



# News

www.libbyasbestos.org

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## Short Term Rx Program Available

Throughout the years the Asbestos Related Health Care Project, Inc. (ARHCP), a community group based in Libby, has been instrumental in facilitating screening programs and asbestos related disease (ARD) medical benefits. They have coordinated various funding resources (LAMP, FLASH). The ARHCP has worked closely with CARD to ensure the affected population receives as much access to ARD medical care as possible.

As part of the ARHCP's ongoing collaboration with CARD, we would like to notify you that the ARHCP is offering a prescription drug plan. Through your pharmacy, it is specific to medications for asbestos related disease (ARD), at no out-of-pocket cost to you! The ARHCP has approximately \$356,700.00 in funding that will be utilized for this program. **This program is short term so DO NOT discontinue your current Rx coverage!**



The ARHCP Prescription Drug Program will be the first payer for ARD prescriptions, even if you have other coverage. Regardless of what type of prescription coverage you have (Medicare Part D or Medicaid), it is your responsibility to contact your carrier to ensure the receipt of no-cost ARHCP prescription drugs will not cause any complications with your existing drug plan. After you complete the application and submit it to SwiftCurrent, you will receive a card fromEHIM that will allow you to obtain prescriptions for ARD medications at your pharmacy.

EHIM is the pharmacy benefits administrator. EHIM will process all pharmacy claims related to an ARD diagnosis across the United States. If you use a pharmacy that is currently not part of their network, please contact EHIM at (800)-311-3446 and they will contact your pharmacy and invite them to join their network.

The funding is **VERY LIMITED** but, the Board of the ARHCP hopes the receipt of no-cost ARD prescriptions provides some help in ensuring you receive the medication you need to treat your asbestos related disease. **When the funds are exhausted, this program will end immediately!**

If you have questions, please contact CARD Case Manager Tim Stuckey at 406-293-9274 ext. 135.

# 3rd Annual BIG SKY BASH



The CARD Foundation is excited to announce its 3rd annual fundraising concert to benefit the Center for Asbestos Related Disease (CARD). The line-up this year has expanded from past years, featuring not two but three bands. Night Ranger, will headline this year's event, along with Kip Winger and Copper Mountain Band. All three groups will be performing in **Libby on Saturday, July 13, 2013, at J. Neils Park, with gates opening at 4pm and music from 6pm until midnight.**

With over 30 years in the business, and more than 17 million albums sold worldwide, Night Ranger has proven they can still "Rock in America". In 1983, Night Ranger earned widespread acclaim with their multi-platinum album *Midnight Madness*, which included their smash hits "Sister Christian," "When You Close Your Eyes", and the anthemic "(You Can Still) Rock In America."

Kip Winger is a multi-platinum recording artist. Aside from his powerful solo acoustic shows and touring with Winger, Kip was the lead singer for the Alan Parsons Live Project. He has performed or recorded with the likes of Alice Cooper, Mark Farner, Roger Daltrey, Neal Schon and Bob Dylan. Kip may be best recognized for his work with Winger, with hit songs including "Seventeen", "Headed for a Heartbreak", and "Miles Away".



A local favorite, Copper Mountain Band is a high-energy, mainstream, country music group with family roots that lie deep in the history of Montana. Israel and Nate are cousins that were raised on a homestead on Copper Mountain, which is located in Troy, MT. In 2001 Nate and Israel were introduced to Jacque during a music competition and combined their talents to become an acoustic trio. Copper Mountain Band has rapidly expanded their show regions from Montana to California and even an international tour in France.



**Tickets are available online at <http://www.donatecardfoundation.org> and at local retailers: Libby's Closet, Mac's Market, Rivermist/Frost Creek Boutique, The Western News, Rocky Mountain Music, The Printing Press, and Montana Machine.** Cost will be \$25.00 advance purchase and \$30.00 at the gate. All proceeds from this event will go to the CARD Foundation, the fundraising arm of CARD, to support CARD in its ongoing efforts to provide health-care, research and outreach to benefit all people impacted by exposure to Libby Amphibole Asbestos.

## **Are You Using Your Inhaler Correctly?**

Using inhalers correctly and appropriately can help increase lung capacity and decrease lung inflammation in many cases. Unfortunately, many people using inhalers today still use them incorrectly. The way you use an inhaler is equally as important as the order in which you use them (if using more than one) and the time of day.

In general there are two types of inhalers: long-acting and short-acting. Some examples of long-acting inhalers commonly prescribed by CARD Providers include: Advair, Spiriva, and Symbicort. These medications **MUST** be used every day as directed, and can take 2-6 weeks until a noticeable improvement in breathing takes place. These medications will not work to their full potential if only used when deemed necessary by the person using them. Some short-acting medications commonly prescribed at CARD include ProAir (formerly Albuterol), Atrovent, and Combivent. These medications are designed to open the lungs instantly and provide quick relief when having an attack. Also, if a person is going to be engaging in activities that, historically, make them short-of-breath then they should take these medications prior to engaging in those activities.



If a person is prescribed both a long-acting and short-acting medication use the short-acting medication first. The short-acting medication will open the lungs up so the long-acting medication has more room to disperse in the lungs. If the long-acting medication is steroidal rinsing the mouth after use is extremely important to avoid thrush (yeast infection in the mouth).

# Benefits of Regular Physical Activity

There are many benefits to regular physical activity and you don't have to start big! In fact, it's important to start slowly and remember to PACE YOURSELF! Endurance is more important than speed! Below you will find the top six benefits of regular physical activity.

