New spirometry handbook available for medical providers

If BTMed has your email or mailing address, you should have received a new handbook on performing spirometry tests as part of the BTMed screening. It is critical to obtain spirometry results that meet quality criteria because occupational lung disease is such an important risk in our population.

Did’t receive an email about the spirometry handbook?

If you did not receive an email about the new handbook, please contact us about joining our e-mail list. We use it to periodically send important updates and also distribute this newsletter.

Construction workers at higher risk for skin cancer

Because research has shown much higher risk of skin cancer in construction workers, BTMed has modified the medical screening form to help the examining provider organize clinical observations.

We encourage our participants to mark a skin map to show lesions they have noticed, and this skin map serves as a starting point for the medical examination, which should include a careful skin examination of both the lesions noted by the patient and those they may not have seen. Our new exam template form provides instructions for describing, diagnosing and making recommendations for further evaluation related to any skin abnormalities that are found. A sample skin map is shown to the right.
What should you do if a BTMed participant is a smoker?

Still smoking? You’re in good company! Most BTMed participants (about 2/3) either still smoke or used to smoke! But most of them—former construction workers like you—have quit! (Hardly ever on the first try…)

How Did Former Smokers Quit?

Most of those who quit did it on their own. Some used nicotine replacement or other medication. Some got help. And some had to quit due to serious illness.

Professional Help
Forced by Illness
With Medication
By Myself

We developed this chart to inform current smokers in BTMed about how many BTMed participants have successfully quit. Print it out full-size from the BTMed provider portal to share it with the workers you screen.

Most Who Smoked Have Quit!

But most of them—former construction workers like you—have quit! (Hardly ever on the first try…)

Ready to Join the Quitters?

See your handouts for tips on how to quit on your own or with some help.

https://smokefree.gov/