BTMED news

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Meet the team behind BTMed's CT Scans

Kathy Rains, LPN and Janet Shorter, RN

In 2016, BTMed provided more than 1,200 free CT Scans, which would not have been possible without our dedicated and talented medical staff located in BTMed's Oak Ridge office. The team behind our Early Lung Cancer Detection Program (ELCD) include Dr. Laura Welch, Kathy Rains, LPN, Janet Shorter, RN, and Kim Cranford, RN. If you received a CT Scan, they were working behind the scenes to assure that your scan and follow-up were completed to your satisfaction.

Kathy Rains, LPN is responsible for the intake of workers who are eligible for the scan and setting their appointments. Janet Shorter, RN and Kim Cranford, RN review the results and work with Dr. Welch, BTMed's medical director, to determine next steps for the worker. If there are any urgent warnings from the scan, Janet, Kim, and Dr. Welch will make sure the worker is notified immediately.

BTMed's ELCD program has already found 17 Stage I cancers. It is a life-saving program. Norman Grnya, of Laborers Local 348 at Hanford, is just one worker who found himself in the program. Visit www.btmed.org or www.facebook.com/btmed to view the "CT Scans Save Lives" video, which lets Norman tell you in his own voice what it was like to receive a CT Scan from BTMed- just in time.

BTMed offers CT Scans in Augusta (GA), Cincinnati (OH), Oak Ridge (TN), Richland (WA), and Seattle (WA). Plans are underway to add scanning providers in Paducah (KY) and Portsmouth (OH). The CT Team is just one part of the collaborative effort that makes BTMed work. Check our Facebook page for more stories about our hardworking medical team.

Dr. Laura Welch and Kim Cranford, RN

"If it wouldn't have been for being detected early, I may not have made it."

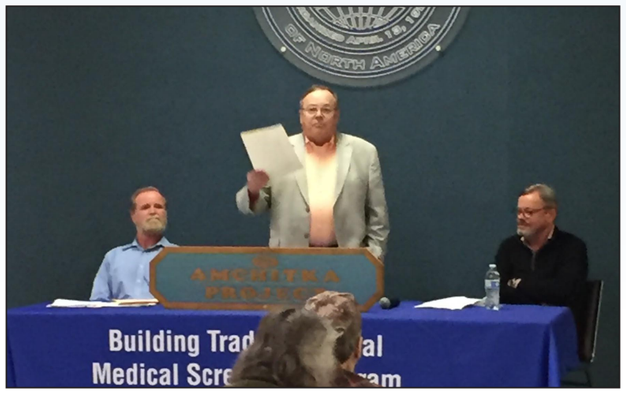
-Norman Grnya, Laborers Local 348

Watch the video at
www.facebook.com/btmed
or
www.btmed.org

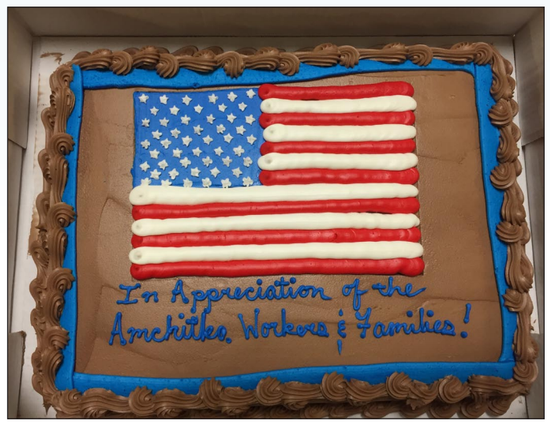
Former Amchitka workers celebrate accomplishments

On January 25, 2017, surviving Amchitka workers, federal and state officials, union leaders, and other dignitaries came together to celebrate the legacy of workers who were on the Amchitka Island Nuclear Explosion Site. Amchitka Island, in the Aleutian island chain off the coast of Alaska, was the home of three underground nuclear tests. The final test, in 1971, was the largest underground nuclear test ever undertaken by the United States. The tests left their mark on the island in the form of dangerous radiation that many workers had to face. Now, over 45 years after the final test, those who spent time on the island were able to share memories and reconnect.

Former Amchitka Workers – Frank Jerue (*Carpenters LU 1281*), Charles Jerue (*OE LU 302*), John Barth (*OE LU 302*)



Kevin Dougherty (*Alaska District Council of Laborers*)
Mano Frey (*Vice President and NW Regional Manager for the Laborers Int'l Union of North America, retired*)
Dr. Knut Ringen (*BTMed*)



Farewell to Dr. Baskous

The BTMed team wishes all the best to our Alaskan medical provider, Dr. Alex Baskous, who is retiring this year. Dr. Baskous has been providing medical screenings with BTMed for 17 years and has screened more than 700 workers. Having been stationed with the medical team on Amchitka Island in 1971-1972, he knows what BTMed's workers have gone through and has always provided superb medical exams.
Dr. Baskous has been mentoring Dr. Erin Royal to continue providing exams to workers in Alaska.

WHAT WORKERS ARE SAYING...

"Alexander Baskous is one good doctor and very caring."

