**Dear Sampler,** Dec. 15, 2022

Thank you for participating in the survey “Health Risks from Arsenic Exposure in Aging Adults”. We are sending you the enclosed kit in response to your interest in participating in our “Arsenic and Aging” project.

According to the Agency for Toxic Substances and Disease Registry, arsenic is the number one contaminant of concern for human health in the US. Long term exposure to water with arsenic may lead to a host of health issues including heart disease, cancer of the bladder, lung, liver, prostate, and skin, and diabetes. Public water systems must not exceed the 10 µg/L Maximum Contaminant Level (MCL) set by the Environmental Protection Agency (EPA). Though public drinking water is federally regulated, private wells are not. Maine has among the highest per-capita reliance on private wells for drinking water in the United States and yet approximately 10% of Maine wells have levels of arsenic above 10 µg/L. Despite these statistics, testing rates in Maine remain low.

## **About the sampling process**

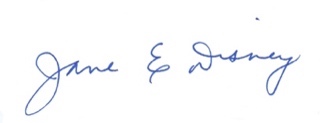
* Fill out the paper datasheet supplied with your sample kit and sign to give your permission for us to analyze your water sample. Samples will not be analyzed without this signature.
* Register your water sample on the Arsenic and Aging project on our citizen science data portal, at [https://www.anecdata.org/projects/view/arsenic-and-aging](https://nam02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.anecdata.org%2Fprojects%2Fview%2Farsenic-and-aging&data=05%7C01%7Cjdisney%40mdibl.org%7C3e639b8bc2ce4581f83708dadc8a3a37%7C2dd2ec8b30534918ac5886eed5446f48%7C1%7C0%7C638064783491450573%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=5IYvhjepzkOgnGuSndwCcSsTbyarTnGfZ43EufXYT38%3D&reserved=0). No identifying information will be seen publicly, but everyone will be able to see test results, information that can help drive public health decisions and positive change in communities.
* Collect a water sample from your kitchen faucet (instructions are included with the kit).
* Return your sample in the postage paid envelope to MDI Biological Laboratory.
* We will send samples to the Dartmouth Trace Elements Analysis Laboratory for testing.

## **What will happen next?**

We will let you know when your test results are available online. You can visit the [AllAboutArsenic.org](https://www.allaboutarsenic.org/legacy-scholars/) website, enter the Arsenic and Aging Project Portal, then type your sample number into the “For Samplers” look-up tool to find your well water test results. As a reminder, your sample number is located on the refrigerator magnet you have received with your kit.

Should your test results reflect a reading above the federal MCL, you will receive a direct communication from us via the e-mail you provide on the datasheet. There are a variety of possible reasons why your test readings might exceed the MCL and we will share resources to help you with next steps.

Thank you for your participation!



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