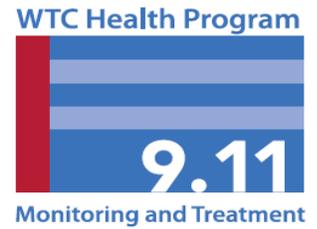




# FDNY WTC Health Program



Issue IV

February 2013

## Program Updates: Cancer Coverage

Many of you are aware that NIOSH has acknowledged the link between WTC exposure and cancer, making it possible for members to receive funding for cancer treatment. The specific cancers that have been added to the list of WTC Health conditions are below:

Malignant Neoplasms of the: Lip, Tongue, Salivary gland, floor of the mouth, tonsil, oropharynx, hypopharynx and other oral cavity and pharynx.

Nasopharynx Nose, Nasal cavity, middle ear and accessory sinuses

Larynx, Esophagus, Stomach

Trachea; bronchus and lung; heart, mediastinum and pleura; and other ill-defined sites in the respiratory system and intrathoracic organs

Soft tissues (sarcomas) Skin (melanoma and non-melanoma), including scrotal cancer, Breast, Ovary

Urinary bladder, Kidney, Renal pelvis, ureter and other urinary organs, Eye and orbit, Thyroid

Blood and lymphoid tissues (including, but not limited to, lymphoma, leukemia, and myeloma)

Additional categories added were Mesothelioma and Rare

Cancers not included: Prostate, Primary Brain Cancers and Pancreatic Cancer.

In order for your cancer treatment to be covered you must be enrolled in the WTC Health Program and must have the specific health condition certified by the WTCHP.

Once the certification is established, you may begin to have your treatment covered from that day forward.

If you have questions about cancer coverage, and the certification process please call Nadia Jaber, at (718) 999-1223.

## Did You Know? WTC Prescription Drug Benefits

- There is never a co-pay for WTC Prescriptions. T\_\_F\_\_
- Only FD WTC physicians can write prescriptions for covered WTC medications. T\_\_F\_\_
- A member must now be certified for a specific WTC covered health category in order to receive WTC medications from that category. T\_\_F\_\_

- Presently, no new WTC prescription card will be issued for the current list of WTC-covered health categories: Respiratory/Lung, Chronic Sinus, GERD, or Mental Health.
- 82% of covered WTC maintenance medication prescriptions are processed and shipped to your home by Walgreens mail service.
- When a WTC prescription needs to be filled at a local pharmacy, our WTC Nurses will provide you with a Temporary Proof of Benefits form. This form will contain all the info needed, including your new WTC I.D. number for the local pharmacist to process your prescription under the WTC Prescription Plan.

Questions about your WTC Prescription? Please call Sofia (718) 999-1937, WTC Nurses (718) 999-1878 or Phil (718) 999-0305.

Answers: True, True, True

## WTC Staff Profile: Dr. Ann Marchesano

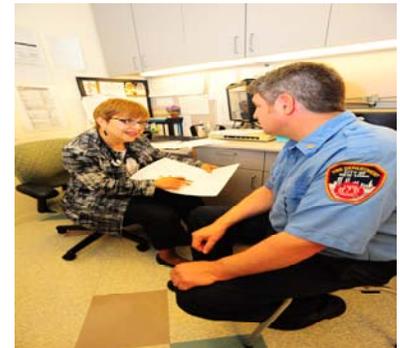
Dr. Ann Marchesano has been working as a Medical Officer with the FDNY WTC Health Program (WTCHP) since June of 2007. At the time she was hired Dr. Marchesano experienced the WTCHP as “a welcome change” from 15 years working nights in the Emergency Department at St Vincent’s Medical Center of Richmond.

Becoming a doctor is in fact the latest of multiple careers which included working as an X-ray technician, as a consultant doing financial feasibility studies for New York area hospitals and teaching high school biology before following her passion for medicine to Italy where she got her M.D. degree.

