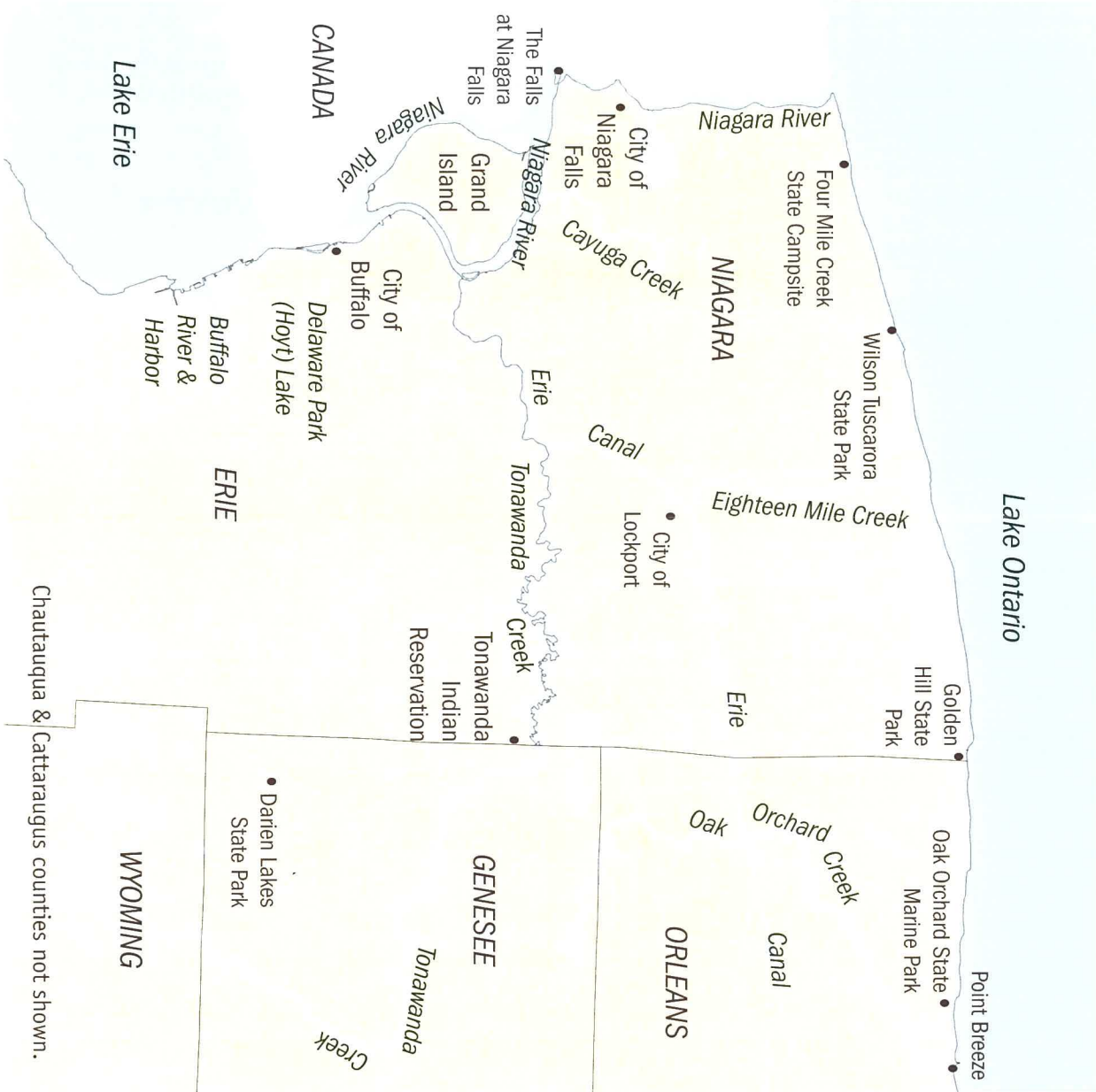
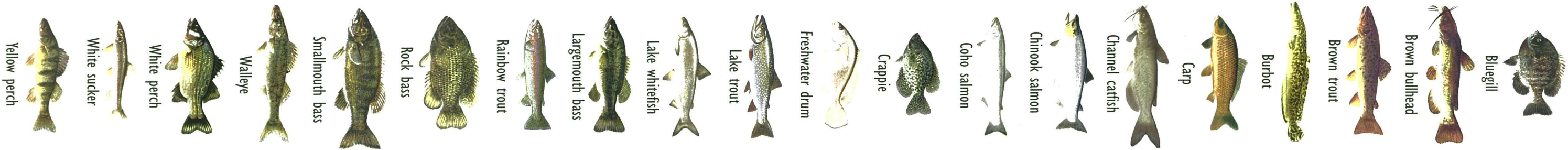


