wipes

Stephanie C. Hammel,[†] Kate Hoffman,[†] Thomas F. Webster,[‡] Kim A. Anderson,[§] and Heather M. Stapleton^{*,†}

19

Built Environment: Flame retardants in wristbands associated with children's social skills

Children with higher flame retardant exposures exhibited poorer social skills in three domains that play an important role in a child's ability to succeed academically and socially

1. **Higher organophosphate flame retardant exposure were rated by their preschool teachers to show less responsible behavior and more externalizing behavior problems**
2. **Children with higher exposure to brominated flame retardants were rated by their preschool teachers as less assertive**



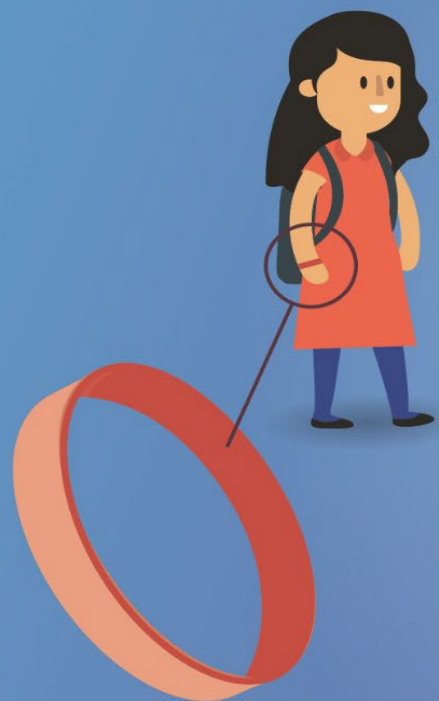
Table 3 Multiple regression analyzes that examined the relationship between two classes of flame retardants and social behavior subscales ($n = 69$) adjusted for gender, age, family context, and child's exposure to adverse experiences

	Assertion B (SE) ^a	Responsibility B (SE) ^a	Externalizing B (SE) ^a
Covariates			
Gender ^a	0.21 (0.10) 0.21*	0.44 (0.10) 0.43**	−0.29 (0.10) −0.30**
Age	0.32 (0.07) 0.44**	0.24 (0.07) 0.33**	−0.12 (0.10) −0.18
Family Context	0.13 (0.08) 0.18 [†]	0.21 (0.08) 0.27**	−0.21 (0.11) −0.32 [†]
Adverse Experiences	0.04 (0.07) 0.06	−0.04 (0.07) −0.05	0.31 (0.10) 0.42**
Flame Retardants			
Ln ΣPBDE	−0.13 (0.04) −0.31**	0.03 (0.04) 0.07	−0.05 (0.10) −0.04
Ln ΣOPFR	0.09 (0.06) 0.15	−0.16 (0.06) −0.25**	0.24 (0.10) 0.31*
R square	0.41	0.44	0.35
R square for model without Flame Retardant variables	0.28	0.29	0.19

^a0 = male, 1 = female

B = Unstandardized Estimate. SE standard error. ^a = Standardized Estimate

[†] $p < .10$. * $p < .05$. ** $p < .01$



OPAHs
NPAHs
PCBs
PAHs
Industrial
Phthalates
Plasticizers
Herbicides
Fungicides
Insecticides
Fragrances
Pharmaceuticals
Flame Retardants
Personal Care Products



FROM CONCEPT TO GLOBAL IMPACT:

