

Monitoring and Treatment



WTC Health Program

RESPONDER NEWS

SPRING 2018

Dear Responders,

Spring is just around the corner and we could not be more excited for the warm weather that will soon be upon us.

We continue to expand our operations in both clinic locations to continue to ensure that we are capable of seeing the growing number of responders here on Long Island. With that in mind, there have been several new additions to the WTC family.

We recently welcomed new clinical staff to our team: Dr. Matkovic and Nurse Practitioner, Junghoon Park, as well as Lauren Gonzalez, our nurse manager. Our case management team continues to expand in both locations and we welcomed Dawn Gianelli as our Case Management Manager. They are all going to be great assets to the Program and all of you.

This past February, we held our first Facebook live-stream Informational Session. The event gave newly enrolled members the opportunity to learn more about the Program's benefits. Inside you will find an overview of what was covered. The session was met with much success and we are working towards having more in the future.

Looking ahead, we are planning a number of different events. Our family fun day and picnic is already in the works. Keep an eye out as more details become available. We will be keeping you up to date on our Facebook page and in future newsletters.

In closing, we look forward to seeing you at your next visit. Thank you for your continued support.

Warmly,

Benjamin J. Luft, M.D.
Director and Principal Investigator

INTRODUCING YOUR NEW OMBUDSWOMAN

WHAT IS AN OMBUDSWOMAN?

One who investigates, reports on, and helps to settle complaints.

Since the beginning, Sonia Fore has been a driving force at the World Trade Center Health Program dedicating her time and efforts to advocating for our first responders.

Throughout the years, many of you have most likely had the pleasure of meeting Sonia in the clinic. For those of you who have not, we would like to take this opportunity to reintroduce her.

Sonia will be taking on a new role at the Program as your Ombudswoman. She will be here for all of you to handle issues that need to be addressed or any needs that may arise.

**Please feel free to reach out to her at:
631-638-0543**



ANNUAL WTC RESPONDER FAMILY FUN DAY AND PICNIC



COME JOIN IN THE FUN AT OUR RESPONDER PICNIC THIS FALL!

We are excited to announce that this year we are bringing back our annual picnic in celebration of our responder's community.

Details are to come via our Facebook page and in future newsletters.

Member Informational Session Recap

Coming in for your first visit at the WTC Health Program can be overwhelming. New members to the program were given the opportunity to come meet our staff and get a better understanding of their Clinical Center of Excellence.

On February 28th, we held our first informational session for newly enrolled members. We gave an overview of the “workings” of the program, with a focus on: annual monitoring exams, case management, community events, research, diagnostic and treatment services, and pharmacy benefits. Here are some important questions that were addressed:

1. Are we still entitled to a yearly visit if we are not certified for anything through the Program?

A: Yes, all members are eligible to come in yearly for a monitoring exam whether or not you have certified conditions.

2. How long does it take to hear back regarding a certification?

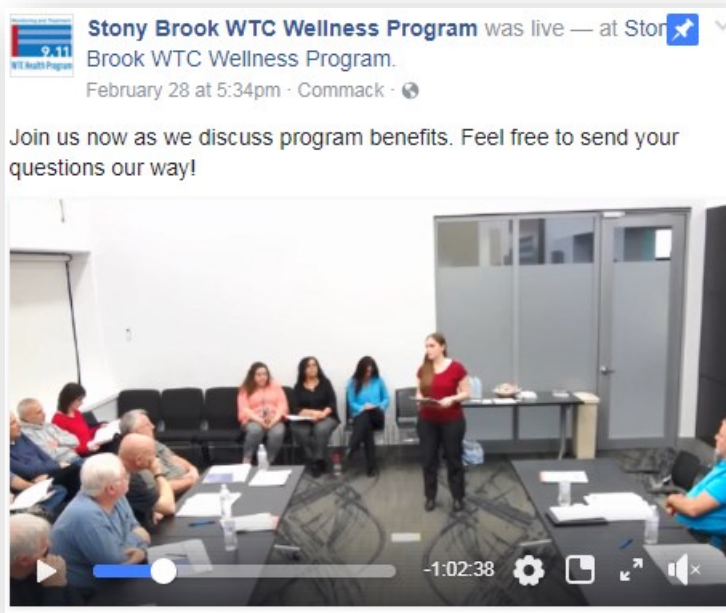
A: We compile all of your information and supporting documentation and submit it to NIOSH on your behalf. NIOSH will then send you a letter regarding the decision for your certification. It typically can take about 6 to 8 weeks from the time you are seen to the time you are hear back.