Dr. Marchesano did her residency back in NYC at St Vincent’s Medical Center in Staten Island. Dr. Marchesano works both at Metro-Tech and at the Staten Island satellite location. You will notice an undeniable twinkle in her eye as she talks about her work, especially when discussing setting up the Staten Island location and taking care of the retired members there.

Dr. Marchesano had taken care of FDNY members in the ER, but one of the things she likes most about working at WTCHP is the time she gets to spend with each member. She considers building a rapport with her patients to be critical in providing good patient care.

Dr. Marchesano practices what she learned while in Medical School in Florence. “Your patient will tell you what is wrong with them, it is the doctor’s role to pay attention and listen.”



“Dr. Marchesano really cares about people. When you go to see her she doesn’t rush you through, you know your concerns are being heard.” Ralph Perricelli, Counselor FDNY-CSU

## Be ProActive: Maintain Your Mental Health

If you have suffered from Post Traumatic Stress Disorder (PTSD), Depression, or Anxiety, you know how painful and disruptive these conditions can be. Engaging in treatment for a mental health issue, through counseling, medication, or a combination of both, can help to manage and reduce symptoms to help you feel better and improve your quality of life. When you begin to feel better, naturally, you never want to have a reoccurrence of those difficulties. Ironically, studies show that the number one reason for relapse is ending treatment once you are feeling better. Does this mean that you are doomed to stay in treatment forever?

It is true that some mental illnesses are chronic, but others are cyclical or episodic. Critical to your success in continuing to feel better is anticipating a re-emergence of symptoms and working with your mental health provider to develop strategies to prevent it. First of all, plan for any change in your treatment in collaboration with your mental health provider. Reducing or discontinuing medication is best done in consultation with the provider prescribing and managing your medication. When it comes to counseling, discuss openly with your therapist your treatment plan, including your goals, progress and setbacks, and expected end of treatment.

Once you are feeling better, and before ending treatment, you want to have a self-care plan in place that reflects various strategies for maintaining your gains and contributes to your ongoing resilience. Some general self-care you can have in place are: good nutrition, getting enough sleep, physical fitness and meditation or other relaxation techniques. Another general strategy critical to maintaining mental health is talking about what you are going through with those closest to you.

Other things that might be part of your wellness plan are being familiar with triggers (situations, experiences, behaviors) that tend to kick up your symptoms and having strategies for managing these triggers. For example, in the course of treatment for PTSD you may have discovered that attending wakes and funerals is particularly difficult for you, and can often lead to drinking too much and feelings of depression for days afterwards. However, by planning ahead, and accepting this about yourself, you may find that you are able to participate without the negative consequences. For example, you may choose to attend services briefly, allowing enough time to pay your respects, and then arrange to spend time with people who can support you afterwards. (cont’d on page 3)

(mental health cont'd from page 2)

It is important to note that once you have had an episode of Depression, PTSD or Anxiety, you are more vulnerable to a reoccurrence. Sometimes you are doing all the right things and you are hit with an overwhelming number of life stressors at the same time. At other times, without an apparent cause or reason, there is a negative spiral happening. Be mindful of changes in your behavior or thinking: Have you been drinking more? Are you avoiding friends or family? Has a theme of worry or hopelessness emerged in your thinking? The sooner you pick up on difficulties as they begin happening again, the quicker you can nip it in the bud. Returning to treatment, including counseling or medication, for a brief time might be all you need to do to start feeling better again. Do not confuse this with starting over. You have learned a lot along the way and returning to treatment might be brief.

At the WTCHP we are committed to monitoring and treatment of both your physical and mental health. Just as we administer physical exams as a way to catch something and treat it early before it becomes serious, the mental health interview that is part of your yearly exam is an opportunity to check in, and maintain your mental health as well.

To make an appointment for your WTC Medical  
Call 718-999-1858

## Seasonal Allergies: How to Ease the Bothersome Symptoms

It is still winter, but Spring is right around the corner and for many, so is the onset of accompanying seasonal allergies. Springtime allergies, otherwise known as hayfever result in many unpleasant symptoms including sneezing, congestion, watery eyes and a runny nose.

