

Memorandum For Record Template for Firefighters Who Accept PFAS Testing

MEMORANDUM FOR RECORD TEMPLATE FOR FIREFIGHTERS AND OTHER PERSONNEL WHO RECEIVE BLOOD PFAS TESTING

FROM: Occupational Medicine

SUBJECT: Results of Your Per-Polyfluoroalkyl Substances (PFAS) Blood Testing

This memorandum accompanies your PFAS test results. In compliance with Section 707 of the National Defense Authorization Act (NDAA) for Fiscal Year 2020, the DoD is offering blood PFAS testing simultaneously with your annual occupational health screening exam. If you have questions about your test results, please consult your personal healthcare provider or our occupational medicine team.

This laboratory blood PFAS test assesses your past exposures to certain PFAS from all potential sources. Nearly all Americans have some trace levels of PFAS in their blood. These PFAS are found throughout the U.S. PFAS can be found in soils, sediments, dusts, groundwaters, surface waters and in some drinking waters, foods, and in air as vapors or particulates. Because of their useful properties, PFAS are used in a wide variety of industrial applications (like in Aqueous Film Forming Foams (AFFF) commonly used in legacy and contemporary firefighting systems, but PFAS can also be found in commercial products, including food packaging, stain and water-resistant products, non-stick coatings, electronic insulation, heat resistant oils and greases.

The Results of Your Blood Test

The accompanying PFAS test results indicate the concentration of certain PFAS detected in your blood. Your results are reported in units of nanograms of PFAS per milliliter of blood (ng/mL). The limit of detection for each PFAS compound in blood is 0.1 ng/mL. For context, one ng/mL equals one part per billion, which is equivalent to about one drop of water in an Olympic-sized swimming pool.

What Do These Results Mean to Your Health?

These results indicate the concentration of PFAS currently present in your body from all sources combined, such as water, food, and other environmental sources. Many PFAS are very slowly eliminated from your body. Consequently, PFAS can accumulate in your blood as a result of multiple exposures from multiple PFAS sources. Humans and animals react differently to PFAS, and not all effects observed in animals may occur in humans. The likelihood of adverse health effects depends on several factors, such as the concentration of PFAS to which one is exposed, the frequency, and duration of that exposure and whether additional conditions exist to reduce those exposures.

Currently, scientists are trying to determine what blood PFAS levels may be associated with adverse health outcomes. Research by Federal agencies is underway to better understand the potential negative health consequences that might be associated with blood PFAS levels.

Studies that have examined the possible relationships between blood PFAS levels and harmful health effects in humans suggest that very high levels of certain PFAS may lead to the following:

- Increased serum cholesterol levels
- Changes in liver enzymes
- Lower antibody responses to vaccines
- Pregnancy-induced hypertension or preeclampsia
- Small decreases in birth weight
- Increased risk of kidney cancer and testicular cancer

Currently, there is no information to associate a specific blood PFAS level with any particular health effect. As a result, the potential health risk posed by the level of specific PFAS in your body is not known. Scientists are still studying the health effects of exposures to different PFAS.

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Next Steps

Your personal test results will be provided to you, kept private, and documented in your occupational health record. Please contact your private healthcare provider to discuss any medical questions you may have.

More Information

If you or your private healthcare provider have medically-related questions about these results or wish to further discuss these results, please contact your servicing occupational medicine clinic.

- For additional information about PFAS from the U.S. Centers for Disease Control and Prevention (CDC) and Agency for Toxic Substances and Disease Registry (ATSDR), please visit: <http://www.atsdr.cdc.gov/pfas/index.html>.
- For additional information about PFAS from the U.S. Environmental Protection Agency, please visit: <https://www.epa.gov/PFAS>.
- For additional information about PFAS from the Department of Defense, please visit: <https://www.health.mil/Military-Health-Topics/Health-Readiness/Public-Health/PFAS>.