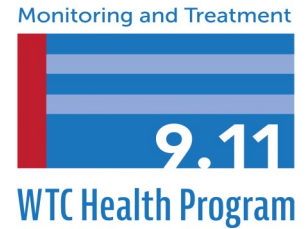




FDNY WTC Health Program



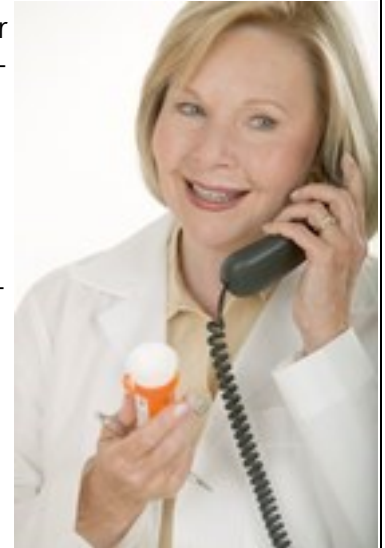
ISSUE X

Winter 2014/2015

Program Updates:

Active? – Your Annual Company or Station Medical - **at BHS** - is also your WTC Medical. You will now see two doctors as part of your Annual Medical visit:

1. A Medical Officer will conduct your regular Fitness for Duty review
2. Then, in the newly constructed WTC Suite in BHS, you will see a WTC Physician for continued monitoring review and to address specific WTC treatment issues. You can address WTC Treatment referrals for specialized diagnostic tests, authorizations to see participating WTC specialty provider(s), and if needed, your WTC medications prescribed maintaining the confidentiality of your visit.



WTC Mental Health: Did You Know? Depression

In our next few issues of the WTC newsletter we will be offering information about the three most common mental health conditions among WTC members: Post Traumatic Stress Disorder (PTSD), Depression and Anxiety. While this issue will be focusing on depression, it is important to be aware that depression often occurs alongside PTSD. In fact, depression is five times more likely to occur in people who have PTSD. Depression is about loss or disappointment, both powerful effects of 9/11 still being felt today. It could be the loss of a beloved family member, friend or fellow firefighters. The loss can also come in the form of retirement, change of work assignment, compromised health and an inability to engage in activities you used to enjoy. While such losses can lead to depression, it is important to remember that sadness is a normal reaction to loss. If you think you might be experiencing depression we have listed below common signs and symptoms to be aware of.

- Persistent sad, anxious, or empty feelings
- Feelings of guilt, worthlessness, or helplessness
- Loss of interest in activities that once were pleasurable
- Difficulty concentrating, making decisions
- Sleeplessness or excessive sleeping
- Aches or pains, headaches, cramps, or digestive problems that do not resolve with treatment
- Feelings of hopelessness or pessimism
- Irritability, restlessness
- Fatigue and decreased energy
- Overeating or appetite loss
- Thoughts of suicide, suicide attempts

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If you are experiencing depression, below are some things you can do to help yourself:

- Do not wait to get evaluated by a doctor or mental health professional. The sooner you go the sooner you will get relief.
- Mental health treatment for depression typically includes psychotherapy and / or medication, but research indicates that they are most effective together.
- Try to be active. Go to a movie, sporting event or activity that you have enjoyed in the past, even if you have to push yourself to get there.
- Spend time with a trusted relative or friend you can confide in about how you feel.
- Try to break down large goals into smaller tasks that are achievable.
- Expect that your mood will improve gradually, not immediately.

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

If you live out of the NYC area we can refer you to a provider in your community.

Staff Profile: Geraldine Kelly

Geraldine Kelly moved to New York from Ireland 25 years ago. After devoting herself to raising her three boys, she decided to pursue a career as a nurse and has been working with the World Trade Center Health Program (WTCHP) since September of 2011. Originally hired as a discharge nurse for the program, she made sure the members had everything they needed before leaving their medical monitoring exam.