3. What do case managers assist with?

A: They are here to help assist you with your case coordination for certified conditions through the Program. They work with your provider to ensure that you are getting the necessary authorizations and referrals for your treatment.

4. What are the benefits or participating in the research portion of the Program?

A: We aim to understand the health effects our responders are experiencing relating to their 9/11 response work. Our research studies help us to understand how the ramifications of 9/11 affects our responders and allow us to continuously adapt our approach to your care.



This informational session was live streamed on our Facebook page so if you missed it you can still login and get all the information. The event was a great success and we are looking forward to planning more in the future!

BREAK THE HABIT.

World Trade Center Health Program's Tobacco Cessation Program

WANT TO QUIT SMOKING?

WE'RE HERE TO HELP

Our program provides:

- Tobacco cessation medication or nicotine replacement
- Telehealth telephone support for help at home
- Individual appointments with one of our clinical pharmacists

WHERE:

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

WHEN:

Commack- Thursdays by appointment

Mineola- Fridays by appointment

TO REGISTER:

Ask your WTC provider to give you a tobacco cessation referral or call 631-855-1200 and ask to speak with one of our clinical pharmacists, Dr. Teller or Dr. Eloma.



MEET YOUR CLINICAL PHARMACISTS



Dr. Shannon Tellier graduated from St. John's University College of Pharmacy and Health Sciences with her Doctor of Pharmacy degree. She then pursued two years of post-graduate residency training. Her first residency in pharmacy practice was completed at St. Joseph's Regional Medical Center in Paterson, NJ and her second residency in academia and community health was completed at St. John's University College of Pharmacy and Health Sciences.



Dr. Amanda Eloma received her Doctor of Pharmacy degree from the University of Rhode Island. After graduation, she pursued residency training ultimately becoming specialized in psychiatric pharmacy. She completed her postgraduate year-1 Pharmacy Practice Residency at Stony Brook University Hospital and postgraduate year-2 Psychiatric Pharmacy residency at Providence Veteran Affairs' Medical Center.



GET HEALTHIER WITH HOUSEPLANTS

Bringing the outdoors in adds more than just aesthetic appeal to your interior space. Research has shown that having greenery in your home can positively affect your overall well-being.

There is no question that getting outside is beneficial for your health, but have you considered what would happen if you brought the outdoors inside? Houseplants can help reduce stress levels, boost your mood, and even purify your home's air. Here are some important benefits of indoor plants that you should know:

1. **They Improve Indoor Air Quality**– Indoor air has been proven to be up to five times more contaminated than outdoor air. In the 1980s, NASA concluded houseplants can reduce air toxins indoors by as much as 87% in just a twenty-four hour period. Bamboo and the peace lily are great options for air filtration.
2. **They Boost Mood and Reduce Stress**– We are living in a time dominated by the use of technology leaving us disconnected from nature. Just the presence of greenery in your home can reduce blood pressure, eliminate anxiety, and increase productivity.
3. **They Promote a Restful Night's Sleep**– Being surrounded by nature helps trigger relaxation so it makes sense that having a few plants in the bedroom would promote a sense of calmness. Jasmine and lavender are a few of the many plants that promote a healthy night's sleep.
4. **They Aid in Healing**– Plants can have a positive effective on someone who is battling illness and can even reduce the time it takes for someone to heal from surgery. Research also suggests tending to plants has both physical and mental health benefits for people with dementia, musculoskeletal pain, and brain injuries.