DISCOVERY OF COMMON CHEMICAL EXPOSURES ACROSS THREE CONTINENTS USING SILICONE WRISTBANDS

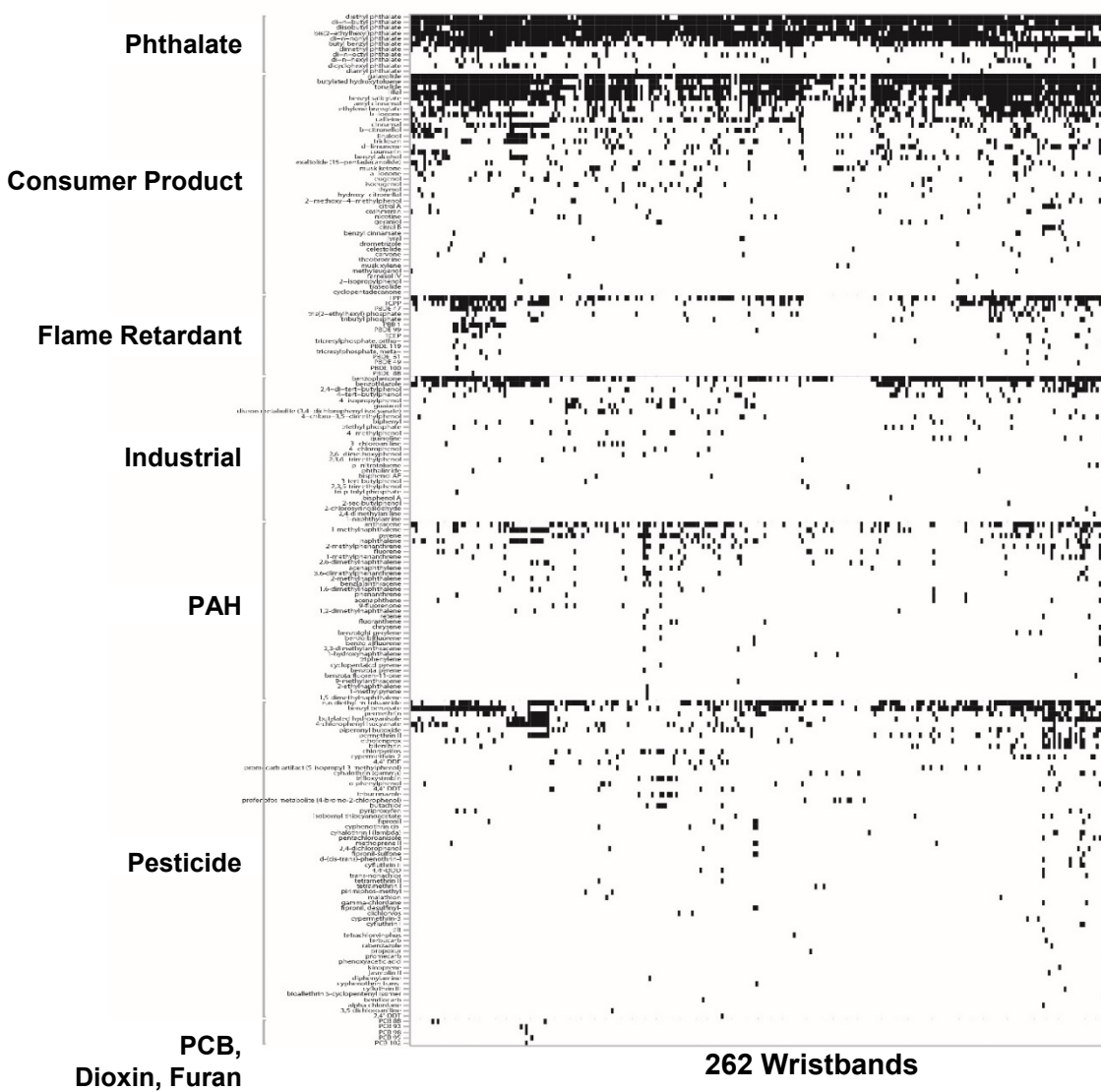
Two hundred and forty-seven volunteers from fifteen distinct communities in the U.S.A., Senegal, South Africa, and Peru

Discovery of common chemical exposures across three continents using silicone wristbands

Measuring What Matters:

