



CARD NEWS

Center for Asbestos Related Disease

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Thanks for making research happen!

- Community members getting involved is what makes asbestos research a reality!
- Thank you to everyone who has donated blood or participated in the focus groups!

Research: A Translation From the Beginning

-Brad Black, M.D.

CARD Medical Director/CEO

When most people hear the word research, or more specifically medical research, they can visualize highly trained professionals studying about a medical condition to gain a better understanding of its cause and how it affects the body, certainly with the hope that either a cure or an effective treatment for lessening the disease could be discovered. Because researchers spend their careers in special study, they talk in a language that is certainly foreign to most of us. For the majority of folks, a “translation” would be in order for us to gain at least a basic understanding of what a specific research project was about.

Wait a minute! The importance of “translation” really is more complex than just going from research language to regular everyday language. Let us look at research on disease caused by Libby asbestos. The research involves professionals experienced in studying in different disciplines and falling in 3 areas of work, each with its own language. (1) We have the clinicians who care for, observe, and study what their patients are experiencing. (2) Basic scientists are knowledgeable in the molecular aspects of disease. (3) Public health scientists studying

populations are also an important part of research.

The researchers in these separate areas speak in their different languages and each is not able to easily communicate its science to the other groups, even though they are studying the same condition. This gap must be closed to achieve the best research that can most directly benefit patients. The National Institutes of Environmental Health Sciences, directed by David Schwartz, MD, has recently addressed the language translation problems, and is seriously taking steps to “bridge the gap” toward improving human health by keeping a “human disease first approach” in research, and encouraging the scientists of different disciplines to participate in working teams, simultaneously reducing language barriers to achieving improved translation to human health.

From the onset, CARD’s interest has been to gain better understanding of how Libby asbestos is affecting our patient’s health and then facilitate a research team approach to look for ways to improve their health. We have always believed that what we learn from our patients should guide us in research so that all the different research languages translate into meaningful results to those that have been exposed or live with disease. I will be talking more about this topic at the Asbestos Health Fair, May 13.

Springtime Fun & Exercise

-by Ashley Day,
CARD Respiratory Therapist

Exercise is crucial in strengthening muscles so they require less oxygen. If your heart and breathing muscles are in shape they can work with less oxygen, thus decreasing the work of breathing. Regular exercise will make you stronger over time and you will be able to do more before you feel tired. Avoiding exercise can lead to a dangerous spiral of inactivity. Before starting any exercise program you should consult your physician.

TIPS FOR EXERCISING SAFELY WITH AN ASBESTOS RELATED DISEASE

1. The exercise you choose must be an exercise of some kind that increases your heart rate.
2. Get plenty of rest before working out.
3. Work out at your best time of day.
4. Begin with a light warm-up exercise.
5. Rest adequately during exercise. Don't exhaust yourself!
6. Use breathing techniques to maintain proper oxygenation.
7. Commit to exercising regularly.
-Set a routine and promise to stick to it.
8. Never exercise on a full stomach.
9. The water you drink today hydrates your body for

tomorrow so be sure to drink plenty of water the day before and the day of exercising.

-Drink 6-8 ounces of water every 20 minutes during exercise.

10. Check your pulse before you work out and during exercise

-Your maximum heart rate is about 220 minus your age.

-Your target heart rate is 50-75% of your maximum heart rate.

11. Stretch and cool down after an aerobic work-out for approximately 10 minutes.

Remember that everybody has a different level of work-out in which they feel comfortable. Some of us may have to start out walking 5 minutes a day for a week and increase 5 minutes each week. Taking walks to the mailbox and back or just around the block to start is also effective when building up exercise tolerance. Be proactive with inhalers. If you use rescue inhalers such as albuterol, it is best to use them prior to exercising rather than waiting till you are short of breath.

If you have any questions regarding safe exercise you can contact Ashley Day at the CARD 406-293-9274 Ext. 31. Or you can watch for times when Ashley will be at the Montana Athletic Club, offering support and education for those using the health club through benefits offered by the Grace Libby Medical Plan (HNA).

The Libby Asbestos Medical Trust Fund Coalition

In February 2006, CARD organized a special meeting regarding concerns about asbestos healthcare issues. The CARD is very pleased with the community's response and the CARD is now working with government representatives, healthcare providers, and concerned citizens in a coalition created to define the need and scope of a community based Libby medical trust fund for asbestos related healthcare. The coalition was formed to begin negotiations with W.R. Grace following initial phone calls with W.R. Grace representative Bill Corcoran who stated that W. R. Grace was willing to discuss and consider the possibility of setting up a trust fund for Libby.

The Libby Asbestos Medical Trust Fund could be the solution to long term asbestos related healthcare for those impacted by the Libby asbestos exposure. The goal is to develop a trust fund where all components of the trust would be governed by a local board of directors so it can best address the unique needs faced by our community and improve coordination of care for patients.

The coalition is working hard to define the scope and scale of the trust. Three key components are currently being considered including patient health benefits, research, and organizational support. All involved organizations are currently gathering data regarding actual costs and numbers of people served so appropriate projections can be made to ensure adequate funding of the trust to meet the future asbestos related healthcare needs of those impacted.

