

Memorandum For Record Template for Firefighters Who Decline PFAS Testing



DEPARTMENT OF THE HEADQUARTERS UNITED STATES WASHINGTON DC

MEMORANDUM FOR

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 providing PFAS blood testing simultaneously with your annual firefighter occupational health screening exam. We understand that you may have questions about your test results. Please discuss these results with your personal health care provider or our occupational medicine team.

This laboratory test assesses your past exposures to multiple PFAS. PFAS are found throughout the U.S. as part of food packaging, stain resistant products, non-stick cookware coatings, and Aqueous Film Forming Foams commonly used in legacy firefighting systems.

The Results of Your Blood Test

The accompanying PFAS test results indicate the concentration of specific PFAS found in your blood. Your results are in units of nanograms of PFAS per milliliter of blood (ng/mL). One ng/mL equals one part per billion, 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 that are currently present in your body from all sources combined, such as water, food, and other environmental sources.

Scientists are not currently certain of the effects that PFAS levels in the blood have on a person's health; therefore, research by other Federal agencies to better understand the negative health effects associated with PFAS exposure is ongoing.

Studies have examined possible relationships between levels of PFAS in blood and harmful health effects in humans. However, not all of these studies involved the same groups of people, the same type of exposures, or the same PFAS. Therefore, these different studies reported a variety of health outcomes. Research involving humans suggest that high levels of certain PFAS may lead to the following:

- Increased cholesterol levels
- Changes in liver enzymes
- Decreased vaccine response in children
- Increased risk of high blood pressure or pre-eclampsia in pregnant women
- Small decreases in infant birth weights
- Increased risk of kidney or testicular cancer

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Currently, scientists are still studying the health effects of exposures to different PFAS. Humans and animals react differently to PFAS, and not all effects observed in animals may occur in humans. It is important to understand that the likelihood of adverse health effects depends on several factors, such as the concentration of PFAS and the frequency and duration of exposure. More frequent exposure can increase risk. Higher concentration and length of time exposed can lead to increased risk.

Next Steps

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

More Information

If you or your private medical 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.htm/>.
- 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>.