No Two Wristbands Have Same Chemical Detection Profile

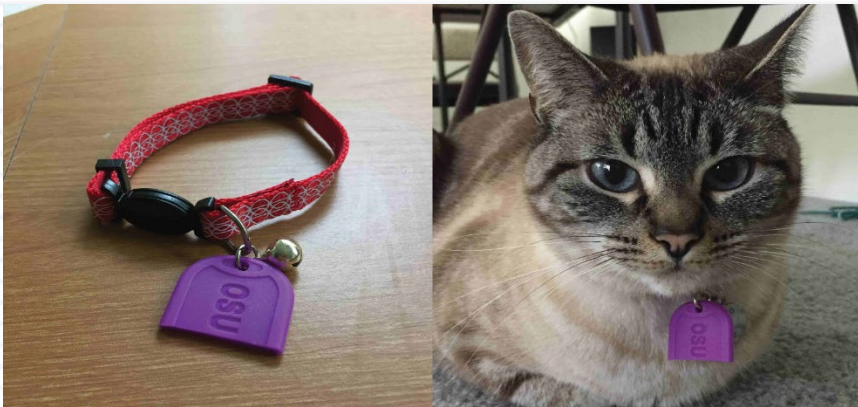
400,860 chemical data points
Patterns Emerge
14 chemicals in over 50% of the wristbands



Chemical	Frequency of Detection out of 262 Wristbands (%)	Potential Endocrine Disruptor Chemical
diethyl phthalate	94	Yes
galaxolide	93	Yes
di-n-butyl phthalate	92	Yes
diisobutyl phthalate	85	Yes
bis(2-ethylhexyl)phthalate	84	Yes
di-n-nonyl phthalate	82	Yes
butylated hydroxytoluene	78	Yes
tonalide	76	Yes
lilial	75	Yes
benzyl salicylate	73	Yes
butyl benzyl phthalate	66	Yes
benzophenone	64	Yes
triphenyl phosphate	52	Yes
N,N-diethyl-m-toluamide	52	No

- U.S. in 2008 banned these in conc. $>0.1\%$ in children toys and articles
- DEET, insect repellent

The Role of Silicone Wristbands in Modern Biomonitoring Hyperthyroid Case-Control Silicone Cat Tag Studies



- Tris(1,3-dichloro-2-isopropyl) phosphate (TDCIPP) concentrations were higher in hyperthyroid than non-hyperthyroid pet tags (adjusted odds ratio, $p < 0.07$; Mantel-Cox, $p < 0.02$).
- Higher TDCIPP concentrations were associated with higher fT_4 and TT_4 concentrations ($p < 0.05$).

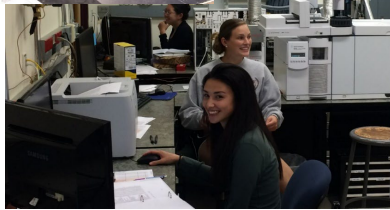
The Role of Silicone Wristbands in Modern Biomonitoring

Exposures from Environmental Disasters

First Responders, Cleanup Crews, Citizens, after disasters



Preparing wristbands
Quality control before using wristbands



“Go” travel bags
Disaster IRB in place
Trained staff



Preparation logistics



Communities



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Bracelets Can Detect Chemical Exposures

The next wave of wrist wear might act as a fashionable archive of your exposure to everything from caffeine to pesticides



Mar 7, 2014 | By Brian Bienkowski and Environmental Health News

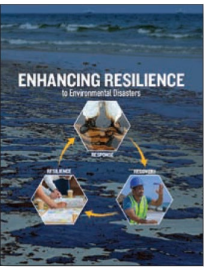
Wristbands are the accessory of choice for people promoting a cause. And the next wave of wrist wear might act as a fashionable archive of your chemical exposure.

Researchers at Oregon State University outfitted volunteers with slightly modified silicone bracelets and then tested them for 1,200 substances. They detected several dozen compounds – everything from caffeine and cigarette smoke to flame retardants and pesticides.



Silicone in wristbands absorbs chemicals. Researchers used modified ones to test people's exposure to 1,200 substances, such as flame retardants and cigarette smoke.
Credit: LexnGer/Flickr

“We were surprised at the breadth of chemicals,” said Kim Anderson, a professor and chemist who was senior author of the [study](#) published in Environmental Science & Technology.



