



RESPONDER NEWS

Fall 2019



Dear Responders,

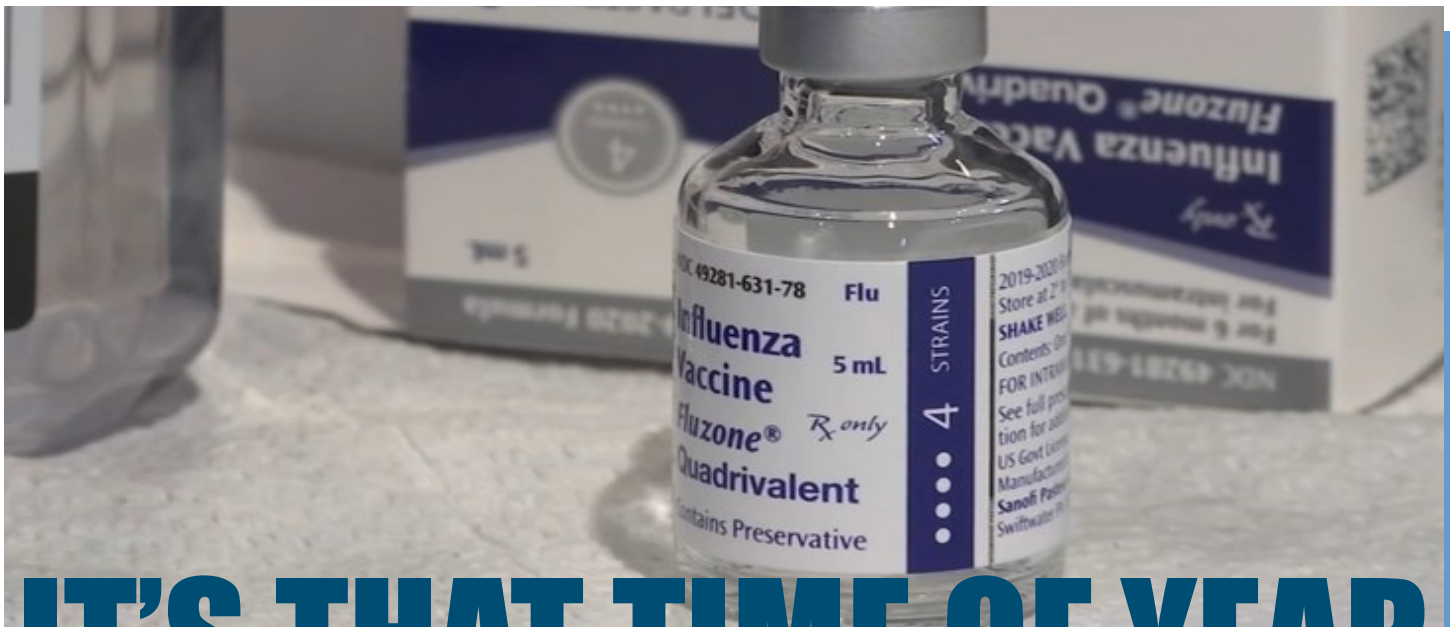
Hello Autumn! We are excited for the change of the season. That means that cold and flu season is upon us. On page two, we explain how you can get your flu shot at your local pharmacy and we will cover it.

In September, we held our WTC Responder Family Picnic with the FealGood Foundation. Be sure to check out some photos inside. It was a great day.

Also, make sure that you are registering for the MyHealtheLife Patient Portal. Results from your monitoring exam will be sent through this portal shortly. For more information, turn to page three.

We look forward to seeing all of you soon.

Warmly,
Stony Brook WTC Health and Wellness Program



IT'S THAT TIME OF YEAR

Make sure you get your flu shot

Did you know that you can go to any pharmacy and your flu shot will be covered by the World Trade Center Health Program?

Please present the pharmacy with your WTC Health Program Optum prescription card.

The flu shot requires approval from our clinic so we strongly recommend to go Monday-Friday from 9 AM-4 PM so we process on our end.

