



# CARD NEWS

Center for Asbestos Related Disease

www.libbyasbestos.org  
(406) 293-9274

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### Get your name on the Victim Registry

Complete a request for notification form which is available at:

- The CARD
- The EPA Information Center (501 Mineral Ave)

## POWER IN NUMBERS

-by Tanis Hernandez,  
CARD Social Worker

With the criminal indictment of W.R. Grace, the United States Department of Justice-District of Montana is asking anyone who feels they are “a victim” of the asbestos exposure to complete a yellow form entitled “Request for Notification of Case Events.”

### Who can register as a victim?

You do not have to have an asbestos related disease to register; anyone who has been exposed to asbestos or who has had any other type of negative impact from the asbestos exposure that occurred in Libby. Anyone who feels they are a victim can register as a victim. Just because you are a CARD patient does not mean you’re registered. It is a separate issue.

### This form is important for two reasons:

The first being that it will keep you informed. As a victim, people have the right to know the status of the investigation at all times. People have the right to be present at all public court proceedings and to be kept informed regarding the status and outcomes of the case.

The second way that these forms are important is that if the U.S. Attorney’s office gets a conviction, the number of people signed up will put a number on the size of the impacts. Therefore, there will be *power in numbers* especially if the judge decides that the defendants need to pay restitution. No one can know if or what restitution the defendants might be ordered to pay if they are convicted. However, we can always hope that it could be related to establishing a health care trust fund for the

people of Libby. Although there are no guarantees about anything, it does not change the fact that numbers will speak for the future in ways that we do not know today.

### The details:

The “Request for Notification of Case Events” form does not list you as a victim; rather it helps the U.S. Attorney’s office establish a list of people that they will keep informed and involved as the case progresses. You will first receive a letter giving you a personal identification number and a 1-800 number where you can be updated on the trial at any time. You will be able to register as a victim and/or receive additional information and details as things progress. You can get more details about this from Sheryl Nordahl at the U.S. Attorney’s Office, 1-406-542-8851 (press 1 then 3).

## Spring Brings Flowers & Allergies


-by Ashley Day,  
CARD Respiratory Therapist

Achooo! This spring, about 50 million Americans will suffer from allergic symptoms. An allergy is an abnormal reaction or increased sensitivity to certain substances or "allergens." Some people may suffer from seasonal allergies caused by pollens, ragweed, and mold spores found either inside or outdoors. Others suffer from year-round allergies caused by cats, bees, wool, and some foods. Controlling allergies when having an underlying lung disease can be challenging.

When your immune system is exposed to allergens, it produces antibodies that attach themselves to certain cells in your body. These cells are found in your respiratory and gastrointestinal tracts, in your skin, and also in your blood. When having an allergic reaction, these cells release potent chemicals such as histamine which causes most of the symptoms of an allergy.

It is important to know the severity

of your allergies and what causes you to have an allergic reaction. Sometimes people confuse allergy symptoms with the common cold because the conditions may mimic each other. Indicators of a cold include a stuffy nose, sneezing, sore scratchy throat, fatigue and sometimes a fever. Some of the signs of seasonal allergies can include watery eyes, runny nose,



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may help prevent  
allergic reactions.**

sneezing, congestion or itchy throat. Because these symptoms are easy to confuse, it is important to involve your medical provider if any of these symptoms linger.

If you are allergic to outdoor allergens, try to stay indoors as much as possible when mold or pollen counts are likely to be high, such as on windy days. Use your medications as instructed, and prevent respiratory infection. Also remember, humidifiers are useful

for producing humidity in your home in dry climates. However, they need to be regularly disinfected; otherwise, they're a breeding ground for bacteria and mold. Since indoor allergens tend to linger in soft fabrics, remove as much carpet from your house as possible. Dust often, but not with a feather duster, and invest in a vacuum cleaner with high allergen containment to avoid redistributing allergen particles. Change your sheets at least once a week and don't forget to keep the area under your bed clean.

Being pro-active may help prevent an allergic reaction. Have a checkup before the season gets underway to make sure you have the proper medications and know how to use them. Be sure and take all your medications as prescribed. Contact your medical provider or respiratory therapist to set up an allergy action plan for you.

