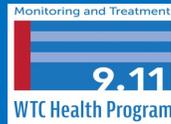


WTCHP Rutgers Outreach News



FALL 2015

HIGHLIGHTS:

- Welcome to Rutgers
- Annual Monitoring Exams
- New Member Handbooks
- 9/11 Health and Compensation Reauthorization Act
- Fall Recipes
- Passing of Dr. Lioy

INSIDE THIS ISSUE:

- Message from Dr. Udasin 2
- The Cooking Corner 3
- Reauthorization Act 4
- Families of Freedom Fund 5
- Passing of Dr. Lioy 5
- Skin Cancer Awareness 6
- 9/11 Memorial Events 7

World Trade Center Health Program At Rutgers, The State University of New Jersey

The World Trade Center (WTC) Health Program provides medical monitoring and treatment for eligible rescue, recovery and clean-up workers who responded to the 9/11 terrorist attacks in New York City, at the Pentagon and Shanksville, PA., as outlined by the James Zadroga Health and Compensation Act of 2010.

The Rutgers Environmental and Occupational Health Sciences Institute (EOHSI) is one of eight Clinical Centers of Excellence (CCE), which is administered by the National Institute for Occupational Safety and Health (NIOSH) as part of the World Trade Center Health Program.

Rutgers Biomedical Health Sciences (RBHS) was awarded a contract by the Centers for Disease Control

(CDC)/NIOSH to provide monitoring exams and treatment to the responders of the WTC attack.

Our team of doctors, nurses, and administrative staff work diligently to provide you the health and care that you may need.

Program Services

- Annual Monitoring Exam
- Medical Treatment Services
- Referral for Specialty Care
- Mental Health Treatment Services
- Medication Management
- Benefits Counseling
- Cancer Treatment

Ongoing Studies at EOHSI:

- Upper Airway and In Vitro Cellular Epigenetic Changes Associated with WTC Dust
- Obstructive Sleep Apnea in WTC Responders: Role of Nasal Pathology

If you would like to participate, please give us a call at

848-445-0123 ext. 3.

Don't Forget to Attend Your Annual Monitoring Exam!

Even if you feel fine or are enrolled in our treatment program, it is imperative that you still attend your annual monitoring exams. This will ensure that we can continue to track your health status and assist you in any way that is necessary. If you have not seen us in over a year, please give a call at

848-445-0123 ext. 3 to schedule your appointment.

Also, new cancers are now covered through the WTC Health Program! We urge all responders to discuss any cancer diagnosis with our physicians to determine if your condition(s) may be eligible for coverage through the Program (even more of a reason for you to come in and see us!).

If you have any records, such as laboratory results, biopsy reports or other diagnostic and treatment records, please bring them with you to your next visit.

For additional information regarding cancer and the World Trade Center Health Program, you can visit the CDC/NIOSH website at:

<http://www.cdc.gov/wtc/faq.html>

Message from Our Medical Director

DR. IRIS UDASIN,

MEDICAL DIRECTOR OF THE RUTGERS WTCHP



As the anniversary of September 11th nears, now is the time for us to take opportunity to reevaluate our health. This is especially important for those patients who have not come into our clinic in over a year. The World Trade Center Health

Program offers an array of services and referrals that could improve your overall health and/or current health conditions and illnesses. Additionally, I and the entire Rutgers Clinic staff look forward to touching base with you as our wonderful patients, to ensure you are receiving the best care possible. For example, we provide various referrals to external providers that assist with cancer screening, prevention and treatment; smoking cessation programs; medication coverage for World Trade-related conditions; benefits counseling; mental health services and treatment and so much more!

Not only is now the time to take care of our health, it is also important to think about our families, the people that care about us and all the positive aspects in our lives. We love to know not only how you are doing, but how your families are doing as well. So I ask, if you have not come in for your monitoring visit in awhile, please give us a call to schedule an appointment at **848-445-0123 ext. 3** in the near future.

In addition to providing monitoring and treatment services to our patients, the World Trade Center Health Program works side by side with the Environmental and Occupational Health Sciences Health Institute (EOHSI) through several research programs.

