

**CSC**

Hanford Occupational Health Services

# InsideOut

## CSC Hanford Occupational Health Services Voluntary Beryllium Program

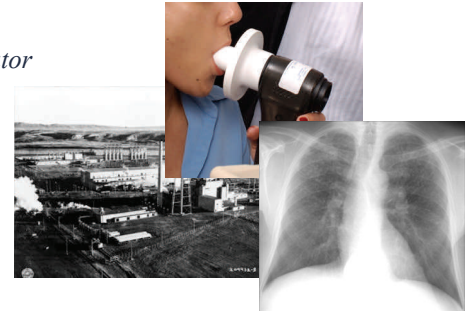
By L.B. Sandy Rock, MD, MPH—CSC Hanford Occupational Health Risk Communicator

The CSC HOHS Voluntary Beryllium Program offers Hanford workers—all of whom are now considered “Beryllium Associated Workers”—the opportunity to be tested for beryllium sensitization (BeS). (For a brief background summary on beryllium disease at Hanford, please see the [March 2010 issue of InsideOut](#).) “Beryllium Workers” are those who are currently working in areas known to have beryllium contamination and are entered into the mandatory “Beryllium Worker Program.” The Voluntary Beryllium Program offers medical screening for beryllium sensitization and disease identical to that provided for Beryllium Workers, but on a less frequent schedule—every three years rather than annually. Anyone can participate in the program, as long as (s)he is a CSC HOHS service-eligible current Hanford worker. Enrollment in the program can be initiated with a simple phone call or email to the Beryllium Case Manager (see contact information below). The program includes a work history questionnaire,

medical history, physical exam, chest x-ray, pulmonary function (breathing) test and the blood test for BeS called the “beryllium lymphocyte proliferation test,” or “BeLPT.”

Since a positive BeLPT results in a worker’s automatic entry into the category of “Beryllium Affected Worker” and medically appropriate work restrictions, each worker must consider the reasons for being (or not being) tested. CSC HOHS recommends testing for all workers who think they may have been exposed to beryllium; it is up to the individual worker, however, to make the *informed* decision about entering the Voluntary Beryllium Program.

Why get tested? There are many reasons: to find out if you have been sensitized to beryllium so that you can be protected from further exposure (medical experts think that ongoing exposure to beryllium dust can lead to more rapidly developing



and/or serious lung disease); to become eligible for diagnostic evaluation by medical experts in beryllium disease; to have the information to give to your personal healthcare provider; and to aid in diagnosing the cause for any respiratory (breathing) symptoms you might be having.

[Posters](#) have been placed throughout the Site with information identical to that given above, as well as contact information. To find out more, call the Beryllium Case Manager at 376-6000 or email at [amh\\_beryllium@rl.gov](mailto:amh_beryllium@rl.gov).

Invite CSC HOHS to be a guest at your next work group meeting.

### August Featured Presentation:

## “HAZARDOUS CRITTERS”

BY [SANDY ROCK](#) (372-0407)



### WATCH FOR UPCOMING EVENTS:

#### August

[Site-wide Summer Recreation Challenge \(ends 12th\)](#)

[Workfit Leader Training \(12th\)](#)

[Site Health Fairs \(11th\)](#)

[Weight Loss Convoy \(Ongoing\)](#)

[Tobacco Cessation \(ends 15th\)](#)

[Tobacco Cessation \(New class starts 22nd\)](#)

#### September

[Site Health Fairs \(8th\)](#)

[Workfit Leader Training \(9th\)](#)

[Weight Loss Convoy \(Ongoing\)](#)

[Tobacco Cessation \(Ongoing\)](#)



Select a link or visit our website: [www.hanford.gov/amh](http://www.hanford.gov/amh)

# Hanford Former Worker Program

The U.S. Department of Energy (DOE) offers free medical examinations to former DOE workers under two different programs, The National Supplemental Screening Program (NSSP) and the Building Trades National Medical Screening Program (BTNMSP).

Eligibility for the NSSP program is open to former DOE, contractor and subcontractor employees. The BTNMSP is a program that provides screening for construction workers who worked on certain DOE sites. Both programs offer free medical screening and testing for former workers who may have been exposed to hazardous substances at work.

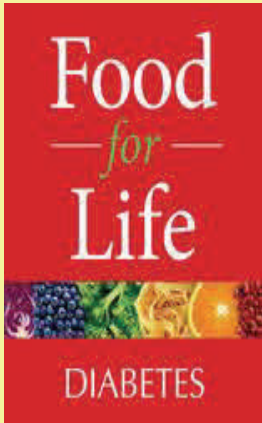
Contact the National Medical Screening Program (NSSP) at 1-866-812-6703 or visit their website at [www.orau.org/NSSP](http://www.orau.org/NSSP).

Local representatives of The Building Trades National Medical Screening Program (BTNMSP) can be reached at (509) 542-9347, their office at 824 West Lewis, Suite 102, Pasco, WA 99301 or visit the website at [www.btmed.org](http://www.btmed.org).

**Food for Life Diabetes Nutrition and Cooking Class**

The Food for Life Diabetes Nutrition and Cooking Class is a community-based, national program designed by health professionals to aid people with, and at risk for, diabetes. To learn about the power of food to improve health and wellness [click HERE to register!](#)


**Aug 17, 2011**  
6:00 PM - 8:00 PM  
3311 W. Clearwater Ave.  
Unit B110  
Kennewick, WA 99336



**CF Cycle for Life – Sept 24, 2011**  
[washington.cff.org/CycleForLifeTriCities](http://washington.cff.org/CycleForLifeTriCities)

CF Cycle for Life is a fully supported event with 2 route options (20-mile and 65-mile), rest stops every 10-12 miles, and a post-ride Pedal Party. Training clinics and safety checks are offered to riders prior to the event. Exclusive to the Tri-Cities a le Cordon Blue trained chef will plan the snacks/meals and King Beverage is sponsoring the beer garden!

[Click to view the flyer with detailed information.](#)



## Healthy Recipes

### Quick n' Easy Chicken Wrap

Serves: 4

**Ingredients:**

- 1 cup nonfat plain yogurt
- 1/2 tsp jarred, minced garlic
- 1/2 cup loosely-packed, roughly-chopped herbs (cilantro or mint)
- 3 cups diced, fully-cooked chicken breast
- 4 large whole-wheat tortillas
- 4 pre-washed lettuce slices (large enough to cover tortilla surface)
- Salt and pepper to taste



**Preparation:**

In a medium mixing bowl, combine yogurt, garlic, and herbs. Stir until blended. Salt and pepper to taste. Add chicken breast and stir until well coated. Place lettuce slices and 1/4 of the chicken mixture on a whole-wheat tortilla and wrap. Repeat three times and you'll have created a yummy addition to your healthy eating plan.

PER SERVING:	
Calories	246
Total Fat	4 g
Calcium	2 mg
Carbohydrate	18.5 g
Dietary fiber	10 g
Protein	34 g

For more: [Healthy Recipes](#)

**Bonus nutrition facts for chicken wraps:** Slice 1 mango and divide equally among all four wraps to add 33 calories, 8 g carbs, 1 g fiber, and 5 mg calcium. Slice one avocado and divide slices equally among all four wraps to add 76 calories, 5 g fat, potassium, and vitamins A, B, and C.