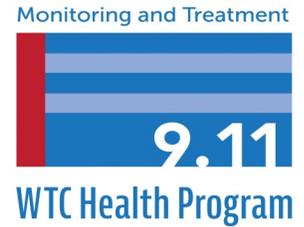




FDNY WTC Health Program



ISSUE XIII

Winter 2015-2016

Congress Passes Zadroga 9/11 Extension funding the WTCHP through 2090

Shortly before Christmas, the Zadroga 9/11 Health and Compensation Extension successfully made it through both houses of Congress providing for another five years for the Victims Compensation Fund and another 75 years for WTCHP services. This historic legislation's passage is due to tireless efforts by FDNY members active and retired and their families. Many other people took part in the advocacy effort including the UFA, UFOA, NYPD, NY Senators Kristen Gillibrand and Chuck Schumer, Representatives Carolyn B. Maloney, Jerrold Nadler and Peter King, not to mention Jon Stewart .

FDNY members with WTC health related conditions can now rest assured that the FDNY WTCHP will be here to serve their needs and give them the healthcare they deserve.

Program Updates: Generics First Policy

You may have already received a letter informing you of the WTC Health Program's Generics First Program.

Starting March 1, 2016, NIOSH, the federal agency which oversees WTC healthcare, is requiring that all WTC prescriptions for brand medications that are also available in generic form be filled using the generic medication.

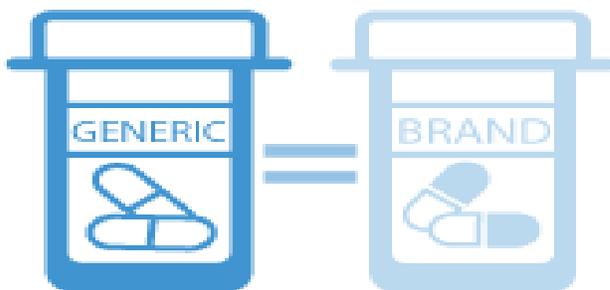
1. If you are on a brand name drug, and need to be switched to a generic, the change will occur at your next WTC Monitoring or Treatment appointment.
2. For members who have medication refills remaining, in most cases the generic medication will automatically be substituted when your next brand medication refill is due.

For medications without an FDA approved generic form, the WTC Health Program will cover the most cost effective drug for your health condition starting March 1, 2016.

After consulting specialists in the various WTC-covered health categories, it was determined that by using generic medications or by prescribing the low cost brand within a medication category, the WTC Health Program will be able to:

1. Continue to provide high quality care for our members, with excellent symptom relief.
2. Conserve limited WTC Health Program funds, savings which can then be applied to less well-funded and growing areas of WTC healthcare, such as cancer.

Generic medications are as equally safe and effective in treating your condition as the brand name drugs and should be taken the same way.



FACT: Today, Nearly 8 in 10 prescriptions filled in the U.S. are for generic drugs.



Staff Profiles: Claudia Estrada

Claudia Estrada is a Member Services Rep and Data Assistant for the WTCHP. Claudia has been working with the WTCHP since 2007, where she started off on a temporary assignment but was quickly hired because of her skills and strong work ethic. Claudia, having worked in front desk reservations at a hotel as well as in retail at Lord & Taylor before joining us at FDNY, is what you would call a "people person".

Claudia typically begins her day checking the WTCHP voicemail and making, on average, 25- 40 return phone calls while fielding as many incoming calls as she can. Claudia also makes reminder calls to retired members a couple of weeks before their appointments in order to help ensure attendance. Claudia is very diligent about following up with members who may not be feeling well or are otherwise unable to come in. She takes great satisfaction in knowing she has helped members receive the monitoring and treatment they need which is reflected in her welcoming attitude. Claudia also does data entry of medical documents and coordinates data between patients and medical staff at the WTCHP. With 15,000 members in the program scheduling monitoring and treatment appointments, it goes without saying Claudia doesn't get much down time.



Claudia grew up in Brooklyn after her parents arrived here from Guatemala. Next time you call to schedule your medical you might try out your French or Spanish on Claudia because she is multi-lingual!

Not All Talking is the Same

You may have wondered to yourself when considering counseling what the point is of talking about things that are upsetting. You might think "won't it make it worse" or "I have friends and family to talk to, I don't need a professional ". The truth is that not all talking is the same. Many of us were brought up in families where if something upsetting was happening, we were taught to grab the broom and sweep it all under the rug. This can become a lifelong habit that leaves you either emotionally isolated or, paradoxically, overwhelmed by emotion and feeling out of control. Our feelings are powerful inner guides that act as a compass in our lives, and being able to listen to and regulate our feelings provides us with both vitality and stability. Maybe most importantly, it helps us heal from losses and traumatic experiences like 9/11 and the health issues and losses that have followed.

