BTMED news

SUPPORTED BY NORTH AMERICA'S BUILDING TRADES UNIONS • COORDINATED BY CPWR - THE CENTER FOR CONSTRUCTION RESEARCH & TRAINING

Volume 14, Issue 1 Spring 2019 www.btmed.org

What you need to know about BTMed's spirometry exam

Staff from National Jewish Health coaches a participant performing spirometry.

If you worked construction at a DOE site, you may have been exposed to asbestos, silica, beryllium, fumes, and other lung hazards. These exposures can result in conditions such as Chronic Obstructive Pulmonary Disease (COPD), asbestosis, silicosis, or even lung cancer. BTMed's spirometry exam can help detect if there are any signs of these conditions. If problems are detected on the spirometry exam, they can be treated sooner than they would otherwise.

How spirometry works

- **Spirometry measures airflow by measuring how much air you exhale, and how quickly you exhale.**
- **In a spirometry test, while you are sitting, you breathe into a mouthpiece connected to an instrument called a spirometer.**
- **You will need to wear a nose clip, or hold your nose, while blowing into the spirometry machine.**
- **Your screening provider will make sure that you are healthy enough to safely take part in the test before you begin.**

Meet Kim Cranford, BTMed's medical manager

If there's one person who knows what the workers at Oak Ridge face, it's BTMed's nurse, Kim Cranford. For the past 20 years, Kim has helped thousands of workers receive the essential medical screening that they deserve. When Kim started working for BTMed in 1998, the program only served three sites. Today, the program has expanded to 35 sites.

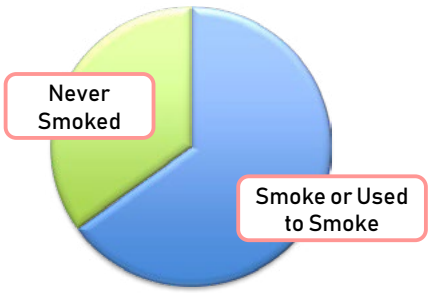
Kim repeatedly remarks how rewarding the BTMed program is to her and how life-changing it can be for the participants. Since it started, the Early Lung Cancer Detection Program (ELCD) has already saved lives. So far, 21 stage one lung cancers have been detected in eligible participants through the program's CT scans.

BTMed's mission deeply affects Kim personally as well. Her husband and two sons have worked construction jobs at Oak Ridge. Having lived in Knoxville her whole life, Kim is grateful to be serving the people of her hometown.

Are you still smoking? Here's some information about BTMed participants who have quit:

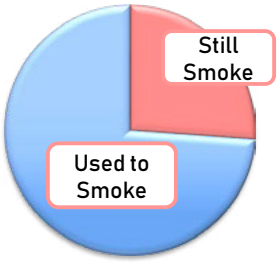
Smoking Status of BTMed Participants

Still smoking? You're in good company! Most BTMed participants (about 2/3) either still smoke or used to smoke!

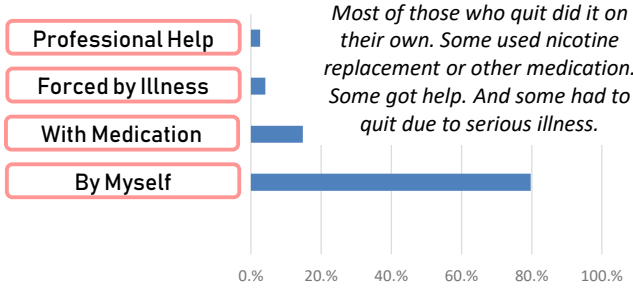


Most Who Smoked Have Quit!

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.

Ready to Join the Quitters?

Check out the link below!

https://smokefree.gov/

or call 1-877-448-7848 (1-877-44U-QUIT).