Best Trees for Purifying Your Space



Rubber Tree



Guiana Chestnut Tree



Dragon Tree



Fiddle Leaf Fig Tree



Norfolk Pine Tree



Lemon Tree

MEET OUR NEW STAFF



*Dawn Gianelli
Case Management Manager*

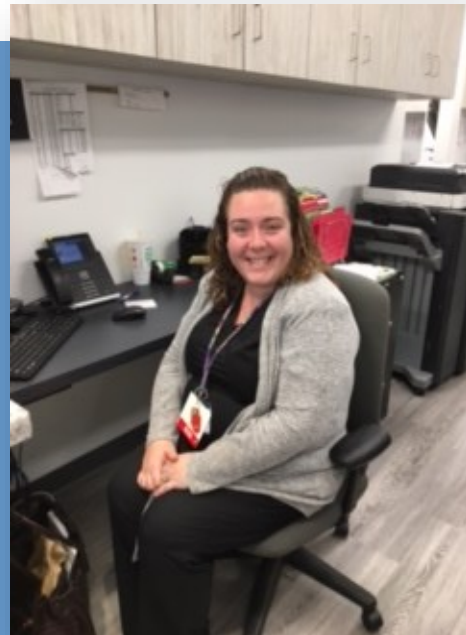
Dawn comes to us after several years working in a variety of different settings in the health care industry. She spent several years working at Brookhaven Hospital and as an admissions director for skilled nursing facilities throughout the country. Dawn oversees our Case Management team at both the Commack and Mineola locations.

“I’m fortunate that I am able to serve my community and look forward to providing the highest level of coordination of care to a very worthy patient population.”

Lauren joined our team back in October. She worked as a critical care nurse at Stony Brook Hospital where she was in charge of the neurosurgery trauma ICU and surgical ICU units.

“This program is about serving a population that is truly deserving of our care. It is a pleasure to be a part of it.”

Next time you are in Commack, be sure to say hi to Lauren!

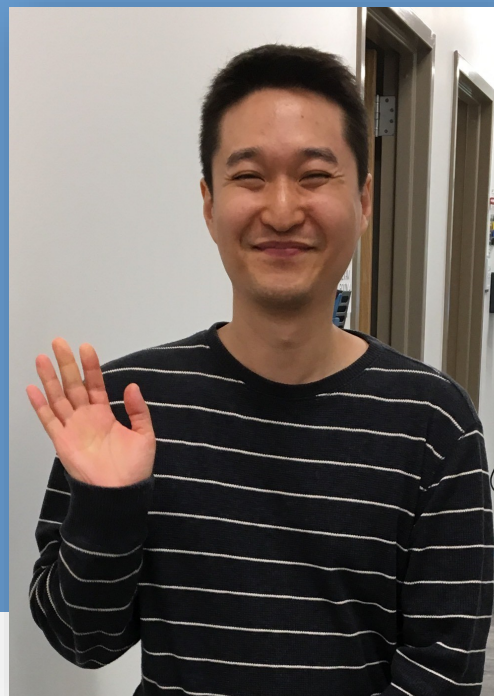


*Lauren Gonzalez
Nurse Manager*

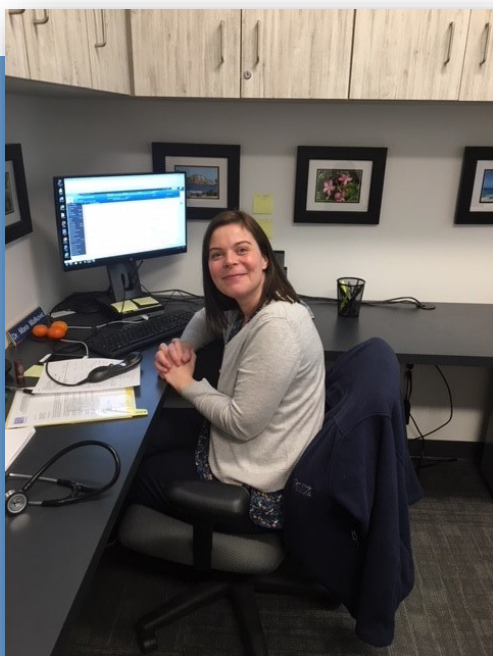
Junghoon, “J.P.”, comes to our Program having worked as a clinical nurse since 2008. He received his board certification in Family Medicine in 2014 and has been working in a primary care setting since.

