



News

www.libbyasbestos.org

214 East 3rd Street Libby, MT 59923
1-855-891-2273 (CARD)

406-293-9274

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Pilot Program Expands to Reach More Patients

CARD worked closely with Senator Baucus, the Center for Medicare Services and Noridian to expand the Medicare Pilot Program for Asbestos Related Diseases beyond Lincoln & Flathead Counties. Patients who live in the following counties are now eligible for free pilot program benefits:

- WASHINGTON:** Ferry, Lincoln, Ponderay, Spokane, Stevens, Whitman
- IDAHO:** Benewah, Bonner, Boundary, Clearwater, Kootenai, Latah, Shoshone
- MONTANA:** Lincoln, Flathead, Glacier, Lake, Mineral, Missoula, Sanders

Eligibility requirements include:

- ARD diagnosis from Libby asbestos exposure
- Member of Medicare Part A & Part B

Medicare Pilot Program benefits can include:

medically necessary services that traditional Medicare does not cover. For example: indoor home assistance, snow removal, athletic club fees, and mileage reimbursement for out of area medical travel. Benefits apply for all health conditions, not just asbestos related diseases. Benefits do not include assistance with insurance co-pays, deductibles or expenses that traditional Medicare would pay a portion of.

Complete the following steps to sign up for Medicare’s Pilot Program

- You must first have an environmental health hazard designation on your Medicare (parts A & B). This is accomplished through the Social Security office in Kalispell, Montana 1-888-482-3128. If you are a patient at CARD you can get this designation with the assistance of Mary Karen Caraway 293-9274 x139.
- After receiving this designation you must contact Noridian and request to be enrolled in the Pilot. They can be reached at: 1-888-469-9464.

Educational Sessions

Noridian and CARD will be holding educational sessions related to the expansion of the Medicare Pilot Program. Please check local media for times and locations!

CHECK OUT OUR NEW WEBSITE FEATURES!



- ⇒ **Provider Education**
- ⇒ **Patient Education**
- ⇒ **Screening Program Information**
- ⇒ **Health & Exercise Tips**
- ⇒ **VIDEO GALLERY**

www.libbyasbestos.org

Ways to donate to CARD

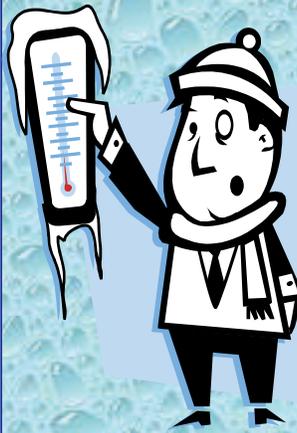
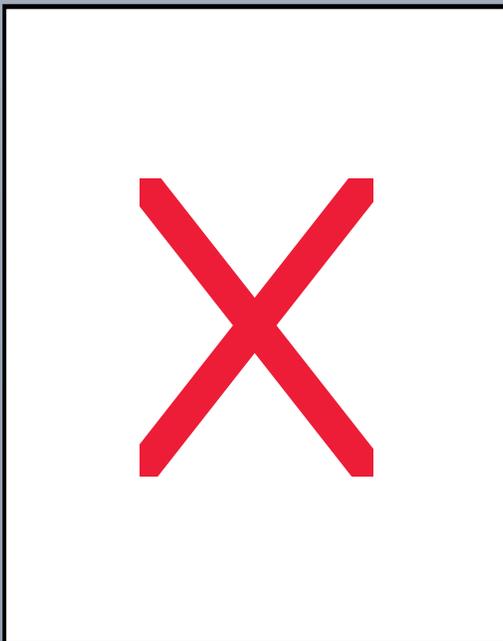
That don't cost a thing!

Did you know that you can give a donation to CARD EVERY DAY, without spending a dime? CARD is registered with the website www.dailygood.com, which will give back to CARD each time you do a web search, shop online, play online games, and a host of other related activities, such as taking surveys, dining out, and more.