For example, at the EOHSI Clinical Center, we are collaborating on two ongoing research projects. The first research project, led by Dr. Jag Sunderram at Rutgers Robert Wood Johnson Medical School, is looking at the relationship between nasal symptoms and obstructive sleep apnea (OSA) in WTC responders. The study uses a home sleep monitor to test for OSA. To date over 250 of our responders have participated in the study and over 190 have been diagnosed with OSA.

The second research project, led by Dr. Robert Laumbach here at EOHSI, is designed to look at possible causes of persistent breathing problems in WTC responders. The study compares WTC responders with respiratory symptoms to WTC responders or other volunteers without respiratory symptoms. I would like to thank all our patients who have participated and supported these studies. If you are interested in participating, please see the study information at eohsi.rutgers.edu/for-research-volunteers or call **Dr. Kathy Black**, the study coordinator, at **848-445-6049**. For more information about EOHSI, please visit eohsi.rutgers.edu.

In closing, the Rutgers Clinic is a very unique and comprehensive healthcare program. Therefore, I hope that each one of our patients take full advantage of what our clinic center has to offer by adhering to your annual monitoring visits and treatment plans. You put your lives on the line and responded swiftly when our country was in crisis, and now we want to pay it forward and help you in any way that you may need!

Please take care of your selves and loved ones. I hope to see everyone soon!

- Dr. Udasin

The Cooking Corner

Fall is right around the corner! Now is a great time to try out a new tasty meal that would be perfect for the upcoming season.



Roasted Chicken & Cauliflower

Ingredients

- 4 whole chicken legs
- 3 tablespoons of Extra Virgin Olive Oil (EVOO)
- 4 cups of cauliflower florets
- 12 cloves garlic, peeled and smashed

Directions

1. Preheat oven to 400 degrees .
2. Pat chicken dry; season.
3. In large skillet, heat EVOO on high.
4. Add chicken, skin side down; cook until browned, 8 minutes.
5. Turn over; cook until browned, 5 minutes. Transfer to plate.
6. Add cauliflower and garlic to skillet. Cook until cauliflower begins to brown, 5 minutes.
7. Top with chicken; bake until chicken is cooked through, 25 minutes.
8. Enjoy!



Chocolate Chip Pumpkin Bread

Ingredients

- 2 cups of sugar
- 2 cups of canned pumpkin
- 1/2 cup canola oil
- 1/2 cup fat-free vanilla pudding
- 4 large egg whites
- 3 cups all-purpose flour
- 1 1/4 teaspoons salt
- 1 teaspoon baking soda
- 1 cup semisweet chocolate chips
- Cooking spray

Directions

1. Preheat oven to 350°.
2. Combine first 5 ingredients in a large bowl, stirring well with a whisk. Lightly spoon flour into dry measuring cups; level with a knife.
3. Combine flour, cinnamon, salt, and baking soda in a medium bowl, stirring well with a whisk.
4. Add flour mixture to pumpkin mixture, stirring just until moist. Stir in chocolate chips.
5. Spoon batter into 2 (8 x 4-inch) loaf pans coated with cooking spray.
6. Bake at 350° for 1 hour and 15 minutes or until a wooden pick inserted in the center comes out clean.
7. Cool 10 minutes in pans on a wire rack, and remove from pans. Cool completely on wire rack.
8. Enjoy!

James Zadroga 9/11 Health and Compensation Reauthorization

On September 17, 2014, a group of lawmakers from across the country introduced the James Zadroga 9/11 Health and Compensation Reauthorization Act.

To track the progress of this bill please visit:
<https://www.congress.gov/bill/114th-congress/senate-bill/928>

Please note that if the bill is reauthorized, there may be changes to the final bill. At this time, we are unaware of what those changes could be.

**On September 3, 2015
several of our Clinic's
patients attended a press
conference held in lower
Manhattan at
Silverstein Family Park.
Thank you for attending!**

**The press conference was to
help urge members of
Congress to take action and
pass the James Zadroga 9/11
Health and Compensation
Reauthorization,
HR 1786 /S 928.**



On June 11, 2015 Dr. Udasin provided her testimony to Congress on behalf of the WTCHP.

