



Dear Participant,

Thank you for being part of the GenX Exposure Study. In [year], you provided a blood sample that we analyzed for PFAS. We are writing you today because a recent national panel report provided health care recommendations based on blood PFAS values.

In July 2022, the National Academies of Science, Engineering, and Medicine (NASEM) published recommendations for medical monitoring based on the total (sum) concentration of 7 specific PFAS in blood. The table below shows the levels of 7 PFAS we measured in your sample from [year], and the sum of these 7 PFAS in the blood. If you see "Not tested" for a result, we did not test for that specific PFAS in blood at the time your sample was being tested. On the right, current NASEM recommendations based on the sum PFAS are shaded with a bold box around them.

Table with 2 columns: PFAS and Your blood result (ng/mL). Rows include PFOA (4.2), PFOS (11.5), PFHxS (5.4), PFNA (1), PFDA (0.8), PFUnDA (0.2), MeFOSAA (Not tested), and Your sum (23.1).

2022 Guidance on PFAS from the National Academies of Sciences, Engineering, and Medicine. Contains three shaded boxes: Sum PFAS More Than 20 ng/mL, Sum PFAS Between 2 and 20 ng/mL, and Sum PFAS Less Than 2 ng/mL, each with associated health risks and recommendations.

What can you do with this information? You can discuss these PFAS blood results and the NASEM recommendations with your clinician to decide whether you would benefit from specific medical tests.

If your clinician has questions about PFAS, they can refer to the NASEM report (bit.ly/PFAS-guidance) or to a memo from the North Carolina Department of Health and Human Services (https://bit.ly/DHHSMemo). If you would like us to email you a copy of the NASEM report, please contact our study office. These recommendations do not mean that insurance will pay for any additional PFAS or clinical testing at this time.

If you are underinsured or noninsured and are seeking primary care services, please contact one of the following resources.

For Lower Cape Fear River Basin Region, NC, contact Cape Fear Health New (Phone: 910-399-2751; Website: <http://www.capefearhealthnet.org/getting-care/>). Note that Novant outpatient clinics have assistance places for low-income and uninsured people.

For Fayetteville area, NC, contact Stedman-Wade Health Services, Inc., 7118 Main St., Wade, NC, 28395 (Phone: 910-483-6694).

For Pittsboro, NC, contact Siler City Community Health Center, 224 S. Tenth Ave., Siler City, NC, 27344 (Phone: 919-663-1744) OR Moncure Community Health Center, 7228 Moncure-Pittsboro Road, Moncure, NC, 27559 (Phone: 919-542-4991).

What about other PFAS, besides these 7? The 2022 NASEM recommendations are based on the sum of 7 PFAS in blood. These 7 PFAS have been monitored by the Centers for Disease Control and Prevention in Americans for the past 20 years. Health screening recommendations for people exposed to PFAS may change as scientists learn more about the health effects of PFAS.

How can you reduce your PFAS exposure? The PFAS in your blood tells you about the PFAS that you are currently exposed to and what you were exposed to in the past. Many people in the Cape Fear River Basin have been exposed to PFAS through contaminated drinking water. Recently, municipal water suppliers have worked to remove PFAS from drinking water. The Sweeney Water Treatment plant in New Hanover County, the Brunswick County's Northwest Water Treatment Plant, and the Town of Pittsboro have installed treatment technologies to remove PFAS from drinking water sources.

If you use well water, you may want to have your water tested for PFAS and, if PFAS are detected, install filtration at your sink to reduce PFAS exposure. Private well owners in the Fayetteville area may be eligible for water testing and remediation (<https://bit.ly/DEQGenX>).

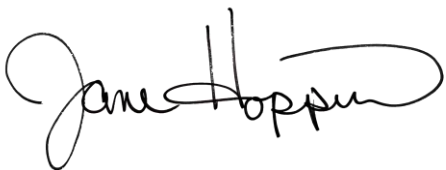
To learn what more you can do to reduce PFAS exposure, please visit this website (<https://bit.ly/ATSDRPFAS>). You can also contact our community partners: Cape Fear River Watch for Lower Cape Fear River Basin (<https://capefearriverwatch.org/>; phone: 910-762-5606), Sustainable Sandhills for Fayetteville area (<https://sustainablesandhills.org/>; phone: 910-484-9098), and Haw River Assembly for Pittsboro (<https://hawriver.org/>; phone: (919) 542-5790).

What if you have more questions about the GenX Exposure Study?

Please contact our study office by phone (855-854-2641) or email (genx-exposurestudy@ncsu.edu) and visit our study website (genxstudy.ncsu.edu).

We thank you for your participation in the GenX Exposure Study.

Sincerely,



Jane Hoppin, ScD
GenX Exposure Study, Principal Investigator