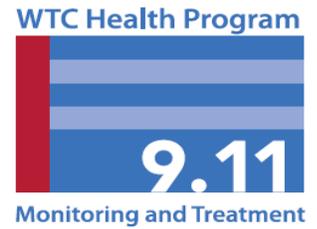




# FDNY WTC Health Program



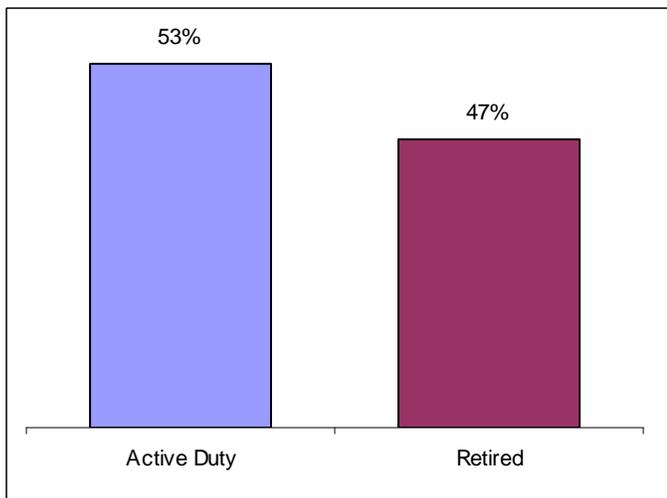
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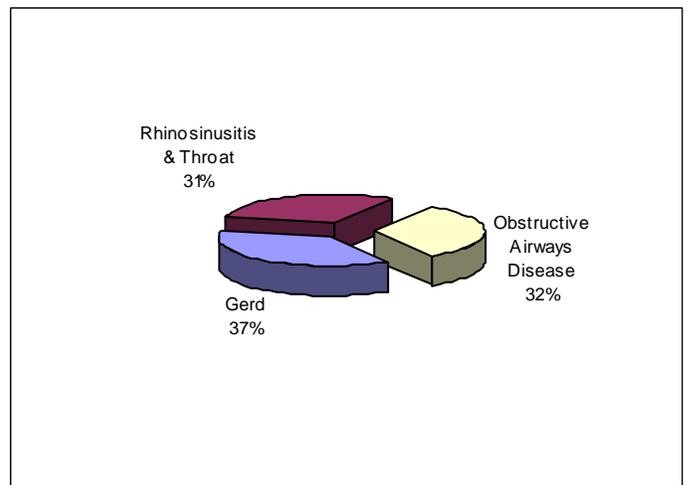
## Program Updates: Monitoring and Treatment Data

Did you know that during the period of 9/2010 through 9/2012:

Over **20,000** WTC monitoring visits were attended by FDNY Members:



Over **45,000** treatment visits were attended by FDNY Members. Members diagnosed with the top three WTC Health conditions are represented below :



## Prescription Reminder: Procedure to follow when you have a WTC-related Infection and you need an antibiotic prescription filled immediately

**When your private doctor** has written an antibiotic prescription for a WTC-related infection, follow these steps:

1. Write your name, D.O.B. & last four of social on a fax cover sheet.
2. Also write name & address (including zip code) of your most convenient pharmacy on the fax cover sheet. Every local pharmacy nationwide participates in the WTC Prescription plan.
3. Fax cover sheet and prescription to WTC Nurses at (718) 999-0080.
4. Call the WTC Nurses (718) 999-1878 to make sure they have received your fax.
5. FDNY WTC doctor will electronically send a covered (zero co-pay) WTC antibiotic prescription to your local pharmacy.

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

## WTC Staff Profile: Rachel Zeig-Owens

You are familiar with many of the FDNY WTCHP staff, but have you ever met Assistant Director of Epidemiology, Rachel Zeig-Owens?

Probably not, as Rachel, along with four other epidemiologists and three biostatisticians that make up the research team at the FDNY WTCHP, is squirreled away on the 5th floor of Metro-Tech. They are doing the careful work of looking at data collected from you and fellow FDNY members in order to establish connections between your exposures at the WTC site and health outcomes you may be experiencing today (and in the future). The data they collect helps us understand what type of monitoring is needed, (e.g. scans for Cancer, Chest X-Rays) as well as treatment, and strengthens the advocacy effort to secure funding for these services.

Rachel graduated with her masters in Public Health from Columbia University in 2008.

She chose Epidemiology (the study of the causes, distribution and control of disease) as a career because she wanted to use her problem solving skills to "impact the greater good."

Before working with the FDNY WTCHP, she worked at Brigham and Women's Hospital on a study looking at cardiovascular disease and cancer. She also worked at The Breast Cancer Center of Excellence at Columbia University and at the Massachusetts Cancer Registry.

Since 2008 she has worked at the FDNY WTCHP and sees her primary role as protecting the health and well being of FDNY members. Rachel and her colleagues continue to develop and refine the questionnaire you take at your yearly monitoring exam, emphasizing that the answers to the questionnaire establish important links. For example, members



who were at the World Trade Center the morning of 9/11 are more likely to suffer many respiratory symptoms. Taking the time to answer honestly is a very real way of helping fellow FDNY members get the right treatment.