**To watch Dr. Udasin's testimony, please go to
youtube.com and search:**

"Examining H.R. 1786, James Zadroga 9/11 Health and Compensation Reauthorization Act"

Families of Freedom Fund

Do you have a child or children that are currently attending college or a postsecondary program? If so, you and your child(ren) might qualify for the Families of Freedom Fund.

"The purpose of the Fund is to provide education assistance for postsecondary study to financially needy dependents of those people killed or permanently disabled as a result of the terrorist attacks on September 11, 2001, and during the rescue activities relating to those attacks."

— From the Fund Declaration

For more information and/or register and apply for the Fund, please visit www.familiesoffreedom.org, call 1-877-862-0136 or email at info@familiesoffreedom.org

Passing of Dr. Paul J. Lioy



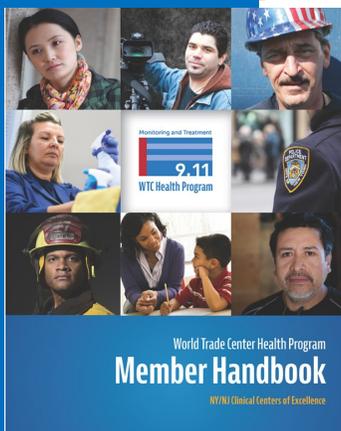
Our very own EOHSI scientist, Dr. Paul J. Lioy died unexpectedly on July 8, 2015, after collapsing at the Newark Liberty International Airport. At this time, the cause has not yet been determined.

Dr. Lioy was an environmental scientist widely known for his analysis of the dust spawned by the September 11 attacks of the World Trade Center and for his studies of its health effects over time. He was an internationally renowned author on exposure science, a field concerned chiefly with pollutants and toxins that straddles environmental science and occupational health. Additionally, he was the author of "Dust: The Inside Story of Its Role in the September 11th Aftermath," a book for a general readership published in 2010.

At the time of his death, he was a professor for the environmental and occupational health for Rutgers University's School of Public Health, as well as EOHSI's director for government relations.

Dr. Lioy will be forever missed and impossible to replace.
Rest in Peace Dr. Lioy!

WTC Health Program Member Handbooks are Now Available!



New WTC Health Program Member Handbooks were made available earlier this year.

This updated Handbook contains a new list of cancers and conditions that are now certifiable through the WTCHP, overview of Program services, cancer care, pharmacy benefits, information about medical emergencies, your rights and responsibilities as a member of the Program, privacy practices and the information about the Victim Compensation Fund.

You can obtain a copy of the Handbook in our office during your monitoring visit, by calling the WTCHP Member Services line at **1-888-982-4748**, or go to **www.cdc.gov/wtc/handbook.html**

You can request a copy of the Member Handbook. To request a copy call 1-888-982-4748, Or go to <http://www.cdc.gov/wtc/handbook.html>, Or come to Our clinic to pick one up.

Skin Cancer Awareness

According to the Centers of Disease Control and Prevention (CDC), skin cancer is the most common cancer in the United States. The two most common skin cancers are basal cell and squamous cell carcinomas— which are highly curable, but can be disfiguring and costly.

Melanoma, is the third most common skin cancer and is more dangerous and causes the most deaths. Most cases are caused by the exposure to ultraviolet (UV) light. Not all skin cancers look the same, but here are the A-B-C-D-Es of melanoma as a simple way to remember the signs:

- A** – stands for **asymmetrical**. Does the mole or spot have an irregular shape with two parts that look very different?
- B** – stands for **border**. Is the border irregular or jagged?
- C** – is for **color**. Is the color uneven?
- D** – is for **diameter**. Is the mole or spot larger than the size of a pea?
- E** – is for **evolving**. Has the mole or spot changed during the past few weeks or months?

Talk to your doctor if you concerned or notice any of items listed the above.