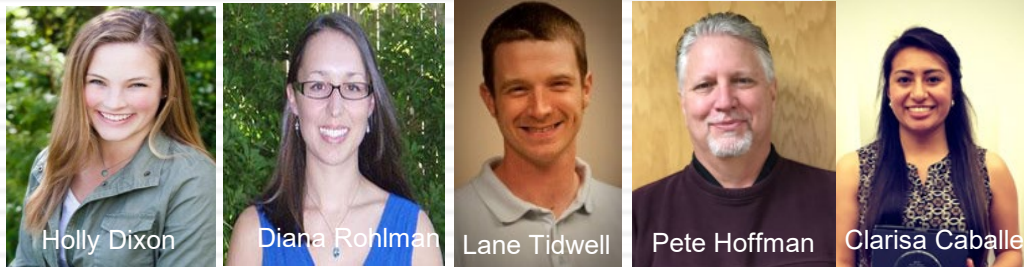
Response, Recovery, and Resilience to Oil Spills and Environmental Disasters: Exploration and Use of Novel Approaches to Enhance Community Resilience

Margaret A. Reams, PhD
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Anna K. Harding, PhD
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Oregon State University
Wilma Subra, MS
Subra Company, Inc.
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Lane Tidwell, PhD
Kim A. Anderson, PhD
Department of Environmental and Molecular Toxicology
Oregon State University

Data given to community and participants prior to general publications


The Role of Silicone Wristbands in Modern Biomonitoring

Rapid Response Hurricane Harvey: chemicals exposures can not be known *a priori*, lots of unknowns....



The Houston Health Dept stated that "millions of contaminants" were present in floodwaters.

Hiroko Tabuchi & Shelia Kaplan, [A Sea of Health and Environmental Hazards in Houston's Floodwaters](#), New York Times (August 31, 2017)



June 20, 2018

Oregon State Research Team

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- Diana Rohlman, PhD
- Lane Tidwell, PhD
- Pete Hoffman
- Richard Scott
- Holly M. Dixon
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- Gustavo Elizondo

Texas Health and Environment Alliance

- Jackie Young

CONFLICT OF INTEREST STATEMENT
Kim Anderson and Diana Rohlman have a conflict of interest related to this study. These researchers own or are related to someone who owns a company that provides services related to the silicone wristbands and that interest could influence research that you are participating in.

Hurricane Harvey Wristband Study Update

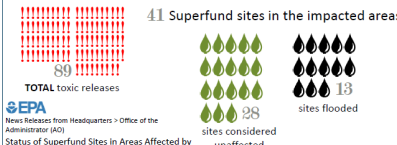
The Highlands Community

WHO Researchers from Oregon State University Superfund Research Program collaborated with the Texas Health and Environment Alliance

WHAT We used passive wristband samplers to determine personal chemical exposure after the flooding in Houston

WHY These wristbands can measure up to 1,530 different chemicals found in the air, water and soil. We are collecting this information to get a better idea of what types of chemicals people may be exposed to after extreme flooding.

Effects of Hurricane Harvey



89 TOTAL toxic releases

41 Superfund sites in the impacted areas

28 sites considered unaffected

13 sites flooded


Our Study

On September 20, 2017, researchers enrolled individuals living or working in flooded areas to wear a wristband for seven days. More information about the wristband is on the last page of this report.

We looked at chemicals in different chemical classes, as shown on the next page.

Currently, there are no regulations for many of these chemicals in the air. As a result, it is difficult to know how much of a chemical is needed to cause health effects. Therefore, while this report shows the chemicals found in wristbands, that does not mean that you will suffer from any health effects.

Future work will track chemical exposures over time, for example 1 year after Hurricane Harvey.



