

February 10, 2025

Full Name

Mailing Address

City, State Zip Code

Subject: PFAS Blood Test Results

Dear Full Name,

Thank you for participating in the New Mexico PFAS Blood Testing (NM-PBT) project. The goals of this inter-agency project are to determine if PFAS (per- and polyfluoroalkyl substances) are present in the blood of people who have lived or worked at or near Cannon Air Force Base, which PFAS chemicals might be detected and at what concentrations, and to compare those PFAS levels to the general U.S. population.

This letter provides your test results along with how they compare to others in the United States. The New Mexico Department of Health and the New Mexico Environment Department expects to release the final project report in the summer of 2025. That report will compare your results to the other Curry County residents and workers who participated in the NM-PBT project.

When reviewing your results, please remember that PFAS are widely used in firefighting foams and many consumer products. They are persistent in the environment and have been found in the blood of people all over the world. PFAS blood tests reflect exposures from all sources, including drinking water, food packaging, fabrics, and certain building materials. For some PFAS, blood test results reflect a combination of recent exposures and exposures that occurred months or years ago.

If you have further questions about the meaning of your PFAS test results, you can share them with your doctor and/or call the New Mexico Department of Health's Helpline at 1-833-SWNURSE (1-833-796-8773). Additionally, the New Mexico Department of Health and the New Mexico Environment Department will host an open office session at the Youth Recreation Building in Clovis to answer any questions that you have. The Youth Recreation Building is located at 1504 E 7th Street, at the corner of 7th Street and Sycamore Street. It is where you originally provided your blood sample. Here are the dates and times for the open office session:

- Thursday, February 20, 2025, from 12:00 p.m. to 8:00 p.m.
- Friday, February 21, 2025, from 12:00 p.m. to 8:00 p.m.
- Saturday, February 22, 2025, from 9:00 a.m. to 5:00 p.m.

Thank you again for participating in this project.

- The New Mexico PFAS Blood Testing Project Team

What do the results in Table 1 mean?

The following explains what the abbreviations are for the PFAS that were tested. The table also indicates which PFAS were detected in your blood and at what levels.

Table 1. Your Test Results

PFAS	Full Name of PFAS Chemical	Was This PFAS Detected in Your Blood?	Your Result (µg/L)
PFBA	Perfluorobutanoic acid	No/Yes	ND/#
PFPeA	Perfluoropentanoic acid	No/Yes	ND/#
PFHxA	Perfluorohexanoic acid	No/Yes	ND/#
PFHpA	Perfluoroheptanoic acid	No/Yes	ND/#
PFOA	Perfluorooctanoic acid	No/Yes	ND/#
PFNA	Perfluorononanoic acid	No/Yes	ND/#
PFDA	Perfluorodecanoic acid	No/Yes	ND/#
PFUnA	Perfluoroundecanoic acid	No/Yes	ND/#
PFDaA	Perfluorododecanoic acid	No/Yes	ND/#
[...and so on]			

ND = Not detected; the PFAS analyte was not detected in your sample.

What do the results in Table 2 mean?

The following table compares your results for certain PFAS chemicals to levels in the general U.S. population, as reported by the Centers for Disease Control and Prevention (CDC). You will see in this table if your results are higher, lower, or about the same as others nationwide. Information for the U.S. population is only available for seven PFAS chemicals.

(1) PFAS	(2) Your Result (µg/L)	(3) U.S. Population Geometric Mean (µg/L)	(4) U.S. Population 95 th Percentile (µg/L)
PFDA			

- (1) This column lists the different PFAS that we measured in your blood.
- (2) This column shows the amount (the concentration) of the PFAS that we found in your blood. If this number is bold, that means your level is above the national average. If this number is bold and italicized, that means your level is higher than that found in 95% of Americans.
- (3) This column shows the geometric mean PFAS level, which is a measure of the average amount of PFAS in blood for the U.S. population.
- (4) This column indicates the 95th percentile amount of PFAS in blood for the U.S. population. This means that 95 percent of the U.S. population has PFAS in their blood lower than this level.

Table 2. Your PFAS Results Compared to the U.S. General Population

PFAS	Your Result (µg/L)	U.S. Population Geometric Mean (µg/L)	U.S. Population 95 th Percentile (µg/L)
MeFOSAA	#	0.130	0.60
PFDA	#	0.193	0.60
PFHxS	#	1.08	3.80
PFNA	#	0.411	1.40
PFOA	#	1.42	3.87
PFOS	#	4.25	15.1
PFUnA	#	0.125	0.40

Notes:

- The U.S. population numbers are based on data from CDC's 2017-2018 National Health and Nutrition Examination Survey (NHANES). That study only includes blood concentrations for the seven PFAS shown in the table, and NHANES focuses on the civilian non-institutionalized population.
- Not enough data are available from NHANES to compare your results to people of similar demographic characteristics: we cannot match your data to others with the same age, sex, race/ethnicity, and other factors.
- The comparison to the nationwide population is provided for context only. Having PFAS blood test results above or below the national averages does not tell you anything about possible adverse health effects.