“It is a great honor to be able to serve such an important population. I look forward to the opportunity.”

J.P. will be seeing members for their annual exams and treatment needs at our Commack location.



*Junghoon “J.P.” Park
Nurse Practitioner, Commack location*



*Dr. Mara Matkovic
Provider, Commack location*

Dr. Mara Matkovic started with our Program in February. She came to us from Stony Brook Hospital where she was working as a Hospitalist in Internal Medicine.

“This has been a great experience thus far. I am excited to assist in the care of our 9/11 responders.”

Dr. Matkovic will be seeing members for their annual exams and treatment needs at our Commack location.

DID YOU KNOW...

MARCH IS COLORECTAL CANCER AWARENESS MONTH

Every year about 140,000 people are diagnosed with colorectal cancer in the United States. It is the second leading cause of cancer death affecting both men and women. However, the disease is highly preventable by being regularly screened starting at 50 years old.

What is Cologuard?

The Cologuard is a noninvasive FDA approved screening option that you can use in the comfort of your own home.

Cologuard uses sDNA (stool DNA) technology to identify altered DNA and/or blood in stool.

DNA is shed from cells in the intestinal lining and then passed into the stool. Both precancers and cancer shed DNA, so it can be an early indicator of colon cancer or precancerous lesions. These can be detected before altered DNA would be present in the blood stream.

Is colon cancer screening available through the WTC Health Program ?

Yes, screening may be available through your monitoring exam. Screening is recommended to begin at the age of 50. However, the Program may cover earlier screenings if you have a family history, a previous cancer diagnosis, or a condition that suggests a higher risk of colon cancer.

What are the benefits of colon cancer screening?

Screening looks for cancer before you may notice any symptoms. Screening allows for earlier treatment, which may slow or even stop the cancer from progressing.

How does the WTC Health Program screen for colon cancer?

We will either refer you for a colonoscopy through our network of specialists or you may qualify for the Cologuard as an alternative option (see box, "What is Cologuard?"). Please discuss your options with your WTC provider.

What happens if I receive a positive result?

Your WTC provider will explain what this may mean and review future testing and possible treatment. The Program will cover additional screenings if you receive a positive result and will also cover your treatment if the cancer is deemed to be related to 9/11.

Can I still be screened through my personal physician who is not affiliated with the Program?

Yes, you can choose to do your screening through your private doctor, but the WTC can only pay for screenings provided through the Program. If you were screened elsewhere, please share this information with your WTC provider.



Spinach, Tomato, and Feta Crustless Quiche

Serves: 8

Hands On Time: 10 minutes

Total Time : 35 minutes

Ingredients:

- 1 tablespoon olive oil
- 1 medium onion diced (about a cup)
- 6 ounces fresh baby spinach leaves
- salt and pepper to taste
- 4 large eggs
- 1/2 cup flour
- 1/2 teaspoon baking powder
- 1 1/2 cups milk
- 1/2 cup feta cheese
- 1/2 cup grape or cherry tomatoes halved

Directions:

1. Preheat the oven to 400 F. Lightly grease a 10-inch tart pan or a deep dish pie plate.
2. Heat the olive oil over medium high heat in a skillet and sauté the onion until cooked through.
3. Add the spinach into the skillet and cook until just wilted. Season with salt and pepper and remove from heat.
4. Whisk together the eggs, flour, and baking powder. Whisk in the milk then stir in the spinach and onion mixture.
5. Pour the mixture into the pan and top with feta cheese.
6. Place the tomato halves on top and gently press into the surface so that only the top is visible.
7. Bake for 25-30 minutes or until the center is set and the edge is golden brown—pulling away from the pan.
8. Garnish with extra feta and basil (optional).

This recipe can be served hot or cold. You can always add additional vegetables like mushrooms or peppers to this recipe if you would like.

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WTC Health Program
Long Island Clinical Center of Excellence at Stony Brook Medicine
500 Commack Road, Suite 204
Commack, NY 11725

WTC Health Program

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