32 people recruited

27 wristbands returned

27 wristbands analyzed


All wristbands tested for 1530 chemicals

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~ The Oregon State Research Team

pg. 1 of 2




Results at a Glance

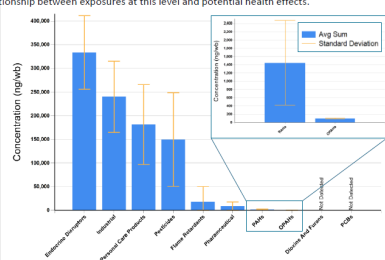
Summary of the study

We looked for 1,530 chemicals found in several different chemical classes. Some chemicals are included in more than one class. For example, triclosan is found in both personal care products and is considered a pesticide. On average, each person had 28 chemicals in their wristband. For a full list of all 1,530 chemicals, please visit: <http://fies.oregonstate.edu/1530>

We measured chemicals at the nanogram level, which is a very small amount. However, we are still learning how much of a chemical is needed to cause a negative health effect. Our ability to measure very low levels of chemicals is helping us better understand the relationship between exposures at this level and potential health effects.



We detected a total of 119 chemicals across all 27 wristbands. 1411 chemicals were not detected.



In this bar graph, you can see that people were mostly exposed to chemicals in the 'endocrine disruption' classification, followed by chemicals in the 'industrial' classification. For each wristband, we looked at the total amount of chemicals found in the different classes. We zoomed in on some chemicals detected at low levels.

Standard Deviation: This describes how similar each wristband was between everyone in the study. The bigger the standard deviation (orange lines), the greater the difference between people's wristbands. We expect to see these differences.

This graph shows the average amount of chemical all 27 people were exposed to over 7 days (blue bars). This allows us to look at the major chemical types of pollution a community is exposed to.

Take Home Messages

- An average of 28 chemicals were detected in each wristband. The lowest was 12 chemicals in a wristband and the highest was 43 chemicals in a wristband.
- People were mostly exposed to endocrine disruptors, followed by industrial chemicals and chemicals found in personal care products.
- NO dioxins, furans or polychlorinated biphenyls (PCBs) were detected in any of the samples
- Future work will track chemical exposures over time, for example 1 year after Hurricane Harvey.

pg. 2 of 2

Inventing Exposure: The Silicone Wristband Journey from Bench to Biomonitoring

Wristband Limitations & Considerations

25

- Time integrated
- Not real time
- Must be worn for a few hours
- External environmental exposures can include dermal
- Independent measure
- Our webpage:
 - <http://fses.oregonstate.edu/faq-page>

Quick Links: [Analytical Methods](#) || [Wristbands - Frequently Asked Questions](#) || [Technical Attributes of Wristbands](#)

Frequently Asked Questions

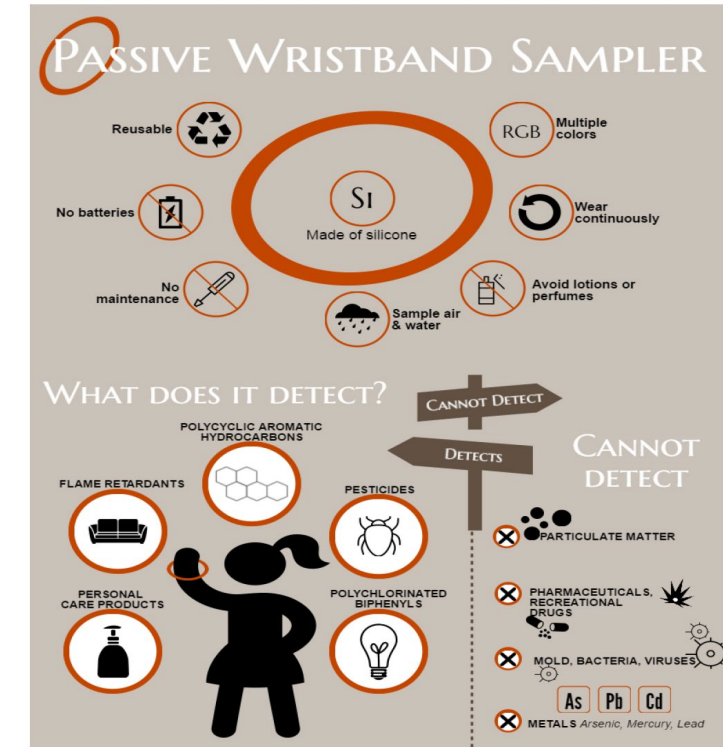
The following are questions frequently asked about the FSES Program's silicone wristbands. Our [Technical Attributes](#) page provides capabilities of our wristband technology.