Visit www.dailygood.com to sign up. You will be asked for the name of the non-profit you wish to support- enter: Center for Asbestos Disease. It's that simple! From there, you can look at the different tabs at the top of the screen, which give information about each way to donate. You can also track the amount that you have donated via the home page, and invite friends to participate.

The most simple way to contribute is by using the GoodSearch option. Powered by Yahoo, this search engine gives \$.01 for each and every search you make. This can really add up! Using this search engine, instead of another option like Google or Bing, will not only help you find the information you are looking for, but will positively impact the lives of those affected by Asbestos Related Disease.

If you have questions on how to get set up to help CARD via www.dailygood.com, call Betty Jo at 293-9274, ext. 132.



BREATHE EASIER in COLD WEATHER

Cold air: you either love breathing it in or you avoid it at all cost. It either feels good, cleansing and refreshing, or it leaves you with a burning chest, feeling short of breath and wishing for a more permanent residence closer to the equator. At CARD our patients vary in their love for breathing in cold air. However, love or hate; certain precautions should be taken when sensitive lungs are facing cold weather.

The mucous membrane that protects our respiratory tract will produce more mucous to protect from cold, and that is why more mucous production occurs in the sinus and upper respiratory tract with exposure to the cold. The mucous that is produced is susceptible to attracting viruses and bacteria which can cause illnesses such as the common cold.

Wearing protective gear and clothing is essential when dealing with cold air. Keeping your mouth and nose covered and breathing through the nose helps warm incoming air.

The trachea (i.e., windpipe) does a remarkable job of warming and humidifying incoming air. By the time breathed in air reaches the bottom of your trachea it is warmed to body temperature (98.6 degrees F) and is 100% humidified. Athletes or people doing strenuous activity in the cold may experience a burning sensation which can be caused by dehydration and subsequent irritation of the cells that line the trachea. Drinking lots of water helps minimize that irritation.

If you have a respiratory disease or illness requiring the use of rescue inhalers (Examples: Albuterol, ProAir, Ventolin, Proventil, Combivent) use them before entering the cold and/or upon having breathing difficulties in the cold environment. Also, those with sensitive lungs should exercise indoors as much as possible during cold months, and avoid wood burning stoves if possible. Exposure to wood smoke in conjunction with the cold could potentially cause respiratory symptoms to occur.

So zip up, wrap up, and do what you can to avoid exposing your lungs to the cold. It will lessen burning, coughing, shortness of breath, and possible infections, making being in the cold a much more tolerable experience!

New Year's Resolutions: How to Make them Stick



Many people use this time of year to consider commitments to a healthier lifestyle. Goals can relate to any area of a person's life: stress management, physical activity, and healthy diets are common resolutions. A goal could be to do something differently rather than something completely new. Ask yourself, what do I like doing that I haven't done recently, what is it that I always wanted to do and never have found the time or if I could change one thing in my life what would that be?

When identifying a goal there are two things that can be very helpful in deciding whether the plan is appropriate and realistic: **Importance and Confidence**. "On a

scale from 0 – 10 how important is it, where 0 is not at all important, and 10 is that it is the most important thing in the world?" "On a scale from 0 – 10 how confident are you, where 0 is not at all confident, and 10 is completely confident?" In checking out importance and confidence you may identify problems that are blocking you from reaching your goals. When a problem is identified, it can be helpful to use a structured approach to tackling the problem. It has been found that in order to have a good chance of carrying out a plan **confidence needs to be 7 or more**.

There are three steps towards identifying a goal and setting an action plan:

1. Set a reasonable goal – the goal should relate to a positive change and make sense
2. Break the goal into smaller steps, 'do-able' chunks – this is the action plan
3. Carry out the action plan – taking it one step at a time, learning from setbacks, and starting again if your plan gets interrupted

Action plans are more likely to succeed if they are **SMART Action Plans**

- ⇒ **S** Specific – This should be phrased as a positive action 'To go swimming' rather than 'not to sit around so much'
- ⇒ **M** Measurable – How much? How often?
- ⇒ **A** Appropriate – Something you want to do. How important is the action?
- ⇒ **R** Realistic – How confident are you that you can carry out the action?
- ⇒ **T** Time-based – When will the action be carried out?