If you do not have your prescription card or the pharmacy has additional questions, please call 631-855-1200 and we are happy to assist.

REGISTER FOR THE PATIENT PORTAL

Register for the Patient Portal, [MyHealthLife](#), today!

The Patient Portal will give you quick access to your health record and the ability to communicate health-related messages with the Stony Brook WTC Health and Wellness Program securely online.

Results from your WTC monitoring exam will now be sent electronically through the portal.

To enroll in the portal, please go to:
<https://stonybrookmedicine.iqhealth.com/self-enroll/>

Tunnel To Towers 5k Run and Walk



The Tunnel To Towers 5k run and walk is held in New York each year. It began with 1,500 people in 2002 and is now considered to be one of the top 5k runs in America with over 30,000 people participating this past September. The event symbolizes Stephen Siller's brave journey from the foot of the Hugh L. Carey Tunnel (formerly known as the Brooklyn Battery Tunnel) to the Twin Towers site. On September 11, 2001 Stephen strapped on his gear and ran through the tunnel to the Twin Towers trying to save people on that tragic day. This event pays homage to the 343 FDNY firefighters, 71 law enforcement officers, and thousands of civilians who lost their lives on September 11th. It was an honor for us to be a part of such an important event and we're looking forward to participating next year as well and hope that you will join us.

If you are interested in more information: <https://tunnel2towers.org/new-york-city-5k/>

Nutritional Care

A Responder's Point of View

As of September 2018, the Stony Brook WTC Health and Wellness Program established a nutrition department which utilizes Registered Dietitians to perform individualized nutrition counseling to meet our members' unique health goals. Members participating in counseling have experienced weight loss, improved blood flow results, reductions in medications, digestion relief, a more sound night's sleep, and more.

Fellow member Mitchell Goldstein joined the WTC Health Program in 2018 and has written a recount of his experience:

After initial intake, screening and reviewing the services and studies that the Program offered, I elected to take advantage of the Nutrition Program. It was one of the specific professional services that I wanted to get a referral for years, as the years of good living were catching up.

The approach was to educate and modify my food purchases, food types along with cooking styles – not an extensive change but a gradual staged modification for overall blood chemistry improvements, inclusive of weight loss. Readily achievable goals were discussed and presented to upgrade my general nutritional profile. The meeting was one-to-one, and we fully discussed a healthier lifestyle and quality of life.

"In two visits (primary and follow-up) to date with the Registered Dietitian, the results are significant. My general blood chemistry has improved dramatically with steady weight loss and significant quality of life improvement. As I don't normally write reviews or share personal information, I felt that this Nutrition Program offered by the Stony Brook WTC Health and Wellness Program is a great benefit to all in the Program and should be taken full advantage of - as the results can be very significant."

Strongly suggested is when you either have an initial examination, annual examination or other interim visit, set up an appointment with one of the Registered Dietitians. No matter what your current health may be, take the time and review your nutrition profile. You will be glad you did and bring your significant other, as they can benefit and provide support.

Remember - this is part of the WTC Health Program at Stony Brook, so there are no additional charges for this recommended professional nutritional program.

**To contact Amanda & Katie, please call:
631-638-0584 or 631-638-0537**

Philly Cheesesteak Stuffed Portobello Mushrooms

Yield: 4 servings

Serving Size: 1 mushroom cap

Nutritional Information

Calories: 256 kcal

Total Fat: 16 g

Saturated Fat: 8.5 g

Cholesterol: 26.5 mg

Sodium: 383.5 mg

Carbohydrates: 10 g

Fiber: 4 g



- 6 oz. thin sliced sirloin steaks
- 1/8 teaspoon kosher salt
- Black pepper to taste
- Cooking spray
- 3/4 cup diced onion
- 3/4 cup diced green pepper
- 1/4 cup light sour cream
- 2 tablespoons light mayonnaise
- 2 oz. light cream cheese, softened
- 3 oz. shredded mild provolone cheese (or cheese of your choice)
- 4 medium Portobello mushrooms, with no cracks

Directions:

1. Preheat the oven to 400F. Spray a baking sheet with oil.
2. Gently remove the stems, scoop out the gills and spray the tops of the mushrooms with oil. Season with 1/8 tsp. salt and fresh pepper.
3. Season steak with salt and pepper on both sides.
4. Spray a large skillet with cooking spray and heat on high. Let the pan get very hot then add the steak and cook on high heat about 1 to 2 minutes on each side until cooked through.
5. Transfer to a cutting board slice thin, and set aside.
6. Reduce the heat to medium-low, spray with more oil and sauté onions and peppers for about 5-6 minutes until soft.
7. Combine all ingredients in a medium bowl. Fill the mushroom caps with the combined ingredients, about 1/2 cup each.
8. Bake in the oven until the cheese is melted and the mushrooms are tender, about 20 minutes.

WTC RESPONDER FAMILY PICNIC



Our WTC Responder Family Picnic was held on September 14th at Heckscher State Park in East Islip in conjunction with the FealGood Foundation.

With around 2,000 members and their families and friends in attendance, it was a great day. Food was generously provided by Texas Roadhouse and Chick-Fil-A and the Buggy Jones band played a great mix of contemporary and classics.

We'd like to thank all of our vendors and sponsors for their generous donations and services. Lastly, thank you to all of you for coming out and enjoying the day with us!



Cancer Screenings

The WTC Health Program will cover screenings for members who qualify

Breast Cancer Screening/Mammograms

If you are a woman between the ages of 50-74, you may receive a mammogram every other year. The Program may cover earlier or more frequent screening if you are at a higher risk for breast cancer. If you receive a positive result from a mammogram, the Program will cover an additional mammogram, as well.

Colon Cancer Screening

Typically, the Program provides colon cancer screening for members between the ages of 50-75. Earlier coverage or more frequent screening may be covered if it is deemed you are at a higher risk for colon cancer.

Cervical Cancer Screening

The majority of female members between the ages of 21-65 can receive cervical cancer screening through the Program. Female members between the ages of 21-65 may receive a Pap smear every three years. If you are between the ages of 30-65 you qualify for a Pap smear in combination with HPV testing every five years. More frequent testing may be covered if you are considered a higher risk.

Lung Cancer Screening

Low-dose computer tomography (CT scan) is the main test used to screen for lung cancer. Members who are at a high risk for lung cancer are covered for annual lung cancer screening. High risk individuals are between the ages of 55-80 years old; have a smoking history of at least 30 pack-years, and are current smokers or former smokers who have quit smoking completely within the last 15 consecutive years.

LET'S TALK ABOUT ASTHMA

SUNY WTC HEALTH AND WELLNESS PROGRAM'S ASTHMA CLINIC



THE DETAILS

- Reduce symptoms that trigger an asthma attack
- Optimizing medication management
- Individual one-on-one appointments

WANT TO BETTER UNDERSTAND YOUR ASTHMA?

Our Program will provide you with education in asthma self management

Where: You can choose between either our main clinic in Commack or our satellite location in Mineola

When: By appointment only

BREAK THE HABIT

SUNY WTC HEALTH AND WELLNESS PROGRAM'S TOBACCO CESSATION CLINIC

WANT TO QUIT SMOKING?

Our Program provides:

- Tobacco cessation medication or nicotine replacement
- Telehealth support for help at home
- Individual one-on-one appointments

Where: You can choose between either our main clinic in Commack or our satellite location in Mineola

When: By appointment only



ASK YOUR WTC PROVIDER FOR A REFERRAL OR CALL 631-855-1200 TO SPEAK WITH A CLINICAL PHARMACIST

Monitoring and Treatment



WTC Health Program

WTC Health Program
Stony Brook WTC Health and Wellness Program
500 Commack Road, Suite 204
Commack, NY 11725

Visit us at: WTCwellnessprogram.org
Follow us on Facebook: [@stonybrookwtc](https://www.facebook.com/stonybrookwtc)

Providing Excellent Care in Suffolk and Nassau Counties



500 Commack Road, Suite 204
Commack, NY



173 Mineola Boulevard, Suite 302
Mineola, NY