Passive wristband samplers (9)

1. [What kind of chemicals do the wristbands sample?](#)
2. [What are your wristbands made of?](#)
3. [How do I wear the wristband? Do I need to do anything special?](#)
4. [What happens if I drop it?](#)
5. [Can I wear the wristband at work?](#)
6. [I damaged my wristband, what should I do?](#)
7. [How long will I wear the wristband?](#)
8. [Because of my work I have to wear gloves/long sleeves or shirts. Can I wear my wristband in a place other than my wrist? \(pocket, etc.\)](#)
9. [Does the color matter, can I get a different color?](#)

Chemical detection (9)

1. [How are wristbands analyzed after they have been worn?](#)
2. [Can the samplers "fill up" with chemicals? Does it have a limit on how much it can sample?](#)
3. [Can you detect pollutants coming from natural gas activities and infrastructure \(fracking\)?](#)
4. [Can you detect urban pollutants like vehicle exhaust, smog, etc.?](#)
5. [Can you detect household concerns like mold, mildew, radon, lead, and carbon monoxide?](#)
6. [Can you detect agricultural pollutants like pesticides, fertilizers, and smoke from field burning?](#)
7. [What are your detection limits like? \(How low can you go?\)](#)





Acknowledgements



26

Funding: NIEHS

P42 ES012016465, P20
ES000210, R21 ES020120, R33
ES024718, R24 TW009550, P30
ES000210, P30 ES006096 , R01
ES008739, R21 ES0
FEMA FP000754,

Oregon Taxpayers

In accordance with her management plan, Dr. Kim
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MyExposome, Inc.

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Confederated Tribes of the
Umatilla Indian Reservation

Government Agencies

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Grand Isle State Park, LA,
T. Augustine
MS Gulf Port Harbor Master,
DJ Ziggler
Mobile AL Ben Secour
National Refuge, J. Issacs
Pensacola FL Gulf Islands
National Seashore, R.
Hoggard



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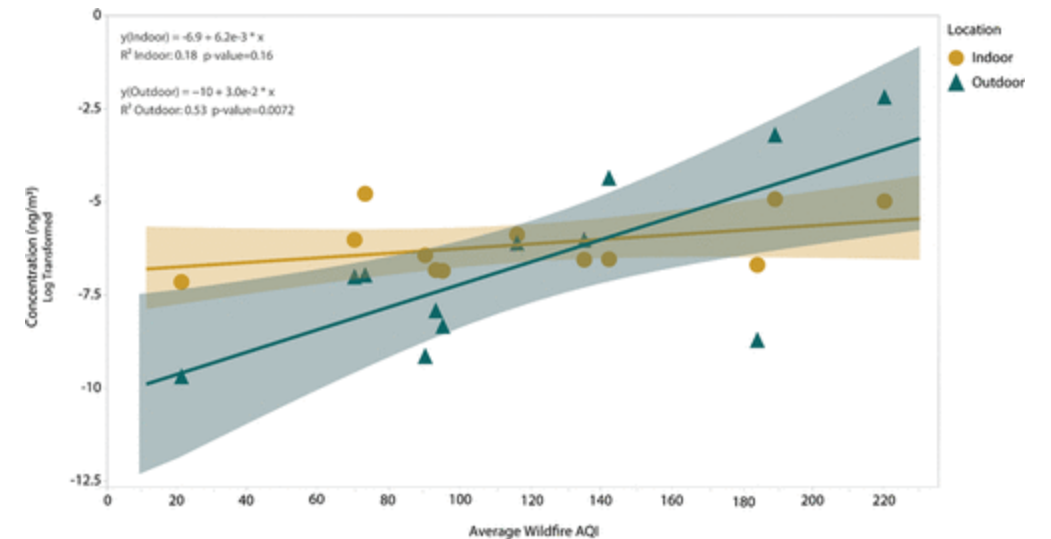
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A New Lens on Exposure

Wildfires: PAHs **higher indoors** during wildfires until AQI > 150

27



Questions?



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