The work that Rachel and her colleagues did collecting data on Cancer resulted in the study published in the Lancet in 2011. This research is thought to have been key in getting Cancer included as a WTC Health Condition and securing funding for treatment for FDNY members.

We look forward to hearing more from Rachel and the research team in the future.

## The Challenge of Retirement

Transitioning into retirement can be more difficult than anticipated. In fact, data shows that about 1/3 of all retirees experience some difficulty. This is increased if retirement was not entirely of one's choosing. Many people find that initially, there is a period of enjoyment filled by taking some long anticipated trips and having more time for golf or other hobbies. After the honeymoon period has passed sometimes the major shift in lifestyle can bring with it unexpected challenges.

Are you having difficulty adapting to a new routine? Do you find yourself missing the action of the firehouse? Wondering how to fill your day? These are some of the issues that people struggle with in retirement, while others can find themselves experiencing marital or family tension as they spend more time with spouses or find there is a need to re-examine issues of money or the division of labor.

It has been documented within the Veterans population that the additional time for contemplation that retirement provides can allow PTSD, anxiety and depression to surface. You may find yourself still thinking about 9/11 or be preoccupied by chronic pain or other WTC health concerns.

If you have not retired yet, one of the best ways to avoid having difficulty is to plan for it, even as you hope it will not happen. Spending some time reflecting on your vision of your retirement and ways to achieve your goals ahead of time can help you to avoid problems later.

Call FDNY-CSU for a consultation: Lafayette St (212) 570-1693, Ft Totten (718) 352-2140 Brentwood (631) 851-6888 Orange County (845) 695-1029 Staten Island (718) 815-4111

## Did you know? GERD

1. Gerd is one of the top three WTC health conditions. T\_\_ F\_\_
2. There are many lifestyle changes you can make that can improve your GERD Symptoms. T\_\_ F\_\_
3. GERD can develop into a serious health condition and needs to be monitored and treated. T\_\_ F\_\_

Do you have Gastro esophageal Reflux Disease (GERD) also known as Acid Reflux, and more commonly known as heartburn?

Common Symptoms associated with GERD are a burning feeling in the lower chest usually occurring right after a big meal or when lying down. Other symptoms associated with Acid Reflux are hoarseness, post nasal drip, and chronic throat clearing.

Normally, when you eat, food passes from your mouth through the esophagus into the stomach through an opening. If that opening doesn't close, acid from your stomach gets into the esophagus causing irritation and discomfort.

If you have GERD symptoms, various diagnostic tests may need to be done initially to diagnose, and later to monitor your condition.

You may be sent for an endoscopy or a test to measure the PH levels in various tissues.

If you go for a test e.g. an endoscopic exam done by a gastroenterologist, be sure to go for your follow up appointment so that the doctor can advise you on the specifics of what the test revealed.

If they have discovered the presence of H.Pylori (a bacteria that thrives on acid in the stomach) you will want to know so that you can be treated with a combination of medications and receive follow up tests to make sure it has been treated successfully.

There are several medications your doctor may prescribe to treat your GERD symptoms including H2 blockers that block the production of acid and Proton Pump Inhibitors. If you are taking these medications regularly, you should inquire with your doctor about whether you are a candidate for a calcium supplement as long term use of some of these medications may decrease the absorption of calcium.

If you have been experiencing GERD since the WTC attacks of 9/11 be sure to stay in treatment. In a small percentage of people with GERD, the condition can progress to Barrett's Esophagus and in even fewer cases to Esophageal Cancer.

### Lifestyle Changes that Can Reduce Symptoms:

- Quit Smoking
- Eat your last meal three hours before lying down to sleep
- Sleep with a wedge pillow (they are available online) to keep head elevated
- Avoid excessive use of aspirin and other non-steroidal anti-inflammatories: Ibuprofen, Aleve, Excedrin
- Exercise Regularly and Follow a high protein, lowfat, low-acid diet
- Lose Weight if you are Overweight

*Answers: 1. True 2. True. 3. True*

### Avoid these Foods and Beverages:

- Caffeinated drinks: coffee, tea, colas
- Carbonated Beverages
- Citrus Fruits and Fruit juices
- Tomato Products
- Alcohol
- Chocolate
- Mint as well as Mint tea
- Onions and Garlic
- Spicy Foods: Curry & Chili
- Fatty/Fried Foods: French fries, donuts, pizza

### Eat Fresh Foods:

Packaged and processed foods have preservatives that dramatically raise the acid levels.

For Recipes and Information check out: [refluxcookbookblog.com](http://refluxcookbookblog.com) and the associated book, **Dropping Acid, The Reflux Diet Cookbook and Cure** by Koufman, Stern and Bauer.

FDNY WTC Health Program Staff are experts in WTC-related conditions and how to treat them.

For information, or to make an appointment

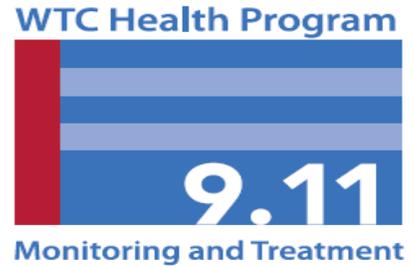
Call (718)-999-1858

**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.