



State of Utah

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Bureau of Epidemiology

Allyn Nakashima, MD
Bureau Director and State Epidemiologist

Dear Participant:

Thank you for participating in the Four Corners States Biomonitoring and Well Water Study. Your participation in the study is very important in helping us learn about levels of chemicals we have in our bodies and in the environment. As you may recall, we tested the urine sample you provided us for the presence of heavy metals and phthalates as well as the water sample you provided for heavy metals.

Enclosed you will find results for:

- Metals in your well water- arsenic, cadmium, manganese, mercury, selenium and uranium (one report has been sent per household)
- Metals in your urine- arsenic, mercury, selenium, uranium, manganese, and cadmium
- Phthalates (chemicals found in plastics and other consumer products) in your urine

These results are not diagnostic and should not be used for clinical purposes. For each metal and phthalate metabolite* we tested we have included a summary of the results, comparison values for interpretation, a fact sheet with information about exposure sources and ways to lessen exposure, and resources for further information with this letter. Your results are presented in tables along with comparison values. These allow you to compare them to results from the general U.S. population.

If you have concerns about your results, we suggest that you contact your physician or the Utah Poison Control Center (UPCC). The contact information can be found on the reference page included in this packet.

If you have further questions please contact Jack Geary (801-965-2567 or by email at jgeary@utah.gov) or Kerry Miley (801-965-2567 or by email at kmiley@utah.gov), or visit us at www.4csbc.org.

Thank you again for your participation. It is only with your help and cooperation that we are able to better understand how widespread are the levels of exposure to these chemicals in Utah and the

region and how we might be exposed to these chemicals. This knowledge may lead to or support future efforts to prevent excessive exposure to potentially toxic chemicals.

Sincerely,

A handwritten signature in black ink, appearing to read "Sam LeFevre". The signature is stylized with a large, looped "L" and "F".

Sam LeFevre
Program Manager
Environmental Epidemiology Program

*Metabolites are the compounds produced when the body processes a particular chemical