



Icahn
School of
Medicine at
Mount
Sinai

Winter 2014/2015

OCCUPATIONAL

HealthWATCH

Division of **Occupational & Environmental** Medicine

Mount Sinai Announces Affiliation With NIOSH Total Worker Health Program™



Front row from left: **John Howard**, MD, MPH, JD, LLM, Director, National Institute for Occupational Safety and Health (NIOSH); **Dennis S. Charney**, MD, Anne and Joel Ehrenkranz Dean of Icahn School of Medicine at Mount Sinai and President for Academic Affairs for the Mount Sinai Health System. Back row from left: **L. Casey Chosewood**, MD, MPH, Director, NIOSH Office for Total Worker Health™; **Jane Maksoud**, RN, MPA, Chief Human Resources Officer and Senior Vice President of Human Resources and Labor Relations for the Mount Sinai Health System; **Madelynn Azar-Cavanagh**, MD, MPH, FCOEM, Medical Director of Employee Health, Safety and Wellness for the Mount Sinai Health System and Medical Director of the Mount Sinai Selikoff Centers for Occupational Health; **Philip J. Landrigan**, MD, MSc, Ethel H. Wise Professor and Chairman of the Department of Preventive Medicine.

Leaders from the Mount Sinai Health System and the National Institute for Occupational Safety and Health (NIOSH) announced Mount Sinai's participation in the Total Worker Health™ (TWH) Affiliate Program at a Memorandum of Understanding signing ceremony on November 6, 2014. TWH integrates occupational safety and health protection with health promotion strategies to prevent worker injury and illness and to advance overall employee health and well-being.



Additionally, the Mount Sinai Selikoff Centers for Occupational Health became the first in the nation to be designated Total Worker Health™ Clinical Centers of Excellence by NIOSH.

"The NIOSH Total Worker Health Affiliate Program helps to further advance the integration of health protection and health promotion by engaging partners who are similarly committed to innovative strategies for advancing worker health and safety," said NIOSH Director John Howard, MD. "This collaborative effort with the Mount Sinai Health System provides the opportunity to increase practice, develop comprehensive programs, and evaluate the effectiveness of these programs."

"The National Institute for Occupational Safety and Health has long recognized the importance of investigating the effects of both work and non-work factors on worker health," said Dennis S. Charney, MD, the Anne and Joel Ehrenkranz Dean of Icahn School of Medicine at Mount Sinai and President for Academic Affairs, Mount Sinai Health System. "Continued research and translating that research to practice will ultimately improve health outcomes and the quality of life for workers and their families, and we're pleased to partner with NIOSH on this initiative to help achieve those results."

Continued on page 6

seasonal flu at work

Influenza, commonly known as “the flu,” is a serious disease that can lead to hospitalization and even death. It is estimated that up to 20% of the U.S. population gets the flu, and more than 200,000 are hospitalized for flu-related complications each year.

Flu season can start in October and last well into the spring, with a peak between December and February. While the CDC recommends an annual flu vaccine for everyone six months of age and older, certain types of workers are at a higher risk, including individuals providing direct patient care.

Protect Yourself, Your Family & Your Co-workers

- Get vaccinated. This is the best way to prevent the spread of the flu.
- Stay home if you are sick.
- Wash your hands with soap and water frequently.
- Avoid touching your nose, mouth, and eyes.
- Cover your coughs and sneezes. Use a ‘no touch’ wastebasket to discard your tissues.
- Keep the workplace clean, especially common spaces and surfaces.
- Avoid close contact with coworkers or others who may be ill.
- Provide proper personal protective equipment (PPE) (gloves, gowns, surgical masks, respirators) to staff and ensure that it is used and discarded correctly.
- Train staff to properly use and discard PPE.



**Mount
Sinai**

*Selikoff Centers for
Occupational Health*

HAPPY HOLIDAYS



Message from the Director

Roberto Luchini, MD

Division of Occupational and Environmental Medicine
Department of Preventive Medicine
Icahn School of Medicine at Mount Sinai

We are committed to advancing worker health through innovative clinical practice, research, and training the next generation of health care professionals. With the Mount Sinai Health System's participation in the CDC/NIOSH Total Worker Health™ Affiliate Program, the Division of Occupational and Environmental Medicine will play an important role in the development and evaluation of integrated health promotion and health protection activities in workplaces with the aim of improving health outcomes for all workers.