•

"Dr. Baskous and his staff should be commended for running one of the finest healthcare operations in the State of Alaska."

•

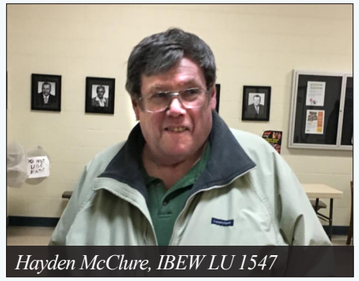
"The doctor and staff were the best I've ever been to. The care and medical service were outstanding."

Dr. Erin Royal, Anna Chen (*BTMed*), Dr. Alex Baskous, Maria Baskous

Don Weber and John Fletcher – (*Amchitka Former Worker Medical Screening Program, retired)*

Dr. Eula Bingham (*University of Cincinnati*), Dr. Knut Ringen (*BTMed*), Ty Halvorson (*Ironworkers LU 751*)

Amchitka worker knows knowledge can save lives


Hayden McClure, IBEW LU 1547

Amchitka Island, at the far reaches of the Aleutian Island chain in Alaska, is a remote and rocky place. In the 1960's and 70's, three different underground nuclear tests shook the island from the inside. Under the code name Cannikin, the final test was the largest underground nuclear test ever conducted by the U.S., and at 5 megatons, packed hundreds of times more explosive power than the bomb dropped on Hiroshima.

But this didn't seem to worry the people who ran Hayden McClure's safety orientation. "They showed me a short film of the first blast that they detonated, and the shock waves out in the ocean, and how the island shook," he says, thinking back to when he got hired to work on the island as an equipment operator. "Then they told me that there was more radiation coming out of the cracks in my basement floor than there was in Amchitka. Of course, I was already on the island."

Hayden lived in Alaska, and when IBEW LU 1547 was tapped to provide workers to dig trenches for telephone and power cables on the island, he took the job. It wasn't an easy task. "It rains sideways out there 90% of the time," he remembers. And the trenching machine he was assigned to would keep breaking because "the rocks we would hit on that island were so hard, it would tear that machine up."

But Hayden had bigger problems. He and his fellow workers were not given any protective gear, because they were told they "didn't need it." He points out that "The government, when they came out there to do the monitoring of their test wells, wore contamination gear," including respirators and full face masks.

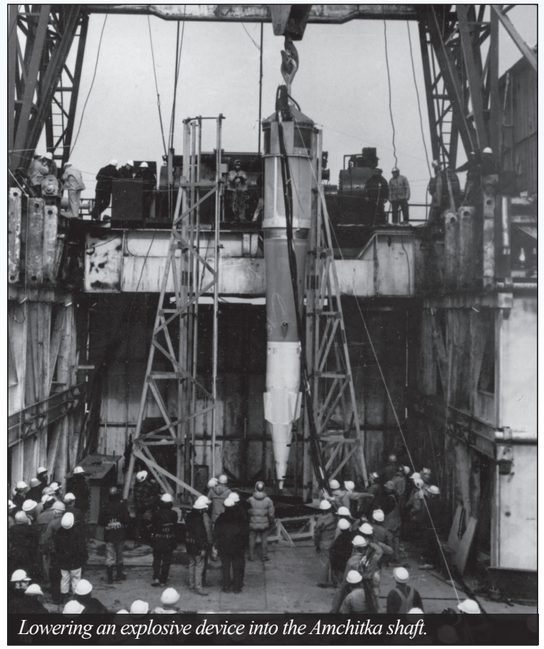
Knowing all this, it perhaps wasn't a surprise when years later Hayden found himself plagued by a variety of illnesses. It wasn't until after he signed up for BTMed that he got straight answers about what was going on.

BTMed has partnered with doctors who are aware of the hazards that construction workers at DOE sites face, so workers who go through the program can be sure that they are being looked out for.

This type of knowledge can be extremely important. When Hayden was on the island, he worked near an operator who had to leave the job because he was suffering from what his doctor thought was the flu. As Hayden tells it, "When they discovered he had leukemia, the doctor asked him if he slept under an x-ray machine. The worker said no, but I've been out to Amchitka. The doctor said, where's that?" If the man's doctor had known from the beginning what Amchitka was and what the hazards were there, the leukemia may have been caught before it was too late.

Luckily, Hayden was able to go through the screening in time to find his cancer and treat it. "If it hadn't been for BTMed, I would have stumbled over to my doctor and never said anything about being at Amchitka where I was exposed, because I wouldn't have known I had to," he explains.

Because illnesses linked to exposures on the job can go unnoticed if not checked for regularly, BTMed offers free re-screens every three years so workers can stay on top of their health. If you or someone you know worked construction at a DOE site, call 1-800-866-9663 or visit www.btmed.org.


Lowering an explosive device into the Amchitka shaft.