If you have questions or comments about this newsletter, or would like to receive it by mail:
Contact Tanis Hernandez at the CARD: tanis@libbyasbestos.org or 406-293-9274 x29.

Developing New Partnerships

On National Asbestos Day (April 1, 2006) the CARD administrative team attended the 2nd annual Asbestos Awareness Conference at Mount Sinai Hospital and School of Medicine. This was an opportunity to meet old and new research partners and other healthcare providers from around the globe who address asbestos healthcare issues.

In addition, Dr. Brad Black, Dr. Alan Whitehouse, and Dr. Aubrey Miller (Senior Toxicologist with EPA) presented on Libby amphibole asbestos exposure and disease, particularly the unique characteristics of the asbestos disease such as rapid progression. The presentation was very well received as those who attended were eager to get involved and further their understanding of Libby amphibole asbestos disease.

May 28th Memorial Site Dedication

The Community Asbestos Memorial Project (CAMP) is working on a new memorial in honor of those who have died from asbestos related disease in Libby. We intend to build a monument dedicated to those deceased and have already been working with the City of Libby to begin construction on a new pavilion at the Riverside Park. As a dedication to the new site we plan to hold a ribbon cutting and candlelight vigil the evening prior to Memorial Day, Sunday the 28th at 7:30pm. This ceremony will include the annual reading of names and any special personal dedications. This will replace the traditional white crosses at the cemetery, which have now been retired.

We urge family and friends to attend. We will be available for comments and questions regarding the memorial program, please call Gary Swenson at 293-7983 or Helen Clarke at 291-3329 for information.

Asbestos Health Screening

-by Tanis Hernandez
CARD Social Worker

When many family members and friends come back to visit Libby in the summer, it's always a good time to take care of business as well and get an asbestos health screening. It can be coordinated long distance but the best way to get screened is to get it done all at once, face to face with a doctor. Start **PLANNING AHEAD** by getting on the **free** screening program and on the doctor's schedule.

Why is asbestos health screening important?

Annual screening is recommended for anyone exposed to asbestos. Having an asbestos exposure greatly increases a person's risk of developing lung cancers and respiratory problems. Annual screening is the best way to manage this risk because early detection leads to improved treatment outcomes. Asbestos exposure also involves a latency (delayed) period before disease develops. With asbestos exposure and disease, this latency period can be as long as 40 years. Thus, annual screening is necessary as disease may develop despite a clean bill of health last year.

Why is asbestos health screening important compared to other types of asbestos screening?

Health screening is an all-inclusive screening that will result in clear health outcomes as opposed to uncertain

screening results that would just refer people to see a doctor for further evaluation. Health screening includes an evaluation by a doctor, a complete 3 part breathing test (called a pulmonary functioning test) an x-ray, and a CT scan if the doctor feels it's needed. This complete health screening will result in a diagnosis and treatment plan if asbestos disease is identified.

How can I afford annual health screening?

You can get it for **free** by utilizing LAMP's (Libby Asbestos Medical Plan) annual asbestos health screening benefit. If utilized through the CARD it will cover all of the costs associated with the screening. There is a possibility that other healthcare providers may bill the remaining cost to you.

Who is eligible for LAMP screening benefits?

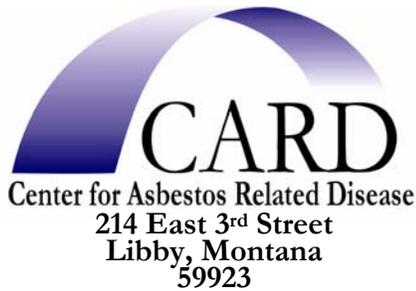
You are eligible if:

- You worked for W.R. Grace Libby Mine or Mill;
- You were a spouse or legal dependent of someone at the time they worked at a W.R. Grace Libby facility;
- You lived or worked within a 20 mile radius of a Libby W.R. Grace facility for at least 6 months before January 1, 2000.

How can I get a LAMP application?

Contact: CARD at 1-406-293-9274 or

LAMP at 1-877-889-8405 (toll free)



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THE BIG CARD NEWS

3rd Annual Asbestos Health Fair

New Directions in Asbestos Health

It is time again for the fun-filled annual Asbestos Health Fair! It is a true community effort involving all organizations and service providers related to asbestos healthcare. Thanks to many community businesses and service providers the asbestos health fair is a free event that has a relaxed atmosphere with many booths, door prizes, and places to sit, talk, and have a snack. It is a great place to find out new information about: any new equipment and resources, staying healthy and active, current research activities, and many other great topics.

In addition there will be two speakers (11:00 am and 1:00 pm) this year presenting some of the latest information about asbestos research and health. Gerry M. Henningsen, DVM, PHD who is the technical assistant to the TAG (Technical Assistance Group) will present *Understanding the EPA Risk Assessment Process* and Dr. Black of CARD will present *Research: A Translation From the Beginning*. Look for more details as news is released around town.

***Join us at the Ponderosa Room of Libby City Hall on
Saturday, May 13th from 10:00 until 2:00***