



CARD NEWS

Center for Asbestos Related Disease

www.libbycard.org
(406) 293-9274

Inside this issue:

Asbestos Health Fair	1
The Influenza Virus "Flu"	2
Medication Mailbox Antibiotics	2
The MARF Research Project	3
Moving Day	4

STAY HEALTHY, STAY FIT!

- Asbestos Health Fair
- March 5th, 2005
10 am – 2 pm
- Ponderosa Room
Libby City Hall

2nd Asbestos Health Fair

-by Tanis Hernandez,
CARD Social Worker

The second annual asbestos health fair is on Saturday, **March 5th 2005 from 10 a.m. to 2 p.m.** The health fair is a true community effort related to asbestos healthcare. Thanks to many community businesses and service providers, the asbestos health fair is a free event that will have lots of door prizes and snacks to eat!

It will have a fair-like atmosphere with many booths to see, and places to sit, talk, and have a snack. In addition, a special feature of this year's fair is a series of presentations. Speakers will start at 11:00 with Dr. Brad Black and the CARD clinic team talking about clinic care, clinical research, and encouraging outside

research activities that will be beneficial to people. At 12:00 Ann Cook, Ph.D. and Helena Hoas, Ph.D. will talk about what you should know if you want to participate in research activities. The final speakers at 1:00 will be Liz Putnam, Ph.D. and Mark Perhouse, Ph.D. talking about their asbestos related research projects being done at the University of Montana.

There will be many booths present as anyone who provides any services or equipment related to asbestos healthcare will be present. It is a great place to find out information such as: ways to stay healthy and active, the latest research information, what new equipment is available, answers to questions about health insurance programs, information about home based services, information on quitting smoking, and many other great topics.

The participating agencies that will be in attendance include: **ARD NET** (Asbestos Related Disease Network), **Area VI Agency on Aging, Aspen Grove Acupuncture, CARD** (Center for Asbestos Related Disease), **CHC** (Community Health Center), **Curves, E:ABCs** (Ethics: A Bridge for Communities and Scientists), **EPA** (Environmental Protection Agency), **A Full Life Agency, Intrepid, Kalispell Medical, LAMP** (Libby Asbestos Medical Plan), **Libby Care Center, Libby Clinic, Lincare, MAC** (Montana Athletic Club), **MASSA** (Montana Asbestos Screening and Surveillance Activities), **Norco, Senior Citizens Center, Smoking Cessation, and St. John's Lutheran Hospital** Nutrition, Home Health, and Hospice Services.

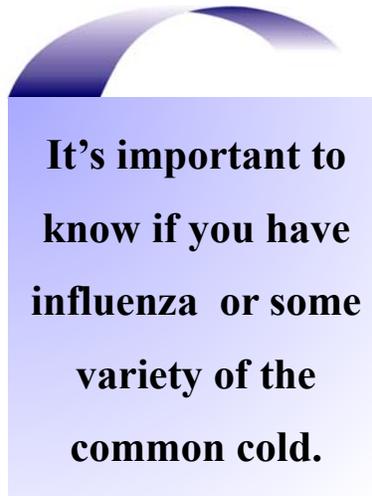
The Influenza Virus “Flu”

-by Ashley Day,
CARD Respiratory Therapist

So, your nose is running, you have a sinus headache, and you're coughing up a storm. Does this mean you have flu? Not necessarily, it could mean you have the common cold. The term “flu” is often used when we are really sick with severe symptoms, however, this doesn't mean you have the real influenza. How do we know what a cold is and what flu is?

Influenza (flu) is a viral upper respiratory illness that comes on suddenly, causing symptoms such as fever (101.4), body aches, headache, fatigue, loss of appetite, a dry cough, and a sore or dry throat. There is often the mistaken belief that vomiting or diarrhea is associated with flu. Flu almost never causes stomach symptoms; the illness that people often call "stomach flu" is not influenza.

Flu is not the same as the common cold; flu symptoms are usually more severe. Flu generally lasts 7-10 days. The worst symptoms generally last 3-4 days. Flu season runs from November to April, which is why most people get vaccines in September and October. For those who have lung problems, such as asbestosis, getting flu can be very serious. If you notice



any of the symptoms mentioned above, you must contact a physician immediately. If flu is left untreated for too long it may lead to more serious complications,

such as pneumonia, or in some cases even death. Symptoms of complications usually appear after the flu patient starts feeling better. This brief period of improvement is followed by the sudden onset of high fever, shaking chills, chest pain with each breath, and coughing that produces thick, yellow-greenish-colored sputum. Although most people with pneumonia recover after treatment with antibiotics, some pneumonia-causing organisms are resistant to these drugs, and more intensive treatments may be needed.

Many precautions can be taken to help decrease your chance of flu. Vaccines have been proven very effective in preventing flu. A vaccine against colds hasn't been developed because many types of viruses can cause colds. Once a person has flu, treatment usually consists of resting in bed, drinking plenty of fluids, and taking medication to treat symptoms. Antibiotics are not effective against flu viruses. So stay healthy and take preventative measures during flu season!