COMMON FISH
OF THE WESTERN
REGION



Visit www.health.ny.gov/fish
for the latest information
about fish advisories.

The health advice about
which fish to eat depends
on where you fish, who
you are and what you
catch.

Because chemicals remain
in fish even if they move
from one waterbody
to another, the advice
applies to tributaries and
connected waters if there
are no dams, falls, or
barriers to stop the fish
from moving upstream.

If you are not sure about
possible fish barriers
near waters where you
are fishing, call your DEC
office listed on the back
of this brochure.

Location (Including tributaries)	Fish
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Men Over 15 &
Women Over 50



Women Under 50 &
Children Under 15

Buffalo River & Harbor	Carp All other species	DON'T EAT Up to 4 meals/month	DON'T EAT <u>ANY</u> FISH
Cayuga Creek (Niagara Co)	All species	DON'T EAT <u>ANY</u> FISH	DON'T EAT <u>ANY</u> FISH
Delaware Park (Hoyt) Lake	Carp All other species	Up to 1 meal/month Up to 4 meals/month	DON'T EAT <u>ANY</u> FISH DON'T EAT <u>ANY</u> FISH
Eighteen Mile Creek (Niagara Co)	All species	DON'T EAT <u>ANY</u> FISH	DON'T EAT <u>ANY</u> FISH
Erie Canal between Lockport and the Niagara River	Carp All other species	Up to 1 meal/month Up to 4 meals/month	DON'T EAT <u>ANY</u> FISH
Lake Erie	Chinook salmon less than 19", Burbot, Freshwater drum, Lake whitefish, Rock bass, Yellow perch All other species	Up to 4 meals/month Up to 4 meals/month Up to 1 meal/month	Up to 4 meals/month Up to 4 meals/month Up to 1 meal/month
Lake Ontario*	White perch east of Point Breeze, all Chinook salmon, Rainbow trout, White sucker, Lake trout under 25", Brown trout under 20", Coho salmon over 25" All other species	DON'T EAT Up to 1 meal/month Up to 4 meals/month	DON'T EAT <u>ANY</u> FISH
Niagara River above Niagara Falls	Carp All other species	Up to 1 meal/month Up to 4 meals/month	DON'T EAT <u>ANY</u> FISH
Niagara River below Niagara Falls	Channel catfish, Carp, Lake trout over 25", Brown trout over 20", White perch Chinook salmon, Rainbow trout, Smallmouth bass, White sucker, Lake trout under 25", Brown trout under 20", Coho salmon over 25" All other species	DON'T EAT Up to 1 meal/month Up to 4 meals/month	DON'T EAT <u>ANY</u> FISH
All waters not listed	All species	Up to 4 meals/month	Up to 4 meals/month

* Harvest/possession of Lake Ontario American eel is prohibited per DEC Regulations



Map Inside

FDA-422

WESTERN REGION

Health Advice on Eating Fish You Catch

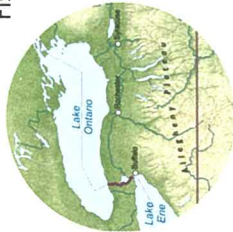
for Erie, Niagara, Cattaraugus, Genesee, Orleans, Wyoming, and Chautauqua Counties

Why We Have Advisories

Fishing is fun and fish are an important part of a healthy diet. Fish contain high quality protein, essential nutrients, healthy fish oils and are low in saturated fat. However, some fish contain chemicals at levels that may be harmful to health. To help people make healthier choices about which fish they eat, the New York State Department of Health issues advice about eating sportfish (fish you catch). The health advice about which fish to eat depends on:

Where You Fish (see inside map)

Fish from waters that are close to industrial sources are more likely to be contaminated than fish from other waters. **In the western region, Lake Erie fish are generally less contaminated than Lake Ontario fish.** This is because Lake Ontario has been more affected by certain industrial chemicals. Salmon, trout and other fish are known to move from lakes into tributaries, such as Oak Orchard Creek. The lake advice also applies to its tributaries up to the first barrier that stops fish from moving upstream, such as a dam or waterfall.