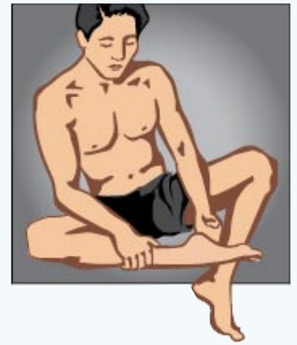
WORK IN THE SUN? CHECK FOR SKIN CANCER

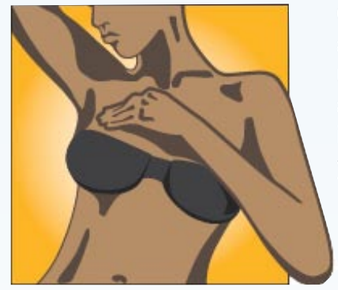
Construction workers, because of the many long hours they may spend working in the sun, are at high risk for melanoma and other skin cancers. In its early stages, melanoma can be successfully removed and monitored by regular skin screenings. However, in its most advanced stages, melanoma can be deadly. Increase your chances of catching melanoma early by carefully examining your skin once a month. These basic guidelines are used by many dermatologists to help identify melanoma, the deadliest form of skin cancer.

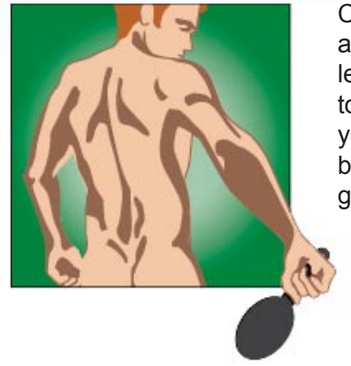
If you notice an unusual spot or one that has changed over time, make an appointment with a dermatologist - preferably one who has experience with melanoma.

To check your skin you'll need a bright light, a full-length mirror, a hand mirror, a chair or stool and a blow-dryer.

Check your head, face, ears and the back of your neck. A blow dryer may help you look at your scalp.


Check hands, nails, soles of the feet and between the fingers and toes.


Check your abdomen, arms, underarms and chest, including under your breasts.


Check the front and back of your legs. Use a mirror to help you see your shoulders, back, buttocks and genitals.

Images and information courtesy of Melanoma Research Foundation. For more information, visit www.melanoma.org.

MELANOMA RESEARCH FOUNDATION
Inspiring Hope & Progress

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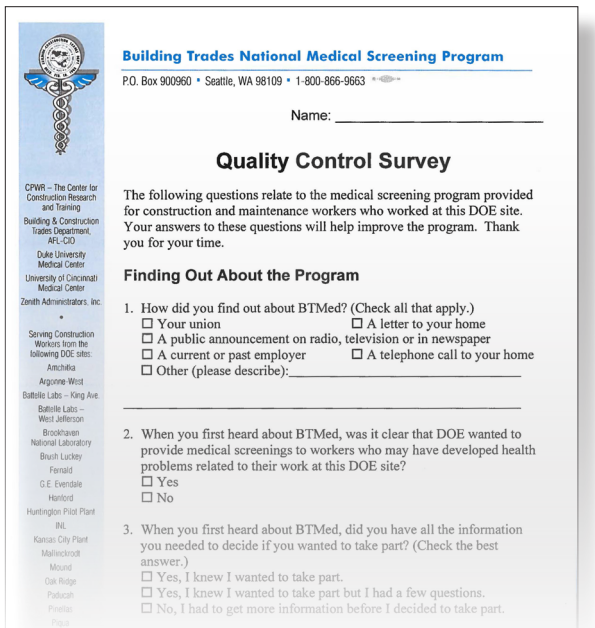
DID YOU KNOW?

In January, BTMed's researchers published a scientific paper showing that workers who returned for a re-screen had often improved areas of their health.

Read the full study at www.btmed.org

"I received an exam because I thought I'd been exposed to hazards on the work site at Portsmouth. But it sometimes takes a while for health problems to show up so I'm going to follow the BTMed program until the time I can get checked again."
-Travis Prater
Pipe Fitters Local 577
Portsmouth



Building Trades National Medical Screening Program
P.O. Box 900960 • Seattle, WA 98109 • 1-800-866-9663

Name: _____

Quality Control Survey

The following questions relate to the medical screening program provided for construction and maintenance workers who worked at this DOE site. Your answers to these questions will help improve the program. Thank you for your time.

Finding Out About the Program

1. How did you find out about BTMed? (Check all that apply.)
   - ☐ Your union
   - ☐ A letter to your home
   - ☐ A public announcement on radio, television or in newspaper
   - ☐ A current or past employer
   - ☐ A telephone call to your home
   - ☐ Other (please describe):_____

2. When you first heard about BTMed, was it clear that DOE wanted to provide medical screenings to workers who may have developed health problems related to their work at this DOE site?
   - ☐ Yes
   - ☐ No

3. When you first heard about BTMed, did you have all the information you needed to decide if you wanted to take part? (Check the best answer.)
   - ☐ Yes, I knew I wanted to take part.
   - ☐ Yes, I knew I wanted to take part but I had a few questions.
   - ☐ No, I had to get more information before I decided to take part.

Remember to return your Survey!

BTMed wants to hear from you on how we're doing. Everyone who goes through a screening is mailed a survey with their exam results. Don't forget to fill it out and send it back so we can keep improving.

Stay up-to-date with BTMed news by signing up for our online newsletter. Call 1-800-866-9663 or email btmed@zenith-american.com to learn more.