Monitor your allergies on a regular basis with a peak flow meter, a small device that measures your breathing, and keep a quick relief inhaler nearby at all times. Following these simple steps can put you on the road to better health, and a fun and relaxing spring!

## Medication Mailbox Drug Allergy or Intolerance?

-by Kimberly Rowse,  
CARD Clinical Nurse

Drug allergies and intolerances are often confused. A drug allergy involves the immune system. Drug intolerance – often more common – does not involve the immune system. Drug *allergies* can occur within minutes or hours after exposure. Mild reactions are usually marked by hives, rashes or itchy skin.

Severe drug reactions (anaphylaxis) often involve difficulty breathing or swallowing. It is a life threatening emergency that requires immediate medical attention.

*Intolerances* are often present with digestive symptoms such as nausea, vomiting and diarrhea. Drug intolerances are often more of a side effect rather than a true allergy. If you have questions regarding any side effect or intolerance of a medication, contact your medical provider for guidance. Always report drug allergies and intolerance to your health care provider.

### **ARD NET**

The Asbestos Related Disease Network (ARD NET) helps people connect to services and resources they may be eligible for and also provide assistance with applications. This includes programs such as social security, Medicaid, drug assistance programs, fuel assistance, and more. They also provide direct services, which include home assistance, personal care, and assistance with housework. Most ARD NET services are available to all people living with asbestos related diseases in Lincoln County. For more information contact: Betty or Karol at ARD NET: 293-4600 or ardnet@libby.org

### **Memorial Project**

The Community Asbestos Memorial Project will meet on the first Wednesday of the month at 5:30 in the ARDNET office, 308 Louisiana, Suite 3. We plan to pick a visible spot in Libby to begin planting a memorial garden. Eventually we plan to add a monument of some sort to recognize those who have lost their life due to tremolite asbestos exposure in Libby. Anyone interested is welcome to join us. For more information please call Helen Clarke with the E:ABCs project at 293-0101 x 505.

### **Help Improve Asbestos Health Care**

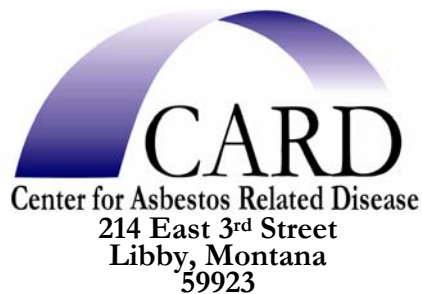
The CARD board is asking for your help in improving asbestos health care for Libby community members. If you would like to help a little or a lot contact one of the following board members.

Mike Gieseey, Pres.	(406) 295-3058
LeRoy Thom, V. Pres.	(406) 293-8731
Mike Noble, Treasurer	(406) 293-3539
Gayla Benefield, Sec.	(406) 293-5535
Alvin Benitz	(406) 293-7950
JoElyn Brus	(406) 293-5537
Jim Hopkins	(406) 295-4639
Marianne Roose	(406) 297-3139
Dave Stephenson	(406) 293-9772

### **Asbestos Bill Compensation**

There have been many questions about the asbestos bill legislation and the special exemptions, criteria, and compensation for Libby that Senator Baucus and Burns have been working to get included in the most recent versions of the bill. The details of this legislation are changing every day and it is hard to keep up. One of the most important things to remember is that the legislation must get passed before it applies to anyone.

The CARD staff is aware of the many costs/impacts that this disease can have on people, but we are not qualified to answer your questions on the legislation or to offer legal advice. If you have questions it is best to ask a lawyer. Gayla Benefield (293-5535) has also offered to help answer questions.



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## THE BIG CARD NEWS

### **The CARD is now located at: 214 East 3<sup>rd</sup> Street**

Dear Community,

I am excited to introduce our new CARD clinic. We are still settling in, and although we are already full, we are pleased to have the additional space to provide even better specialty care. We now have 4 patient rooms and comfortable quiet places to meet with you and your families. In addition, with the assistance of St. John's Lutheran Hospital and our new equipment (possible via the community economic development grant), we are able to share your x-rays with you and other professionals so we can all better understand health complications related to Libby amphibole asbestos. This technology also serves as the foundation for future research at the CARD. We plan to have an open house this summer and everyone will be invited to attend. We'll keep you posted!

Sincerely,

Brad Black, M.D.

