

DSHS Issues Updated Consumption Advisory for Mountain Creek Lake

The Texas Department of State Health Services today updated a fish consumption advisory for Mountain Creek Lake in Dallas County due to unsafe levels of dioxins and polychlorinated biphenyls, or PCBs, in certain species of fish.

DSHS tested tissue samples from fish as part of a re-evaluation of the lake. Concentrations of dioxins and PCBs in channel catfish, common carp, flathead catfish, freshwater drum, largemouth bass, smallmouth buffalo and white bass continue to exceed DSHS health guidelines.

DSHS now recommends people limit or avoid consumption of these species as outlined in the table below.

Species Affected	Women of Childbearing Age and Children < 12¹	Women Past Childbearing Age and Adult Men²
Channel catfish	DO NOT EAT	1 meal/month
Common carp	DO NOT EAT	DO NOT EAT
Flathead catfish	1 meal/month	2 meals/month
Freshwater drum	DO NOT EAT	DO NOT EAT
Largemouth bass	1 meal/month	3 meals/month
Smallmouth buffalo	DO NOT EAT	DO NOT EAT
White bass	DO NOT EAT	1 meal/month

¹ One meal is four ounces of fish.

² One meal is eight ounces of fish.

The recommendations are stronger for children under 12 and women who are nursing, pregnant or who may become pregnant because the nervous systems of unborn and young children are particularly susceptible to the health effects of toxins.

The updated advisory replaces one issued in 2010 that recommended no one eat any fish from Mountain Creek Lake. Prior to that, the state prohibited people from possessing fish from the lake at all. Elevated levels of dioxins and PCBs in fish do not pose a health risk for people swimming, boating or participating in other recreational activities.

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