## Reduced Stress and Anxiety

When we become "stressed out", our bodies react by releasing stress chemicals, such as epinephrine, nor-epinephrine and cortisol, into our blood. This is normal, and part of the "fight or flight" response that is innate within us. Having a chronic disease such as ARD can cause the body to be under varying levels of stress at all times. Walking can reduce stress by helping our bodies metabolize these stress chemicals. Exercise also causes our body to release endorphins, which are natural stress busters that also help relieve pain.



## Improved Circulation

Aerobic exercise-- that elevates your heart rate while you exercise--can improve your circulation. Better circulation delivers oxygen more efficiently to your body's tissues; when you have ARD, your oxygen saturation is not always maximally efficient, and you can become deprived of this essential nutrient. A regular routine of aerobic exercise increases the distribution of oxygen.

## Improved Cardio-Respiratory Fitness

Cardio-respiratory fitness refers to the ability to be able to sustain rhythmic activity over a prolonged period of time. Aerobic activity such as walking, jogging, swimming or cycling can help improve your cardio-respiratory fitness level by strengthening large muscle groups within your body. Although exercise does not directly improve lung function, it can help strengthen your muscles which will help build your endurance level. This can help you to be able to participate in activities you enjoy for longer periods of time without being inhibited by your ARD.



## Improved Cognitive Function

A study performed by Duke University and published in the January 2001 issue of The Journal of Aging and Physical Activity suggested that aerobic exercise improves cognitive functioning in older adults, particularly in the areas of memory, planning and organization. Significant improvement was also noted in the ability of study participants to "multi-task" or juggle a variety of intellectual tasks at the same time. The study concluded that exercise may be able to offset, at least in part, the decline in mental status that is often associated with aging. Low levels of oxygen in the body caused by ARD may cause cognitive decline to occur sooner or more quickly; aerobic exercise can help reduce that risk.

## Improved Symptoms of Osteoarthritis

Often times people with ARD have difficulty exercising because of shortness and breath and joint-pain. Regular exercise can help improve both symptoms. Osteoarthritis (OA) is the most common, and oftentimes most disabling, of all the joint disorders. OA affects joint cartilage and the bone that supports it. This results in degradation and inflammation of the joints that causes pain and stiffness. Walking can improve symptoms of osteoarthritis by strengthening the muscles that surround the joints, subsequently reducing pain and stiffness. It also helps increase flexibility and endurance.

## Helps Those Trying to Quit Smoking

If you have ARD, you may be trying to quit smoking, as the combination of ARD and tobacco use greatly increases the risk of developing lung cancer. Walking may help reduce the stress and anxiety associated with withdrawal from nicotine. Walking can serve as a wonderful distraction to help you fight nicotine cravings, and should be a part of any quit smoking program.



## New Doctor Joins CARD Team



The Center for Asbestos Related Disease is happy to announce the recent addition of Dr. Owen Austrheim to our team! Dr. Owen has relocated to the Libby community from Phoenix Arizona and is a Pulmonologist (lung specialist) as well as a Critical Care Specialist. He graduated from the University of Iowa medical school and is board certified in Internal Medicine, Critical Care Medicine, Pulmonary Medicine and Sleep Medicine. Since 1983 Dr. Austrheim has served the patients of the VA Health Care System in Phoenix, Arizona while acting as a clinical associate professor for the University of Arizona. Dr. Austrheim brings decades of experience in pulmonary medicine and program management to the CARD team, he began seeing patients in June 2013.

When Dr. Owen was asked why he chose CARD as his next step in his professional career, after accepting the position he said, "I was raised in a small town in Iowa and after talking with Dr. Black and visiting the Libby area I just felt this was the right fit for me. The folks here are so friendly and welcoming, I am looking forward to getting established and becoming part of this wonderful community."

Dr. Brad Black is excited to have a Pulmonary and Sleep Medicine doctor on staff. He said, "Having Owen here in the clinic is great. His knowledge and skills in Pulmonary Medicine will be a wonderful asset to our patients and to our community. We are pleased to have him join the CARD team."

## **P.A.L.S. Participants Wanted!**

CARD has partnered with Mount Sinai School of Medicine (MSSM) in New York for the Libby Epidemiology Research Program (LERP) since 2009. This project is broken into three different studies. The Pre-Adult Latency Study (PALS) evaluates the risk of exposure to asbestos when lungs are still developing. MSSM follows a group of workers exposed to a different kind of asbestos, and the participants will be compared to Libby participants to better understand what makes Libby Amphibole disease so unique. **RECRUITMENT of participants is currently in progress.** Please take a moment to read the following criteria. If you or someone you know meets **ALL** of the criteria, please fill out the form below or call CARD to set up an appointment.

### **P.A.L.S. Eligibility Criteria**

- ⇒ Never worked at WR Grace
- ⇒ Lived in the Libby/Troy area for at least 6 months as a child, and moved away before turning 21(F) or 23 (M)
  - ⇒ Did not return to live or work in the area unless it was in the last 5 years
    - ⇒ It has been at least 15 years since you first lived in Libby/Troy area
- ⇒ Never worked at Libby Lumber Mill in the Powerhouse or removing asbestos
- ⇒ Has no known or likely asbestos exposure outside of living in the Libby/Troy area



Name: \_\_\_\_\_ Address: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Year Born: \_\_\_\_\_ Years lived in Lincoln County 19 \_\_\_\_\_ to \_\_\_\_\_

Fill out and return the form if you are eligible for the P.A.L.S. Project and mail to CARD 214 E 3rd St. Libby, MT 59923

If you have questions, please call 1-855-891-CARD (2273)