If you have WTC related chronic sinusitis and rhinitis you are more vulnerable to allergies than the average adult. In addition, seasonal allergies can exacerbate already existing WTC respiratory illnesses.

### OVER THE COUNTER REMEDIES:

- There are many over the counter remedies available including decongestants and antihistamines.
- It is important to consult your pharmacist when choosing an over the counter remedy as they can interact with other medications you are taking and affect chronic diseases including Hypertension and Diabetes.
- Some over the counter nasal sprays if used for more than three consecutive days may be addictive leading to worsening of your nasal condition. This is not true for prescription nasal sprays.

### REDUCE EXPOSURE TO ALLERGY TRIGGERS:

- Stay indoors on sunny, dry windy days. Have someone else attend to lawn mowing and other gardening work.

- Wear a dust mask if you need to do any work outside.
- Remove clothes when you come in from outside and take a shower to rinse off pollen from skin and hair.

### BE MINDFUL OF WHEN POLLEN COUNTS ARE HIGH:

- Check on local TV, radio or online for pollen forecasts and current pollen levels
- Keep doors and windows closed at this time.
- Avoid outdoor activities in the morning when pollen counts are highest.

### KEEP YOUR INDOOR AIR CLEAN:

- Use air conditioning in your house and car.
- Keep indoor air dry with a dehumidifier.
- Use a HEPA filter in your furnace, air conditioners, vacuum cleaners, and room air filters.

### TRY NASAL IRRIGATION

- Nasal Irrigation is the practice of flushing out mucus and other irritants from the nose and sinuses with sterile, boiled or filtered water (do not use untreated tap water as it can in rare cases cause a serious infection).

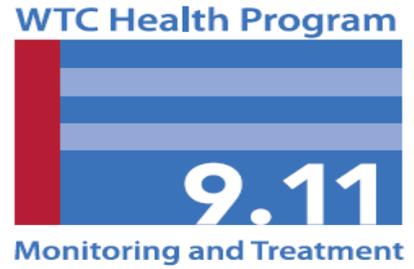
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We hope that trying some of these tips will help to reduce the impact of your allergy symptoms and make for a more enjoyable Spring this year!

**FDNY WTC HEALTH PROGRAM**

9 MetroTech Center, Room 2E-13  
Brooklyn, NY 11201

Phone: 718-999-1858

E-mail: [wtcmed@fdny.nyc.gov](mailto:wtcmed@fdny.nyc.gov)



**FDNY WTC HEALTH PROGRAM**

When was the last time you came for your WTC Medical?

Call **718-999-1858** to make your appointment.

For questions about prescriptions, please contact **718-999-1937** or **718-999-0305**.

**WTC Medicals**

**are available annually to active members in Brooklyn (MetroTech) and retired members at all 5 locations.**

Not all testing is done On-Site at every location.

Retirees, please use table below to find your location and testing information:

	<b>Brooklyn HQ</b>	<b>Fort Totten</b>	<b>Orange County</b>	<b>Staten Island</b>	<b>Brentwood</b>
Address	9 MetroTech Center Brooklyn, NY 11201	Building 413A Bayside, NY 11364	2279 Goshen Turnpike Middletown, NY 10941	1688 Victory Blvd Staten Island, NY 10314	Suffolk County Community College 1001 Crooked Hill Rd. Brentwood, NY 11717
Days	Tuesday — Friday & Occasional Sundays	Monday — Thursday	Thursday & Friday	Monday, Tuesday, & Wednesday	Monday & Friday Occasional Sundays Tuesday Treatment Only
Hours	8:00AM to 2:00PM	8:30AM to 3:30PM	9:00AM to 1:00PM	8:30AM to 3:30PM	8:00AM to 3:30 PM
Blood Tests	On-Site	On-Site	On-Site	<b>Off-Site</b>	<b>Off-Site</b>
X-Rays	On-Site	<b>Off-Site</b>	<b>Off-Site</b>	<b>Off-Site</b>	<b>Off-Site</b>

Referrals to nearby facilities for off-site tests will be given to you by a WTC nurse on the day of your appointment.