Six months into her time at the department, NIOSH made it a requirement that members receiving treatment must be certified. Over the next year she devoted herself to getting all proper documentation from providers so that every member with a WTC health condition could be treated. When NIOSH began covering cancer treatment in 2012, Geraldine, having been trained in the Oncology department of Staten Island Hospital, was chosen to be one of the four case managers on the Cancer Care Team. As a case manager, Geraldine works with the patient from the time of diagnosis, through the entire treatment process and survivorship.

When Geraldine first went to nursing school her dream job was to become a neonatal intensive care nurse. It wasn't until working with cancer patients at Staten Island Hospital and at the WTC Health Program that she realized she had found her true calling. "My whole career path changed ." It changed so drastically, in fact, that just a few years later Geraldine would find herself turning down a neonatal nurse position to stay with the cancer program.

Geraldine's commitment to her patients and her education has motivated her to pursue her Bachelor's degree in 2015. "Cancer patients and their families need a lot of support." The FDNY WTCHP is lucky to have Geraldine Kelly providing that support to our members.



Patient Profile: Terry Jordan

Terry had an impressive and varied career at the FDNY. He started out at Engine 225 in East New York before he crossed the floor to work at Ladder 107. He also worked as a Fire Marshall at Brooklyn Base before getting a promotion to Lieutenant and being assigned to Ladder 122. Terry finished his career as a member of SOC assigned to Marine Co. 9.

On 9/11 Terry was at the Rock for annual training when the first plane hit. Upon hearing of the attack he immediately headed toward the Marine Headquarters where he organized with other firefighters and proceeded to fill a spare Fireboat (The Smoke) with medical supplies before casting off to the World Trade Center site. They had heard a portable radio transmission from their Chief, from the WTC site, and suspected he was severely injured and trapped. Luckily they were able to locate their Chief, dig him out and get him onto their boat heading to NJ where an ALS team met them, using the Colgate sign as a landmark, and got him to a hospital where his life was saved.

Terry soon began having breathing problems on the pile but continued to work because of the need for trained officers with the special skills he possessed. By the time Terry saw Dr. Prezant in late October of 2001 he was diagnosed with RADS and told, sadly, that he would never go to another fire.



Terry's lung problems have since worsened but "Dr. Prezant and the World Trade Center Health Program Team have been able to keep me going."

In 2010 Terry suffered a stroke that required a long rehab, including learning how to walk again. As a result, Terry became very sedentary and put on a lot of weight. In the fall of 2013, Dr. Prezant recommended pulmonary rehab at Winthrop Hospital and a diet and weight loss program in addition to medications.

Terry felt he was at a fork in the road. He thought about how he has two more of his girls to put through college and had a second grandchild on the way. He decided that he had to get motivated. He made it a goal to walk in the Tunnel to Towers event the following September, and from the photo accompanying this story you can see that Terry, 45 pounds lighter, made it!

He crossed the finish line accompanied by his family and friends. Terry has set up an exercise room in his home where he continues his pulmonary rehab. He is currently awaiting the birth of his third grandchild.

"I am very thankful I survived". Expressing his gratitude well beyond words, Terry recently presented Dr. Prezant and the World Trade Center Staff with a plaque he made himself.



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

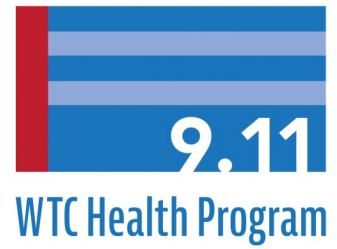
Call 718-999-1858 to make your appointment

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	Brentwood
Address	9 MetroTech Center Brooklyn, NY 11201	Building 413A Bayside, NY 11364	2279 Goshen Turnpike Middletown, NY 10941	1688 Victory Blvd Staten Island, NY 10314	Suffolk County Community College 1001 Crooked Hill Rd. Brentwood, NY 11717
Days	Tuesday — Friday & Occasional Sundays	Monday — Thursday	Monday, Thursday & Friday	Monday— Thursday	Monday & Friday Occasional Sundays Tuesday Treatment Only
Hours	8:00AM to 2:00PM	8:30AM 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 on the day of your appointment.