Have you ever noticed that replaying stuff inside your own head is not so helpful? Recently there has been an explosion in neuroscience research showing that our brains are literally wired for connection. Trauma research definitively shows that healing happens in the presence of a caring other. Just as a child needs caregivers and teachers to grow and develop as adults, we need others to connect with in our lives to spur us on. A counselor/therapist can be one of those people in your adult life who can be there to help you through a difficult stretch or stimulate growth in an area you have tried and failed to conquer on your own.

Have you been dealing with prolonged sadness and unable to lift your mood? Unsure how to deal with episodes of powerful anxiety that make it hard to get daily tasks accomplished? Feeling cut off from family members and not able to find your way back to the closeness you once had? If so, you might consider giving counseling a try. If you are interested, call FDNY-CSU for a consultation.

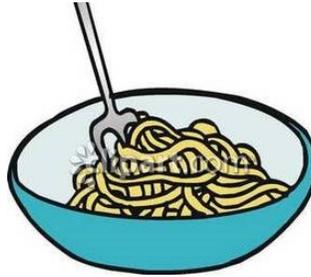
FDNY WTC Program staff are experts on WTC related conditions and how to treat them.

For more information about confidential treatment call FDNY-CSU at (212) 570-1693

GERD RECIPE: Sautéed Shrimp with Angel Hair Pasta

Directions

1. Fill a large pot with water and bring to boil. Add salt.
2. Add the pasta and cook for about 3-4 minutes. Drain.
3. Heat a non-stick pan with 1 Tbsp of the olive oil. Sear the shrimp until the flesh is opaque on both sides, approximately 4-6 minutes. Remove the shrimp and keep warm.
4. Drain the excess oil and add the second tablespoon of oil to the pan. Sear the snow peas and carrots for about 1 minute.
5. Add clam juice, chicken stock, thyme, parsley, and half of the sesame seeds, and bring to a simmer.
6. Add the pasta and shrimp, and toss. Add salt as needed.
7. Serve in a soup bowl or deep dish, and sprinkle with remaining sesame seeds.
8. Garnish with a few shrimp and a sprig of thyme.



Ingredients

- 1 lb shrimp (16 to 20 shrimps per lb, shelled and de-veined)
- 3/4 lb angel hair pasta (capellini)
- 1 lb snow peas (tips removed, cut into 1-inch diamond shape by cutting on the bias)
- 1 cup carrots (peeled and grated or cut on a mandolin to make long thin sticks)
- 1 cup chicken stock
- 1 (8 oz) bottle clam juice
- 5 sprigs thyme (washed, stems removed, chopped fine)
- 1/2 cup parsley (washed, stems removed, chopped fine)
- 2 tsp sesame seeds (toasted to an amber color)
- 2 Tbsp extra virgin olive oil

For more recipes that you can enjoy while maintaining a GERD friendly diet refer to [Dropping Acid: The Reflux Diet Cookbook & Cure](#) by Jamie Koufman, M.D. & Jordan Stern, M.D. with French Master Chef Marc Bauer.

FDNY-CSU Locations

	Lafayette	Staten Island	Ft Totten	Orange County	Brentwood
Address	251 Lafayette St. 3rd flr. New York, NY 10012	1688 Victory Blvd Staten Island, NY 10314	Building 413A Bayside, NY 11364	2279 Goshen Turnpike Middletown, NY 10941	Suffolk County Community Col- lege 1001 Crooked Hill Rd. Brentwood, NY 11717
Call to make an appointment	212-570-1693	718-815-4111	718-352-2140	845-695-1029	631-851-6888

FDNY WTC HEALTH PROGRAM

9 MetroTech Center, Room 2E-13
 Brooklyn, NY 11201

Phone: 718-999-1858
 E-mail: wtcmed@fdny.nyc.gov

Monitoring and Treatment



FDNY WTC HEALTH PROGRAM

When was the last time you came for your WTC Medical?

Call **718-999-1858** to make your appointment.

WTC Medicals

**are available annually to active members in Brooklyn (Metrotech)
 and retired members at all 5 locations.**

Not all testing is done On-Site at every location.

Retirees, please use table below to find your location and testing information:

	Brooklyn HQ	Fort Totten	Orange County	Staten Island	Commack
Address	9 MetroTech Center Brooklyn, NY 11201	Building 413A Bayside, NY 11364	2277 Goshen Turn- pike Middletown, NY 10941	1688 Victory Blvd Staten Island, NY 10314	66 Commack Road Suite 200 Commack, NY 11725
Days	Tuesday — Friday & Occasional Sundays	Monday — Thursday	Monday , Thursday, Friday	Monday— Thursday	Monday, Wednes- day, Friday Tuesday Treatment Only Occasional Sundays
Hours	8:00AM to 2:00PM	M & W 8:30AM to 3:30PM T & TH 9:00AM to 3:30PM	9:00AM to 1:00PM	8:30AM to 3:30PM	8:00AM to 3:30 PM
Blood Tests	On-Site	On-Site	On-Site	Off-Site	Off-Site
X-Rays	On-Site	Off-Site	Off-Site	Off-Site	Off-Site

Referrals to nearby facilities for off-site tests will be given to you by a WTC nurse