



*A North Carolina research study assessing exposure to GenX and related chemicals in people living in the Cape Fear River Basin.*

## From the Principal Investigator, Dr. Jane Hoppin

Thank you for continuing to be a part of the GenX Exposure Study. We have learned a lot about PFAS since we started in 2017. Your time and effort to attend sample collection events are critical for understanding the connections between PFAS exposure and health outcomes. We'd like to share a quick update about our activities last fall and the return of study results.

### From August to November 2023:

- We collected blood samples from close to 600 people.
- Samples were analyzed for clinical measures and PFAS.
- We published some new scientific papers. One recent article is highlighted on the next page. Our website has links to other new research articles.

### Report Back of Results:

- Clinical Serum Results have been mailed to you. This includes lipid levels, thyroid hormones, and other clinical measures. If you have not received your Clinical Serum Results yet, please contact us by phone (855-854-2641) or email ([genx-exposure-study@ncsu.edu](mailto:genx-exposure-study@ncsu.edu)).
- Personal PFAS Results will be sent out by mail starting in April 2024 and will continue throughout the spring. We will send personal PFAS results as they become available. This means you may get your own results before or after other people in the study.
- Community's PFAS Results After we get the PFAS data for everyone, we will send a follow-up letter with graphs to show your personal results within your community like we have in the past. We will also host community meetings and webinars to discuss these latest PFAS results later this year.

Did we miss you for a follow-up appointment last year? There are more opportunities for sample collection in 2024! **See next page for more information** →

We're looking forward to connecting with you at future community meetings and sample collection events. Please visit our website ([genxstudy.ncsu.edu](http://genxstudy.ncsu.edu)) for study updates, and feel free to reach out to our team with any questions or comments, or to update your contact information.

Best wishes,

## **Did we miss you in 2023? Opportunities for follow-up visits in 2024:**

We are planning to collect blood samples from participants who could not make it to a sample collection event in 2023 **and we need your input!**

If we missed you last year, reach out to our team to let us know your interest for future sample collections in 2024. Our contact information is at the bottom of the page.

We will also send a survey to people who did not attend last year. This survey will help us plan future sample collection. We want to make sure that it is easy for you and others in your community to stay in the study. If you did not attend an event last year, please keep an eye in your e-mail inbox and/or voicemail for next steps to complete this important survey.

### **New research findings**

A new paper by Dr. Nadine Kotlarz highlights the importance of well water as a route of PFAS exposure for people living near the Fayetteville Works Plant. This was recently published in the *Journal of Exposure Science & Environmental Epidemiology* ([go.nature.com/3TkCjEx](https://go.nature.com/3TkCjEx)).

We analyzed PFAS results from blood and well water samples collected from 153 people living near the Fayetteville Works plant outside of Fayetteville, NC. Many PFAS produced by the facility (including GenX) were found in well water. We compared the PFAS chemicals found in well water to the PFAS chemicals found in blood samples. Many PFAS found in well water were not found in blood. The PFAS chemicals most often found in well water were generally smaller (“lower molecular weight”) than the PFAS found in blood samples. Nafion byproduct 2 is a larger (“higher molecular weight”) PFAS produced at the plant. It was frequently found in both well water and blood samples. The level of Nafion byproduct 2 found in blood samples was related to the level of Nafion byproduct 2 in the household’s well water and how long someone used that well.

**What does this mean?** The types of PFAS people are exposed to through the environment (water and air) are not always found in their blood. The PFAS levels in your blood today also do not tell the full story about your recent or past exposure. Some PFAS, like GenX, do not stay in the body very long, while others, like PFOS, can stay in the body a long time. This means that we need a number of different tools to understand the full picture of PFAS exposure and investigate health effects over time.

If you have questions or comments about the research, or if you would like to request a free copy of the article, please contact us:

**phone: 855-854-2841**

**email: [genx-exposure-study@ncsu.edu](mailto:genx-exposure-study@ncsu.edu)**