What do the results in Table 3 mean?

The following table shows how we calculated the combined amount of seven common PFAS. The text after the table tells you if any health screenings are recommended for you based on the combined amount. We are using guidelines issued by the National Academies of Sciences, Engineering, and Medicine to let you know about health screenings. While some PFAS may increase the risk of certain diseases, which is why some screenings are recommended, your test results alone cannot tell you if a past, current, or future health issue is caused by your PFAS exposure. Scientists continue to evaluate the connections between PFAS blood levels and health effects.

Table 3. Sum of Blood Concentrations for Seven Common PFAS and Health Screenings

PFAS	Your Result (µg/L)
MeFOSAA	#
PFDA	#
PFHxS	#
PFNA	#
PFOA	#
PFOS	#
PFUnDA	#
Sum of seven PFAS	#

Note:

When calculating the “sum of seven PFAS” value, all non-detect results were replaced with the laboratory’s detection limit divided by the square root of two. This is the approach recommended by the National Academies of Sciences, Engineering, and Medicine.

Understanding Table 3:

[Option 1]

Your “sum of seven PFAS” result is # µg/L.

That value is less than 2 µg/L.

The National Academies of Sciences, Engineering, and Medicine recommends no special health screenings for adults with “sum of seven PFAS” blood concentrations in this range.

[Option 2]

Your “sum of seven PFAS” result is # µg/L.

That value is between 2 and 20 µg/L.

The National Academies of Sciences, Engineering, and Medicine recommends the following for adults with “sum of seven PFAS” blood concentrations in this range:

- Reduce ongoing PFAS exposure if a source of exposure has been identified, especially for pregnant women. Refer to the attached fact sheet, “How can I reduce my PFAS exposure?”, for further information.
- Screening for high cholesterol, for high blood pressure (among pregnant women only), and for breast cancer (among women only).
- Here is the technical terminology used by the National Academies. This language might be useful to share with your doctor:

“With the usual standard of care physicians should:

- 1) Prioritize screening for dyslipidemia with a lipid panel (...once every 4 to 6 years over age 20) as recommended by the Association of American Physicians and the American Heart Association.
 - 2) Screen for hypertensive disorders of pregnancy at all prenatal visits per the American College of Obstetricians and Gynecologists.
 - 3) Screen for breast cancer based on clinical practice guidelines based on age and other risk factors such as those recommended by the U.S. Preventive Services Task Force.”
- Remember: These health screenings are recommended as a preventive measure. They do not mean that you will necessarily develop the associated health conditions.

[Option 3]

Your “sum of seven PFAS” result is # µg/L.

That value is above 20 µg/L.

The National Academies of Sciences, Engineering, and Medicine recommends the following for adults with “sum of seven PFAS” blood concentrations in this range:

- Reduce ongoing PFAS exposure if a source of exposure has been identified, especially for pregnant women. Refer to the attached fact sheet named “How can I reduce my PFAS exposure?” for further information.
- Screening for high cholesterol, testing of thyroid function, and looking for signs and symptoms of testicular cancer (in males), kidney cancer, and ulcerative colitis.
- Here is the technical terminology used by the National Academies. This language might be useful to share with your doctor:

“In addition to the usual standard of care physicians should:

1) Prioritize screening for dyslipidemia with a lipid panel...following recommendations...and American Heart Association guidance for high-risk adults.

2) At all well visits:

- a. Conduct thyroid function testing (for patients over age 18) with serum thyroid stimulating hormone (TSH);
- b. Assess for signs and symptoms of kidney cancer (for patients over age 45), including with urinalysis; and
- c. For patients over age 15, assess for signs and symptoms of testicular cancer and ulcerative colitis.”

- Remember: These health screenings are recommended as a preventive measure. They do not mean that you will necessarily develop the associated health conditions.

Attachment 1. Websites for Further Information

Below, we provide links to several scientific authorities' websites with more information on PFAS.

- New Mexico Environment Department's PFAS in New Mexico website (<https://www.env.nm.gov/pfas>).
- New Mexico Department of Health's PFAS website (<https://nmtracking.doh.nm.gov/environment/contaminants/PFCS.html>).
- PFAS and Your Health website (<https://www.atsdr.cdc.gov/pfas>) and PFAS "fact facts" (<https://www.atsdr.cdc.gov/pfas/data-research/facts-stats>) developed by the Agency for Toxic Substances and Disease Registry.
- National Academies of Sciences, Engineering, and Medicine fact sheet on PFAS exposure, blood testing, and clinical follow-up (<https://nap.nationalacademies.org/resource/26156/interactive>).