Medication Mailbox - Antibiotics

-by Kimberly Rowse,
CARD Clinical Nurse

Antibiotics are a medical treasure. Since the 1940's, antibiotics have been the medical cornerstone of infection control.

- Antibiotics are prescribed for infections caused by bacteria.
- Antibiotics should not be used for infections caused by viruses such as the common cold and flu.
- Don't insist on antibiotics from your provider if they do not feel it is necessary.

- If an antibiotic is prescribed, take as directed. Take ALL the medication even if you are feeling better.
- Never save or share your antibiotics.
- Misuse and overuse of antibiotics may contribute to antibiotic resistance where the bacteria becomes “immune” to the medication and the antibiotic is no longer effective.

If you have a respiratory illness like ARD, your respiratory system is your “weak link” and it is more vulnerable to virus and bacterial infections. **Contact your physician immediately** for care if you experience any symptoms of being sick because only medical experts can tell if it's bacterial or viral and recommend the best course of treatment.

The MARF Research Project

-by Pat Cohan,
CARD Research Nurse

On December 31, 2004, the CARD received notification that the Mesothelioma Applied Research Foundation (MARF) had accepted CARD's grant application for a research project. There were over 32 applications and CARD was one of the five awarded. MARF is a national, not-for-profit foundation dedicated to the eradication of mesothelioma as a life-ending disease.

This new research project is to define the high and low normals for a possible new blood test to help screen for the early detection of mesothelioma, a deadly cancer that is related to asbestos exposure. We will be measuring the levels of this in blood and urine samples of volunteers exposed to asbestos in Libby. Dr. Black will be working with Dr. Harvey Pass, a surgeon renowned

for his expertise in treating people with mesothelioma, and Robert Thiel, Ph.D, CEO of Thiel Statistical Consultants. Dr. Pass is Professor of Surgery and Oncology at Wayne State University and Karmanos Cancer Institute in Detroit, Michigan and has been instrumental in discovering this new blood test. Dr. Thiel will be designing and conducting the statistical analysis of the blood test results.

What does all this mean? The blood test has been measured in people undergoing treatment for mesothelioma and the results seem to go up and down as the cancer gets better or worse. This study is to determine how much of this blood marker is normally present in the blood or urine of people who don't have mesothelioma. If the "normal" range can be determined, it might be used to diagnose people with mesothelioma earlier and perhaps improve their survival rates. The project will run for two years and during this time it is hoped to collect 1000 samples.

It will take about three months

until the actual blood drawing begins. In the meantime CARD needs to purchase all the equipment needed, write and have approved all the protocols to protect peoples rights and privacy, and develop computer programs to monitor and track information. After all the safeguards are in place, then CARD can begin the actual work of the program.

When this happens there will be announcements looking for volunteers in the paper and on the radio. Volunteers at CARD will be asked questions about their exposure to Libby asbestos, have a medical history, physical exam, and then donate a blood and urine sample. About 20 minutes is required for obtaining consent, answering any questions and drawing the blood needed. The samples will then be processed, frozen, and sent to Dr. Pass at Karmanos Cancer Institute for analysis.

More information about MARF can be found on the web at:
www.marf.org

Find strength in positive thought

A positive thinker does not refuse to recognize the negatives, they refuse to dwell on them. Positive thinking is a form of thought that habitually looks for the best results from the worst conditions.

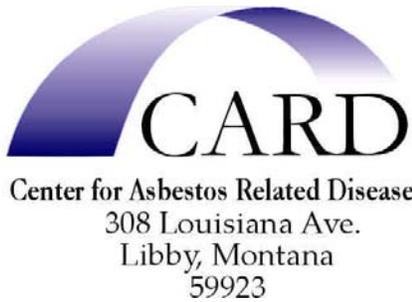
-Norman Peale

A Special Thanks to:

Thrivent Financial for Lutherans

Thanks for showing your care and concern for the CARD and our patients! We really appreciated your help in getting the Cedar Street building ready to go!

If you have questions or comments about this newsletter, or would like to receive it by mail: Contact Tanis Hernandez at the CARD: tanis@libbycard.org or 406-293-9274.



NONPROFIT
PRSR STD
U.S. POSTAGE
PAID
LIBBY, MT
PERMIT #35

THE BIG CARD NEWS

MOVING DAY IS COMING!

As most everyone has heard...the CARD staff and board are preparing to move to our new home at: 214 East 3rd Street. This is just across the parking lot from the CARD's current location. We plan to be settled and seeing patients in early April 2005. The clinic will be the upper level, the old office of Dr. Patrick the Optometrist. It will be double the space that we currently have and we are excited to have a more comfortable space to meet the needs of our patients. The lower level will where CARD research activities are centered. You may be wondering about the Cedar Street building. At the present time we are keeping this space for storage, meetings, and possibly special research projects. The CARD has been growing rapidly over the past few years and we plan to keep the Cedar Street building until our actual long-term space needs can be fully determined.