Finally ENJOY the journey! New behaviors are likely to end unless they are rewarded; reward helps build momentum and confidence.

Rewards can be:

Intrinsic: The new behavior is intrinsically rewarding and each step of the journey towards the goal reinforces the behavior. A good example is someone newly diagnosed with diabetes who takes up and enjoys golf in order to manage their weight.

Extrinsic: The new behavior is not intrinsically rewarding (and perhaps less so at the beginning of the journey), however it does bring long term health gain. A good example is someone who gives up smoking- the initial steps can be tough



4th Annual Big Sky Bash presents:

Diamond Rio

July 12th, 2014 at J.Neils Park

Long Distance Screening Program

Are you eligible for the long distance screening program offered by CARD? Take a look at the requirements below:

- You are NOT currently diagnosed with an asbestos related disease
- You have documented 'proof of presence' that you lived, worked or played in Lincoln County for a minimum of six months (does not have to be consecutive) at least ten years ago

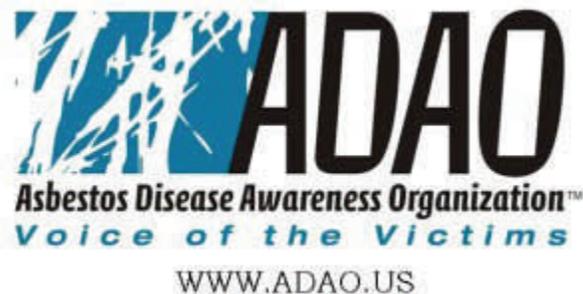
The long distance screening (LDS) program is similar to asbestos screening at CARD with a few exceptions:

- ⇒ LDS is available to eligible participants who are unable, due to health or distance, to travel to Libby for in-clinic screening.
- ⇒ Complete the one page application and attach proof of presence.
- ⇒ Once approved, the LDS Coordinator will recommend a facility in your local area that has agreed to the fee schedule for testing related to LDS. You will receive a copy of CARD's price list. It is recommended that you take this with you to your appointments because any charges that are over the fixed price limit will be your responsibility to pay.
- ⇒ You will receive copies of the orders for a chest x-ray, radiology read and a spirometry test. Then you can make your appointments with the selected medical facility.
- ⇒ Once you have completed your tests and returned your questionnaires to CARD, the LDS Coordinator will contact you by phone to review your paperwork with you so everything is ready for your phone appointment with a CARD medical provider.
- ⇒ During your scheduled phone appointment with a CARD medical provider, they will go over your questionnaires and the results of your tests with you. They will also provide education about the disease process and health management. If further testing (a CT scan) is recommended, CARD's LDS Coordinator will help you to arrange this and a second telephone appointment will be made with a CARD medical provider to receive final results.



CARD's LDS Coordinator is available and ready to assist you in this screening process. You may contact the LDS Coordinator directly by calling 1-855-891-CARD ext 130 or email her at LDS@libbyasbestos.org.

[Don't let the miles that separate you, keep you from taking care of your health!](#)



2014: Asbestos. One Word. One World. One Week.

The Asbestos Disease Awareness Organization (ADAO) is pleased to announce the 10th annual Global Asbestos Awareness Week (GAAW) from April 1 - 7, 2014 which gives countries seven days of global advocacy, education and community building. During GAAW, ADAO will feature guest blogs and patients' stories on their website

www.ADAO.us. It will conclude with an asbestos victims' candlelight vigil as we raise awareness about the dangers of asbestos, prevention, and treatment.

GAAW is truly a collaborative effort involving asbestos victims' organizations, health care providers and researchers all working together to end the deadly legacy of asbestos through education and awareness to prevent exposure, policy to ban asbestos, and a cure for asbestos-related diseases. We sincerely hope that you will join us in collaboration and action during Global Asbestos Awareness Week.