To lower your skin cancer risk, follow these tips (especially during the summer months):

- Seek shade, especially during midday hours
- Cover up with clothing to protect exposed skin
- Wear a hat with a wide brim to shade the face, head, ears and neck
- Wear sunglasses that wrap around and block as close to 100% of both UVA and UVB rays as possible
- Remember to reapply sunscreen at least every 2 hours and after swimming, sweating or toweling off

For more information about skin cancer and skin cancer prevention, please visit:
http://www.cdc.gov/cancer/skin/basic_info/what-is-skin-cancer.htm

9/11 Remembrance Events Throughout New Jersey

As the memorial for September 11th is right around the corner, many counties are preparing for their remembrance events. Below is a list of some events that are taking place throughout New Jersey. If you do not see an event listed close to you, please contact your local municipality for more information. Many lives were lost on September 11, 2001, but will never be forgotten!

Atlantic County

9.11.15 @ 8:30 A.M.
Remembrance Ceremony
City of Somers Point Patriot Park
Bethel Road & 1st Street
Somers Point

9.11.15 @ 6:00 P.M.
Dedication Ceremony
Farmington Volunteer Firehouse
Maple Avenue off Dougherty Road
Egg Harbor Township

Bergen County

9.11.15 @ 6:30 P.M.
Memorial Ceremony
Veteran's Park
Rodney Street & Main Street
Glen Rock

Camden County

9.13.15 @ 9:11 A.M.
The South Jersey 9/11 Heroes Run
Pennsauken Township

Cape May County

9.11.15 @ 5:00 P.M.
9/11 Patriot Day Ceremony
Crest Haven Complex
Cape May Court House
4 Moore Road
Cape May

9.11.15 @ 7:00 P.M.
Remembrance Football Game
Carey Stadium
5th & Atlantic Avenue
Ocean City

Cumberland County

9.11.15 @ 8:00 A.M.
Memorial Stair Climb
Bridgeton Housing Authority high-rise on
Commerce Street
Brindgeton



The "Tear Drop Memorial" is located in Bayonne.

9.11.15 @ 6:30 P.M.
Candlelight Vigil
Riverfront at Buck and Main
Street
Millville

Essex County

9.11.15 @ 8:00 A.M.
Remembrance Ceremony
Essex County Eagle Rock 9/11
Memorial
Eagle Rock Avenue
West Orange

Gloucester County

9.11.15 @ 8:30 A.M.
County Patriot Day Ceremony
Chestnut Branch Park on Main Street
Mantua

Monmouth County

9.11.15 @ 8:00 A.M.
Remembrance Ceremony
Mount Mitchell Scenic Overlook
Atlantic Highlands

Morris County

9.11.15 @ 10:00 A.M.
Memorial Service
Morris Plains 9/11 Memorial
Corner of Littelton Road & Tabor Road
Morris Plains

Salem County

9.11.15 @ 7 P.M.
Remembrance Ceremony
Salem County Fairgrounds
Route 40
Pilesgrove Township

Somerset County

9.13.15 @ 12:00 P.M.
9/11 Heroes Run
Sommerville



The "We Shall Never Forget" memorial is located in Pennsauken. There are several other memorials located throughout New Jersey!



VOICES has helped families heal after tragedy, a mission that began after 9/11. Today, the organization continues to address the long-term needs of those impacted by 9/11, while helping communities prepare for, respond to, and recover from other acts of mass violence and disasters. There are two office one located in New Cannan, Connecticut and another located in New Brunswick, New Jersey.

Voices serves families of victims, survivors, responders, emergency managers and communities in crisis. To learn more about Voices, please visit <http://voicesofsept11.org> or call 732-543-2300 for the New Brunswick Office.

Voices of September 11th Upcoming Event

14th Annual Day of Remembrance Information Forum
Free Program of 9/11 Family Members, Responders and Survivors
Thursday, September 10, 2015
Marriott Downtown Hotel
85 West Street
New York City

Registration Begins: 8:00 AM

Program: 9:00 AM—5:00 PM

For more information and to register please visit:

<http://voicesofsept11.org/initiatives/911-information-forum/2015>

The World Trade Center Health Program
EOHSI Clinical Center at Rutgers
170 Frelinghuysen Rd., Piscataway, NJ 08854
p. 848-445-0123 | f. 732-445-0127

**Even if you feel fine or in treatment, please
attend your annual monitoring exams!**

