



# RESPONDER NEWS

SUMMER 2019



Dear Responders,

Summer is finally here! Here at the Stony Brook WTC Health and Wellness Program, we are very excited to get outside and enjoy what Long Island has to offer. The warm weather means that we are in the full swing of planning our WTC Responder Family Picnic. All the details of the event are inside and we will be sending out formal invitations soon!

Optum, our pharmacy program, has launched a new website that now allows our members to request refills online. To find out how to enroll be sure to check out the article. Lastly, we cover how to avoid billing issues through the Program and give tips to make utilizing our services easier.

We look forward to seeing all of you soon.

Warmly,  
Stony Brook WTC Health and Wellness Program

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# To Avoid Billing Issues:

1. Please make sure to present your private insurance information in addition to your World Trade Center Health Program information when visiting one of our referred specialists.
2. Make sure that all referrals and authorizations are up to date and valid. Procedures must be related to your certified WTC-related conditions in order to be covered by the Program.

If you have any questions regarding coverage, please call us at **631-855-1200** and one of our Member Service Specialists would be happy to assist you.

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## OPTUM HOME DELIVERY WEBSITE

*YOU CAN NOW ENROLL AND REQUEST REFILLS ONLINE*

Optum has launched a new website specifically for Program members.

All you need to do is go on their website and enroll in the home delivery service. Once enrolled, you can login and request medications through the portal.

You should still be requesting these medications two weeks prior to running out to ensure that your prescription is processed and mailed out in time.

To enroll in home delivery, please go to:  
**[wtchomedelivery.optum.com](http://wtchomedelivery.optum.com)**

# UNDERSTANDING FORCED VITAL CAPACITY

Forced vital capacity (FVC) is defined as the amount of air that can be forcibly exhaled from the lungs after a deep breath. These measurements may be decreased either temporarily or permanently due to a number of different lung issues.

This is a very important pulmonary (medical term for lung) function measurement that can be used to evaluate and diagnose a range of different lung diseases from asthma and chronic obstructive pulmonary disease to pulmonary fibrosis and sarcoidosis.

By determining the amount of air that can be forcibly exhaled, doctors can gain valuable information that gives clues about how the lungs are functioning initially and how they are changing over time.

Here at the Stony Brook WTC Health and Wellness Program, we use the spirometry pulmonary function test to determine forced vital capacity. This test is non-invasive and only takes a few minutes to complete. A clip is placed over your nose and you are given a tube to breath into. You will be asked to inhale as deep as possible and exhale as forcefully as you can. These steps are typically repeated a few times for the most accurate results. A normal  $FEV_1/FVC$  ratio is 70 to 80% or higher in adults.

The results of test are looked at in two different ways. First, it can be used as a comparison to what your FVC should be in relation to your age, sex, height, etc. It could also be compared against your previous test results to determine if a pulmonary condition is worsening or improving from treatment.

It is important to remember that with any test, these results are only a piece of the overall picture. Our health care providers will also be looking at your medical conditions, general health, and other findings to better understand what the your FVC measurement means before moving forward with prognosis and treatment options.





# LET'S GET SMART ABOUT SUPERFOODS

*ADD THESE FOODS FOR A HEALTHY BALANCED DIET*



## **Nuts & Seeds**

High in fiber and omega-3 fatty acids.  
Loaded with iron and calcium.  
Choose unsalted nuts to avoid sodium.

## **Berries**

High level of flavonoids, fiber, and vitamins.  
Antioxidants in berries help curb stress that comes with aging.

## **Salmon**

Low in calories and saturated fat, it packs a high-protein punch per serving.  
High in omega-3 fatty acids.

## **Beans & Legumes**

Good source of potassium, iron, and phosphorus.  
Rich in soluble fiber which can help lower cholesterol.

## **Dark Leafy Greens**

Packed with nutrients, fiber, and antioxidants.  
Can aid in fighting heart disease and cancer.

## **Oats**

Whole-grain source of dietary fiber.  
Linked to lowering blood pressure and reducing the risk of type 2 diabetes.

## **Yogurt**

Good source of calcium and protein and contains probiotics.  
Choose options that are low-fat or fat-free.

## **Avocado**

High in fiber and monounsaturated fats.  
May reduce risk of heart disease.

# Thai Turkey Burgers

## Nutrition Facts

Serves 4	
<b>Serving Size</b>	<b>4 oz</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>307</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 19g	<b>29%</b>
Saturated Fat 3.3g	
<b>Cholesterol</b> 78.2mg	<b>26%</b>
<b>Sodium</b> 723.6mg	<b>30%</b>
<b>Total Carbohydrate</b> 10g	<b>3%</b>
Dietary Fiber 3.2g	<b>13%</b>
Sugars 4.5g	
<b>Protein</b> 26g	<b>52%</b>
<b>Iron</b> 2.4mg	<b>13%</b>
<b>Potassium</b> 597.1mg	<b>17%</b>
<b>Folic Acid (B9)</b> 30.6µg	<b>8%</b>



### Turkey Burger:

- 1 pound ground turkey
- 1/2 cup shredded carrots
- 1 tablespoon chopped cilantro
- 1 green chopped onion
- 1/2 teaspoon salt
- 1/2 teaspoon garlic powder
- 1/2 teaspoon ground ginger
- 1 tablespoon olive or avocado oil

### Almond Butter Sauce:

- 2 tablespoons almond butter
- 1 tablespoon coconut aminos
- 1 tablespoon rice vinegar

### Coleslaw:

- 2 tablespoons almond butter
- 3 tablespoons rice vinegar
- 2 tablespoons coconut aminos
- 1 tablespoon water
- 1/2 teaspoon garlic powder
- 1 teaspoon sesame oil
- 1/4 teaspoon ground ginger
- 10 oz. bag coleslaw mix
- 1 tablespoon chopped cilantro
- 1 head of cabbage

### Directions:

1. In a bowl combine turkey, shredded carrots, 1 tablespoon cilantro, green onion, salt, garlic powder and ground ginger. Mix with your hands until fully combined.
2. Divide into 4 pieces and form into patties. Turn the grill or pan to medium high heat and add oil once the pan is hot. Cook the patties for about 4 minutes per side, until they reach an internal temperature of 165 F. Remove from heat and set aside.
3. In a small bowl, combine all of the almond butter sauce ingredients and set aside.
4. In another medium size bowl, combine 2 tablespoons add all wet ingredients for the coleslaw. Whisk to fully combine then add in coleslaw mix and cilantro.
5. To make burger, peel off pieces of cabbage and top with a burger patty, some almond butter sauce and coleslaw.

# **SAVE THE DATE**

**WTC  
RESPONDER  
FAMILY PICNIC**



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Last year our WTC Responder Family Picnic was a great success with over 1,000 responders and their family members in attendance. We are excited to announce that we are fully underway with the planning of this year's picnic and cannot wait for another fun filled day with all of you.

In conjunction with the FealGood Foundation, we will be holding the picnic at Heckscher State Park in the Deer and Taylor Pavilions again. Food will generously be provided by Texas Roadhouse and The Bugsy Jones Band will be there on the mic playing throughout the day.

This is a great opportunity for you to come out and enjoy the day with us. We look forward to seeing you all there!

**Saturday Sept. 14<sup>th</sup> from 12–5 PM**  
**Heckscher State Park, East Islip**  
***Formal invitation to follow***





Monitoring and Treatment



WTC Health Program

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

**Providing Excellent Care in Suffolk and Nassau Counties**



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