DEPARTMENT OF THE AIR FORCE
ARMSTRONG LABORATORY (AFMC)
BROOKS AIR FORCE BASE, TEXAS

25 September 1995

Dear participant

The results of the 1992 Air Force Health Study physical examination were just released by the U.S. Air Force Surgeon General, Lt. General Edgar Anderson. This report summarizes the health of participants and assesses the relationship between health and dioxin in Ranch Hands. A copy of extracts from the report are enclosed with this letter. The full report is 4,483 pages and, by necessity, quite technical. It is also very expensive to produce. If you feel that you would like more information than is contained in the enclosed materials, let us know.

Consistent with the 1987 physical, the 1992 physical examination results indicate that as the level of dioxin in the blood goes up, problems with balancing blood sugar levels increase. We see this relationship in both diabetic and nondiabetic Ranch Hands. We also found, as in 1987, that blood lipids, such as cholesterol and triglycerides, increase with dioxin in Ranch Hands. All of these conditions are medically related, hence determining whether dioxin actually causes these effects will be difficult.

We hasten to add that both groups, Ranch Hands and Comparisons, are healthier than the general population. However, we do recommend that you continue to have periodic medical checkups, keep your weight under control, exercise regularly if advised by your doctor and monitor your blood sugar and cholesterol levels. These simple steps to good health are good advice for everyone.

We are gearing up for the 1997 physical examination and hope to have a contract awarded late next year with the examinations starting in May 1997. We will let you know the details as soon as we get a better fix on the target. We do thank you for your faithful participation and encourage you to continue with the study. Without you there is no study and without the study there will be no progress in understanding the effects of exposure to Agent Orange and its dioxin contaminant.

Sincerely

James A. Swaby

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Extract 1992 PE Results