

Do I have to participate?

Participation is completely voluntary. However, once you are selected and agree to participate, we ask your help in completing the sample collection phase of the study.

Where can I get more information?

We will hold public meetings to discuss the findings of this study. Study findings, links to public agency Web sites and further information on dioxins can also be found on the study's Web site: <http://www.umdioxin.org>. You may also want to call our toll-free number for more information: **1-888-689-0006**. If you have any questions about your personal results, you can write to Dr. Garabrant or call the toll-free number: **1-888-689-0006**.

You may also wish to talk with a health professional, your personal physician or health officials at your local County Health Department:

Bay County Health Dept.:	989-895-4001
Calhoun County Health Dept.:	269-966-1210
Jackson County Health Dept.:	517-788-4420
Midland County Health Dept.:	989-832-6380
Saginaw County Health Dept.:	989-758-3800

We hope that you will consider participating in this important and valuable study.

University of Michigan Investigators

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The University of Michigan

Dioxin Exposure Study

BLOOD SAMPLING



The University of Michigan

School of Public Health

College of Engineering

Center for Statistical Consultation
and Research

Institute for Social Research

1-888-689-0006

UMDES Web site: <http://www.umdioxin.org>

Why is blood being sampled?

The University of Michigan Dioxin Exposure Study (UMDES) is designed to see if there is a relationship between levels of dioxins in people's bodies and levels of dioxins in household dust and soil. In order to answer this important question, blood from about 900 people in five Michigan counties will be sampled and analyzed for selected dioxins, furans and polychlorinated biphenyls (PCBs).

What will you test my blood for?

We will analyze your blood ONLY for a subset of dioxins, furans and PCBs. A simple test for blood fats and cholesterol (lipids) will allow us to standardize the results so that we can compare the chemical concentrations across all the samples, and with results from other published studies.

We will conduct no other analyses or tests on your blood. We will NOT test your blood sample for genetic content, diseases, drugs or medications. Any unused blood will be destroyed.

How much blood do you need?

In order to perform our analyses, we will need to take 80 milliliters, or 8 tubes of blood (see Figure 1). Eighty milliliters is only about 3 ounces, or about 1/3 of a cup.

Eighty milliliters may sound like a lot of blood, but the human body contains, on average, 5 quarts of blood. That's 4,730 milliliters! Eighty milliliters is really not a lot of blood, and it will be replaced quickly by your body. In fact, if you donate blood to the Red Cross, you're donating close to 500 milliliters (about a pint or 2 cups) – much more blood than we need for our analyses. Healthy people can safely donate this much blood as often as every 8 weeks.

Is this safe?

Your safety is our highest priority. To protect your safety, we will not take a blood sample unless you meet the following eligibility criteria:

- Weigh at least 110 pounds
- No chemotherapy in the last 6 months
- No history of bleeding or clotting disorders
- Not currently taking blood thinner medications
- Not currently pregnant or nursing
- Not currently diagnosed or treated for anemia
- No blood donation within the last 8 weeks



Figure 1: 1 of 8 ten-milliliter tubes

As with all blood samples, there is a risk of bleeding, bruising or infection. These risks are small and are similar to having blood drawn at your doctor's office. Some people report a feeling of faintness or brief dizziness after donating blood.

Who will draw my blood?

We want your blood draw to go as smoothly as possible. We will schedule a healthcare professional experienced in drawing blood (i.e., a professional phlebotomist) to come to your home at a time that is convenient for you. Our phlebotomists are required to wear picture identification badges when making visits to homes. They will be glad to comply with your request to check their badge. If you are at all uncertain about the identity of the phlebotomist that contacts you, please feel free to call our toll-free number at: **1-888-689-0006**.

How will my blood be drawn?

Your phlebotomist will use sterile, disposable equipment much like you see at your doctor's office. The whole procedure should take no more than about 15 minutes.

Do I need to do anything special to prepare for the blood draw?

You do not need to do anything special to prepare for this blood draw. Take your normal vitamins or medications, eat your usual meals and carry on with your regular daily activities. Fasting is not required.

What happens to the results?

The results of your blood sample are extremely valuable to the study. They will be considered highly confidential and will be treated with great care. We will only release summaries of the data; no individual will ever be identified. To further protect your confidentiality, we will destroy any blood left over from our analyses.

You may choose to receive a report on your individual results. We will only send you a report on the levels of dioxins in your blood if you choose to receive it. This is a rare opportunity to receive the results of tests that are not currently available to the general public.

If you decide to change your mind about receiving your results, please notify the study Principal Investigator in writing:

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