Who You Are

Women of childbearing age (under 50) and children under 15 are advised to limit the kinds of fish they eat and how often they eat them. Women who eat highly contaminated fish and become pregnant may have an increased risk of having children who are slower to develop and learn. Chemicals may have a greater effect on the development of young children or unborn babies. Also, some chemicals may be passed on in mother's milk.



Women beyond their childbearing years and men may face fewer health risks from some chemicals. For that reason, the advice for women over age 50 and men over age 15 allows them to eat more kinds of sportfish and more often (see inside table).

What You Catch

There is specific advice about limiting or not eating certain kinds of fish in the western region (see inside table). Some species (kinds of fish) have higher levels of chemicals than others. In general, smaller fish are less contaminated than larger, older fish of the same species. You can also choose fish from waterbodies that are not listed on the table inside, and follow the general advice to eat up to four meals per month.



Health Risks

The primary chemicals of concern in the western region are PCBs, dioxin and mirex. These chemicals build up in your body over time. Health problems that may result from chemicals in fish range from small changes in health that are hard to detect to birth defects and cancer. (Visit www.health.ny.gov/fish for more info.)



Fish from Stores and Restaurants



The US Food and Drug Administration (FDA) regulates the sale of commercial fish in markets. Due to concerns about mercury, FDA advises pregnant women, women who may become pregnant, nursing mothers and young children to avoid shark, swordfish, king mackerel and tilefish.

Food and Drug Administration: (888) SAFEFOOD, (888) 723-3366

More Information

New York State Fish Advisories

Department of Health
www.health.ny.gov/fish
(518) 402-7800
(800) 458-1158
email: BTSA@health.state.ny.us

Other Fish Information

Environmental Protection Agency
www.epa.gov/ost/fish
Food and Drug Administration
www.fda.gov/Food/ResourcesForYou/Consumers/ucm110591.htm

New York State Fishing

Department of Environmental Conservation (DEC)
www.dec.ny.gov/outdoor/fishing.html

DEC Region 8

(Chemung, Genesee, Livingston, Monroe, Ontario, Orleans, Schuyler, Seneca, Steuben, Wayne and Yates counties)

Avon Office

6274 Avon-Lima Road (Rtes. 5 and 20)
Avon, NY 14414-9516
(585) 226-5343

DEC Region 9

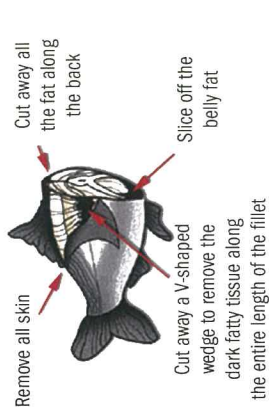
(Allegany, Chautauqua, Cattaraugus, Erie, Niagara and Wyoming counties)
Main Office: 270 Michigan Avenue
Buffalo, NY 14203
(716) 851-7010

Allegany Sub-Office

182 East Union Street, Suite 3
Allegany, NY 14706
(716) 372-0645

Tips for Healthier Eating

- PCBs, dioxin and mirex are found at higher levels in the fat of fish. Reduce fat by properly trimming, skinning and cooking your catch:



- Cooking or soaking fish cannot eliminate the chemicals, but heat from cooking melts some of the fat. Broil, grill or bake the trimmed, skinned fish on a rack so that the fat drips away. Do not use drippings in sauces or gravies.

- To reduce exposures to PCBs, dioxin and mirex, avoid or eat less American eel, carp, lake trout, salmon, channel catfish and white perch, because these western region fish tend to have higher levels of these contaminants.

- Try to space out your fish meals. For example, if the advice is that you can eat up to four meals a month, don't eat them all in the same week. This is particularly important for women and young children.

- Bacteria, viruses or parasites may be in or on fish. Keep harvested fish cold. Wear gloves when skinning and trimming. Wash hands and surfaces often when preparing fish, and keep raw foods separate. Cook fish and shellfish thoroughly before eating.