A Guide to Reading Your Results

**X** shows the current EPA health guideline. If your bar is above the **X**, your results are higher than the guideline.

Your results are marked by orange bars.

If there is no orange bar, then the chemical was not detected in your home.

Each △ represents one other home’s indoor air result in the study, and each ○ represents one other home’s outdoor air result.

The column of circles shows the range of concentrations measured.

If your bar is near the top, your result was higher than most; if your bar is near the bottom, your result was lower than most.

You can find more information about each chemical by matching the abbreviation on the graph with the full name on the “Sources” chart.
Pesticides in Air
Participant 4

Concentration (nanograms per cubic meter)

Abbreviated Chemical Name
From Rachel Morello-Frosch, *Chemicals in Our Bodies Study*
Part 1: Metals in Blood

Summary of Your Results

We tested for 2 metals: lead and cadmium. We tested 85 mothers and their babies.

**Your lead results:** We found lead in your blood sample. We found lead in most mothers tested. Your lead level was higher than the average level for pregnant women in the U.S., and lower than the benchmark. Levels above the benchmark may be a health concern. We found lead in your baby’s blood sample. We did not find lead in most babies we tested.

<table>
<thead>
<tr>
<th>Lead is commonly found in</th>
<th>Possible risks to people</th>
<th>Possible ways to reduce exposure</th>
</tr>
</thead>
<tbody>
<tr>
<td>▪ Peeling paint and dust inside and outside houses built before 1978 (when lead in house paint was banned).</td>
<td>▪ Can affect brain development and cause learning and behavior problems in babies and young children.</td>
<td>▪ Have a trained professional remove or cover old peeling or chipping paint.</td>
</tr>
<tr>
<td>▪ Jobsites in painting, construction, battery recycling, and radiator repair.</td>
<td>▪ Can cause miscarriage and low birth weight.</td>
<td>▪ If you have lead pipes, use cold water from the faucet for drinking or cooking. Consider using a water filter certified to remove lead.</td>
</tr>
<tr>
<td>▪ Some consumer products: some old, imported, or handmade glazed dishes; some toys, art supplies, cosmetics, costume jewelry, hair dyes, medicines from China, and candies from Mexico.</td>
<td></td>
<td>▪ Do not use old, imported, or handmade pottery for storing, cooking, or eating food, unless you know it does not contain lead.</td>
</tr>
</tbody>
</table>

▪ To have your home checked for lead, call the San Francisco Department of Public Health at 415-252-3956.

▪ For more information, go to [www.dhs.ca.gov/childlead](http://www.dhs.ca.gov/childlead).
Part 1: Metals in Blood

Summary of Results for You and Your Baby

Lead
We tested for lead. Lead is a metal that is found in nature and is used in many industries and products.

Have you found lead in my blood or in the blood of my baby?
Yes. We found lead in you and your baby.

Can I compare my levels to other levels?
You can use the Results Chart in this packet to compare your lead levels to:

- **Other women and babies in the study.** We found lead in most mothers tested. Your lead level was lower than most mothers. We did not find lead in most babies we tested.

- **National average.** This is the most common level for pregnant women in the U.S. Your lead level was higher than the national average. The national average for babies is not known.

- **Level of health concern.** Levels above these may be a health risk. Your lead level was lower than the level of health concern. A level of health concern has not been set for lead in babies.

The next page explains more about lead.

Source: Rachel Morello-Frosch  Chemicals in Our Bodies Study
Your Results: Flame Retardants

*Chemicals added to many products to make it harder for them to catch fire.*

You had some of the highest levels of PBDE154 and PBDE99. Flame retardants can come from furniture foam. [Scroll down to see all of your results.](#)

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**Where do these chemicals come from?**

Flame retardants are used in furniture cushions made of polyurethane foam. Flame retardants are also used in plastics, electronics, textiles, building insulation, and other products.

This study focused on a group of flame retardants called PBDEs (polybrominated diphenyl ethers), which were widely used in furniture foam from 1960 until 2004. PBDEs have been phased out due to health concerns, but sometimes they have been replaced by other flame retardants with concerning or unknown health effects.

**Why might these chemicals be a health concern?**

PBDEs affect thyroid hormones or the brain and nervous system, so they can affect brain development and IQ, weight, depression, energy, and muscle control.

Other types of flame retardants can have similar effects on the thyroid and brain, and some are carcinogens – that is, they cause cancer. Others haven’t been studied yet for health effects.
Your Results

Legend

○ your chemical level
○ other people's chemical levels
★ persons for whom the chemical was not detected

Tip: Mouse over your graphs to learn how to read them.

PBDE47 Read more

PBDE99 Read more

4'-OH-BDE49 Read more

5-OH-BDE47 Read more
WHEN POLLUTION IS PERSONAL

HANDBOOK FOR REPORTING RESULTS TO PARTICIPANTS
IN BIOMONITORING AND PERSONAL EXPOSURE STUDIES

Silent Spring Institute

The Personal Exposure Report-back Ethics (PERE) Study
The publication reports on work supported by NIH grants R03ES017514
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Northeastern University
Social Science Environmental Health Research Institute