

Winter 2013

Caring Pathways

to Treatment



News

www.libbyasbestos.org

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406-293-9274

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CARD offers FREE Short-Term Lung Cancer Screening Program

CARD is pleased to announce implementation of our free lung cancer screening program. Screening of populations at risk for developing cancer has proven effective for breast, colon and more recently, lung cancer. Numerous trials have confirmed that low dose CT scans of the chest are effective at detecting lung cancer early. Early detection allows for early treatment and improved health outcomes for many patients.

To qualify for this program you **must** meet the criteria in one of the options listed below:

Option A

- Greater than or equal to 20 pack years of smoking history (packs per day x years smoked= pack years)
- Age between 55-79
- Diagnosed with Asbestos Related Disease

Option B

- Greater than or equal to 20 pack years of smoking history (packs per day x years smoked= pack years)
- Age between 55-79
- Exposure to Libby Amphibole Asbestos and have a lung nodule of greater than 4mm in size

Those participating in the program will receive a low dose CT scan of the chest at St. John's Lutheran Hospital, which will be read by both their onsite radiologist and Dr. Black. If indicated, scans will also be read by a consulting Pulmonologist. Participants will receive a phone call from CARD regarding results, and they may be asked to schedule an appointment with Dr. Black. Everyone in the program will also receive a letter stating their results and recommended follow-up. These services will be provided at no charge.

This is a short-term program funded through June 30, 2013, by a grant from the Center for Disease Control (CDC) and the Agency for Toxic Substances and Disease Registry (ATSDR). CARD is pursuing additional funding which, if received, would allow us to continue offering this free service. CARD will be mailing invitation letters to those whose records indicate that they meet the eligibility criteria, but phone calls to the clinic are also welcome. If you feel you meet the above criteria, either option A or option B, and would like to participate or would like to receive more information about the program, please contact Shelly at 406-293-9274 ext 142.

MORE PAPERWORK...WHY?!?!

Annual appointments at CARD are very important and with your annual appointment comes another round of paperwork. Staff members are often asked, "why am I filling this out again?" "Didn't I just do these last time I was here?" "Why do you need all this information every year?" To answer some of those questions, we went to our Data Base Technician, Chris Ekstedt to give us the five main points of why CARD needs this paperwork.

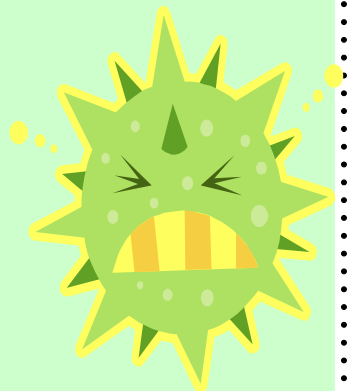
1. At CARD, patients' healthcare always comes first. CARD is a holistic clinic meaning we treat the whole patient as asbestos disease can affect people's lives in many ways. Some of the paperwork can indicate areas of concern, from respiratory symptoms to how ARD is affecting your daily life.
2. Other than exposure histories, which are only done the first time you are seen, paperwork is done every year because often things in our health and life change from year to year. CARD has the ability to identify changes through yearly review, and this can alert us of potential concerns. For example: Epworth sleepiness score can sometimes show the need for a sleep study.
3. If patients give permission (officially called informed consent), the health status information is entered into the research database and used for present and future research.
4. Research provides insight into patterns of disease, which can give us a better idea about how to help treat and manage the various symptoms related to ARD. Using the information can also help researchers explore new ways to treat and manage or even possibly cure asbestos related diseases one day.
5. CARD is a non-profit organization and research gives us the opportunity to apply for grants and to receive funding to help offer new programs and keep our doors open. (note: CARD is also a fee-for-service clinic. This means CARD relies on reimbursements from Medicare and other health insurance companies.)

CARD's mission is "to provide long-term screening, health monitoring, disease diagnosis, specialized asbestos healthcare and counseling to all people impacted by Libby amphibole asbestos. In addition, CARD provides outreach, advocacy, disease prevention and research to benefit all people impacted by asbestos."

Minimizing the Spread of Germs

With winter weather comes the season of GERMS! There are several easy precautions that you can take to help keep your GERM exposure to a minimum! Here are a few simple tips to help you through the winter season.

