

# Understanding your ATSDR results letter



## Interpreting Table 1

Please use Table 1 in your “PFAS Results Report” letter to compare your results to others in your age group.

### NHANES

Table 1 in the results letter includes a column called “NHANES Reference Range.” NHANES is the National Health and Nutrition Examination Survey. The survey collects health, diet, and chemical exposure information from adults and children in the United States.

NHANES measures many different chemicals in people’s blood, including PFAS. The information helps scientists understand how much PFAS people typically have in their bodies.

### LOD

The limit of detection (LOD) is the lowest amount of a substance the lab can accurately measure.

If your results are below the LOD, you are likely at low risk for health impacts based on current PFAS science. This could also mean you are not exposed to major PFAS sources.

### Percentiles

Percentiles are a way to understand how you compare to other people in your age group for things like measurements or standard testing.

**Example 1:** Doctors use percentiles to track a baby’s progress in terms of height or weight. If a baby is in the 50th percentile for height, it means about 50% of babies in their age group are taller, and 50% are shorter.

**Example 2:** If your PFOA results show that you are above the 95th%, that means you have more PFOA in your blood than 95% of people in the United States.

## Health effects

It’s important to note that every CO SCOPE participant is unique and your results cannot tell you whether PFAS will cause a specific health effect. That’s because many factors, such as health history and lifestyle, can cause health effects. Generally, the lower the level of PFAS you have in your blood, the lower the risk of health effects. The more PFAS you have in your blood, the higher the risk of health effects.

Because of research, scientists have the most evidence about the health impacts of two PFAS chemicals, PFOA and PFOS.

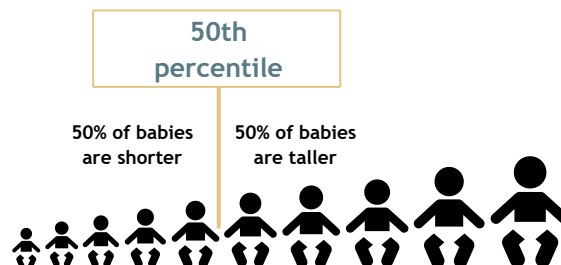
There is strong evidence that PFOA and PFOS:

- Increase cholesterol.
- Impact the immune system.
- Decrease infant birth weight.
- Cause changes in liver function.

There is moderate evidence that PFOA and PFOS are associated with:

- Preeclampsia and high blood pressure during pregnancy.
- Effects on thyroid hormones.

There is also evidence that PFOA increases the risk of kidney and testicular cancer.



## Talk to your doctor



If you are concerned about how PFAS exposure might impact your health, we encourage you to talk with your health care provider. We have included a fact sheet, “Talking to your health care provider about PFAS,” to help you with this conversation.

### There are two ways to calculate your total PFAS level:

#### 1) Use our dashboard.

Enter your results in our dashboard to calculate your Total PFAS Level: [bit.ly/COSCOPE-Dash](https://bit.ly/COSCOPE-Dash)



#### 2) From your results letter.

Copy your **bolded** PFAS results from the 2nd column of your results letter into the table on to the right and add them together.

PFOA	
+	
PFOS	
+	
PFHxS	
+	
Me-FOSAA	
+	
PFNA	
+	
PFDA	
+	
PFUnDA	
=	
Your Total PFAS	

The table below shows recommendations for doctors providing treatment to patients after PFAS testing. Please use your calculated Total PFAS level to see your risk level and recommendations for clinical care.

Total PFAS level in blood	Risk level	Recommended clinical care
Less than 2 (ng/mL)	Low	No changes in routine medical care.
2 to less than 20 (ng/mL)	Moderate	Physician should: <ul style="list-style-type: none"> <li>• Prioritize screening for high cholesterol with a lipid panel (once between ages 9 and 11, once every 4-6 years over age 20)</li> <li>• Screen for high blood pressure during all prenatal visits</li> <li>• Screen for breast cancer</li> </ul>
Greater than 20 (ng/mL)	High	Physician should: <ul style="list-style-type: none"> <li>• Prioritize screening for high cholesterol with a lipid panel (for patients over age 2)</li> <li>• At all wellness checkups:                             <ul style="list-style-type: none"> <li>◦ Conduct thyroid testing (for patients over age 18)</li> <li>◦ Assess for signs and symptoms of kidney cancer (for patients over age 45)</li> <li>◦ Assess for signs and symptoms of testicular cancer and ulcerative colitis (for patients over age 15)</li> </ul> </li> </ul>

National Academies of Sciences, Engineering, and Medicine (2022), Guidance on PFAS Exposure Testing, and Clinical Follow-Up [[nap.nationalacademies.org](https://nap.nationalacademies.org)]



### About PFAS and your health:

[cdphe\\_toxcall@state.co.us](mailto:cdphe_toxcall@state.co.us) | 303-692-2606

### About your PFAS blood results:

[COSCOPE@cuanschutz.edu](mailto:COSCOPE@cuanschutz.edu) | 719-425-8828



### Resources

- PFAS and your health: [bit.ly/pfas-health](https://bit.ly/pfas-health)
- Breastfeeding: [bit.ly/pfas-breastfeeding](https://bit.ly/pfas-breastfeeding)
- Blood testing: [bit.ly/pfas-blood](https://bit.ly/pfas-blood)
- Talking to your doctor about PFAS: [bit.ly/Talk-to-Doc](https://bit.ly/Talk-to-Doc)