Roger Tool, UA Local 598, goes above and beyond for his health

A bus tour through the Smoky Mountains. Visits to Elvis's home and the hotel where Martin Luther King Jr. was shot. All ending in New Orleans, with his wife by his side the whole time. This is what Roger Tool, a retired pipefitter who worked at Hanford, is looking forward to this summer.

But without keeping a watchful eye on his health, even after his screenings with BTMed, all these opportunities could have been cut short.

After BTMed's Early Lung Cancer Detection Program found Roger's treatable, early-stage lung cancer in 2014, he's continued to have follow-up CT scans with his personal doctors. And again, late last year, one of these scans found a suspicious lung nodule.

But if it weren't for BTMed's screenings back in 2014, Roger would not have known he needs to keep such close watch of his lungs.

The most important step to paying attention to your health is to start, and BTMed can help you get started.

"I know a lot of people get to our age and stop caring about their health," Roger said. "I've talked to fitters who have had none of this stuff done through BTMed. But it's an important thing."

BTMed screenings will keep you informed on what risks you need to talk to your doctor about. Like Roger, you also have things to look forward to.

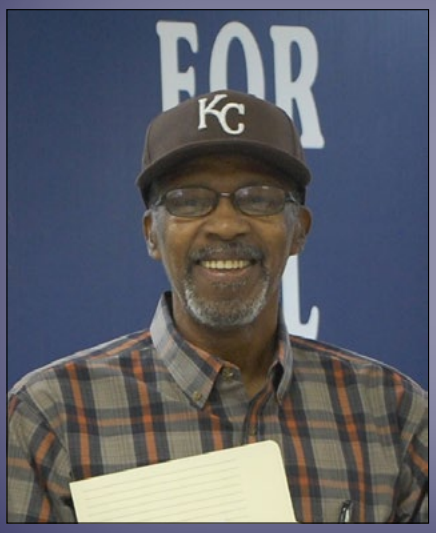
"We try to stay active and do what we can while we can," he said, reflecting on his upcoming summer, "because we don't know how long we're gonna be on this lovely old place."

Announcements from the Department of Energy

Welcome to Lokie Harmond, the new Program Manager for DOE's Office of Worker Screening and Compensation Support, who will be working with Former Worker Programs!

Farewell to Mary Fields, DOE's FWP manager for the past several years. We thank her for her dedication to working together to inform, protect, and assist DOE workers.

BTMed mourns the loss of former KCP outreach manager



Walter Smith
August 2, 1946 - January 15, 2019

Walter Smith, the former outreach coordinator for the Kansas City area, has passed away.

Walter worked at the Kansas City Plant with Roofers Local 20 for eleven years before joining BTMed in 2007. At the same time, he continued to work with Local 20 on their training program, preparing apprentice roofers to enter the workforce.

Sean McGarvey, President of North America's Building Trades Unions, wrote to Walter for his retirement, "We greatly appreciate your dedication to the goal of monitoring and improving the health of DOE workers. Your experience as a roofer at the Kansas City Plant has been invaluable to BTMed's efforts of reaching former workers and encouraging them to participate in the medical screening program."

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Nonprofit
Organization
U.S. Postage
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Washington, DC
Permit No. 5968

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This publication was produced by CPWR through funding from the Department of Energy (DE-FC01-06EH06004). The information provided here is solely the responsibility of the authors and does not necessarily represent the official views of DOE.

HAS IT BEEN THREE YEARS SINCE YOUR LAST BTMED SCREENING?

If your last BTMed screening was before April 2016, call 1-800-866-9663 ext. 2, or email btmed@zenith-american.com today to schedule your free re-screen exam!

"Thank you for your continued concern. We appreciate it very much! Keep up the good work."

-David Todd
Former Kansas City Plant worker
BTMed Participant

THIS COULD BE YOU IN THE BTMED NEWSLETTER

BTMed is looking for workers who want to share their experiences working on DOE sites and going through our screening program.

If you want to see your story get printed in the BTMed newsletter, or just want to pass along a message about the program, call 1-800-866-9663 or email btmed@zenith-american.com.