- ♦ **WASH YOUR HANDS, frequently!!** This is the single most effective way to avoid catching germs.
- ♦ People with a chronic respiratory illness should never share their respiratory equipment, inhalers, toothbrushes, eating utensils or drinking cups because this puts them at risk of catching contagious germs.
- ♦ Coughing and sneezing away from others can help decrease the spread of germs. When coughing, germs can spread up to three feet, so cough into the bend of your elbow.
- ♦ When people have a contagious respiratory illness they should avoid activities that spread germs, such as hand shaking, hugging, and kissing.
- ♦ Everyone should get the vaccinations recommended by the Centers for Disease Control. This is especially important for people with a chronic respiratory illness.
- ♦ Contracting influenza, "flu", can be very serious because their lungs are more vulnerable than the average persons. The flu is a viral respiratory infection. There is also an increased risk that the "flu" may lead to serious complications, such as pneumonia, or in some cases even death.



REMEMBER: PREVENTION OF INFECTION IS THE KEY!

Patients Make Research Projects Successful!



Although research projects are initiated by researchers across the nation, it is the patients at CARD who make them successful. Without community involvement and support, important research about Libby Amphibole Asbestos (LAA) would not be occurring. It takes all partners to make it happen and researchers are extremely impressed and appreciative of the dedicated involvement of the Libby community.

Recently two research projects hit their recruitment targets! This means that all of the “data” has been collected from participants and now it is time for the researchers to compile, analyze and interpret that data.

Any CARD patient who has agreed to participate in research, by signing a consent form and marking “yes” to future contact for projects, is eligible to participate. Each research project has its own unique eligibility criteria.

The Childhood Health Investigation Follow-Up Study (CHIEFS) is being conducted by the University of Cincinnati in collaboration with CARD. The target number for participants was 300 people, currently between the ages of 21 and 30. This project involved comprehensive health assessments that took nearly 4 hours. After 27 months of recruitment and participation the target was reached with more than ½ of these individuals having to travel home to Libby to participate! Now the researchers will compile all the data and analyze it to determine if LAA exposure in childhood is associated with abnormal lung development, abnormal lung functioning, and/or scarring in the lungs.

The Voice of ARD Project is being conducted by Kent State University in collaboration with CARD. The target number for this project was 120 people in just one month’s time! This project involves an extensive survey that looks at the thoughts, feelings, and experiences of people diagnosed with an asbestos related disease. Now the researchers will compile all the data and analyze it to determine which of the pilot tested questions will be used in grant applications for future projects.

Thanks to all who participated in these projects or any other research projects at CARD. Research can’t succeed without the involvement of all of us and that is why it is always important to remember that:



CHECK OUT OUR NEW WEBSITE FEATURES!!

Provider Education Information and Video
Patient Education Information and Videos
Screening Program Information
Health & Exercise Tips
and more!

Go to www.libbyasbestos.org



FREE screening is still available at CARD and across the nation through the CDC/ATSDR grant!

Visit us online at www.libbyasbestos.org or call us at 1-855-891-2273 (CARD)

Don't let the miles that separate you, keep you from taking care of your health!

Welcome Dr. Koval



CARD is proud to announce the addition of Dr. Alisa Koval, from National Jewish Health, Denver, Colorado, in the Department of Environmental & Occupational Health Sciences. Dr. Koval will play a key role this year in the CARD organization by providing asbestos related health screenings and chronic asbestos disease management for patients one week each month. She also is an active participant in the Libby Epidemiological Research Program. Her research interests include the characterization of pulmonary and autoimmune disease presentation associated with Libby amphibole asbestos.

Alisa is a recent graduate of the Occupational & Environmental Medicine Residency Program at the Mount Sinai School of Medicine in New York City where she worked closely with Dr. Stephen Levin. She has been focusing on Libby amphibole asbestos for the past 2 ½ years. She began her education at the University of Michigan, earning a Bachelor of Science in Biology with Honors, followed by a Master of Health Service Administration. After spending a year as an Administrative Fellow at The Children’s Hospital of Denver, she went on to earn her MD from the Georgetown University School of Medicine. Prior to beginning her residency training, she worked as an internal consultant at New York-Presbyterian Hospital in their Six Sigma program. She stayed on to complete her training in General Preventive Medicine & Public Health, where she was given the Distinguished Housestaff Award in 2009 and completed her Master of Public Health degree from Columbia University.

Dr. Brad Black, Medical Director and CEO of CARD, states “we are excited to have Dr. Koval join our patient care team, this year at CARD. She has been a valued research partner and her commitment to the people of Libby combined with her knowledge of Libby amphibole asbestos will be a great asset to CARD patients.”

P.A.L.S. Participants Wanted!

CARD has partnered with Mount Sinai School of Medicine (MSSM) in New York for the Libby Epidemiology Research Project (LERP). 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 fits the criteria, please fill out the form below and contact CARD to set up an appointment.

P.A.L.S. Eligibility Criteria

- ⇒ Lived in the Libby or 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
- ⇒ Did not have any exposure to asbestos outside of 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)