As Director of the New York-New Jersey Education and Research Center (NY/NJ ERC), a consortium of regional institutions offering graduate and continuing education in occupational medicine and related fields, I am pleased to announce our 36th Annual Scientific Meeting to be held on March 20, 2015. The NY-NJ ERC is the largest and one of the oldest of the 18 regional ERC's funded by the National Institute for Occupational Safety and Health to promote professional education and training in the field of occupational safety and health. The 2015 conference will focus on occupational health and safety for large construction worksites and highlight new preventive models. Participants will include occupational safety and health researchers and experts, including representatives from the labor community, government, and business.

We look forward to working with our many partners on these and other exciting initiatives in the coming year. Happy Holidays.

Ergonomics at Work

Work-related musculoskeletal disorders (MSDs) are a leading type of injury in the workplace and account for 34% of all lost workdays in the United States, according to estimates by the Occupational Safety and Health Administration (OSHA). These conditions are estimated to account for one out of every three dollars spent on Workers' Compensation, costing employers \$20 billion a year on direct costs and five times that on indirect costs related to staff replacement and retraining.

Financials aside, the impact on workers suffering from MSDs is considerable and can be life changing. MSDs encompass conditions that affect the muscles, nerves, tendons, ligaments, and joints, causing mild discomfort to debilitating pain. Common symptoms are back, arm and shoulder pain, tingling, sensory changes of the arms or legs, or even intermittent throbbing and aches that may dissipate when not at work. Discomfort caused by MSDs can hamper the most basic activities of daily living, such as bathing, shopping, and dressing. Work-related MSDs occur across industries and commonly in jobs that involve sudden exertion or prolonged exposure to physical factors, such as repetitive motion, vibration, lifting, and long hours of working in stationary and awkward postures.



Ergonomic intervention in the workplace can identify risk factors that reduce the risks of developing work-related MSDs and other injuries. Ergonomics is the study of designing work environments, tasks, and equipment to fit the human body. It derives from two Greek words: *ergon* meaning work, and *nomoi* meaning natural laws, denoting quite simply the science of work.

An ergonomically designed product, whether a chair, paintbrush, or even a potato peeler, means that the item has been created with the end user in mind to maximize the user's comfort and enhance job performance. Educating individuals to understand ergonomic risk factors and methods to minimize them is a key component of a workplace ergonomic program. The other essential component of an ergonomics initiative is teaching workers how to optimize their

workstation set up, use equipment properly, and the appropriate strategies and exercises that can help improve body posture.

What does an ergonomist do?

Ergonomists at the Selikoff Centers for Occupational Health provide workplace assessments to identify ergonomic hazards and make recommendations to prevent or reduce injuries and disorders. They also provide recommendations for workplace accommodations for individuals with disabilities by recommending modifications to the work environment and assistive technology solutions. Ergonomic interventions not only protect the health and safety of the workforce, but also reduce absenteeism, increase employee satisfaction, and improve productivity.



I have some pain, but it doesn't bother me all the time.

Be mindful of any aches and pains. Work-related MSDs typically have a gradual onset and a worsening of symptoms over time. If you have an injury or any type of recurring discomfort, you should report it immediately to your supervisor and obtain a medical evaluation from an occupational medicine physician who specializes in work-related health conditions. Early intervention is critical and can prevent lengthy periods of discomfort and chronic conditions.

How can I eliminate awkward positions and discomfort while working?

- Be aware of how you use your body while performing tasks and how your workspace is set up.
- Avoid maintaining positions and postures for extended periods of time.
- Vary your routines and multitask when you can.
- Take microbreaks (30 seconds–1 minute). Stretch, stand, and move around when you can in order to give your muscles a chance to recover. Set a reminder for yourself so you don't forget.
- Use furniture and equipment that fits well to your size and build.
- Exercise for general health and fitness, including strengthening your core muscles to help sustain good posture.

James Zadroga 9/11 Health & Compensation Reauthorization Act

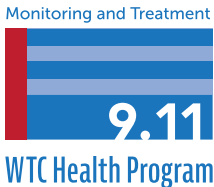
WTC HealthWATCH

Introduction of the bill to reauthorize the James Zadroga Act

On September 17, 2014, a bipartisan group of lawmakers from across the country introduced the James Zadroga 9/11 Health and Compensation Reauthorization Act. U.S. Senators Kirsten Gillibrand and Charles Schumer, Representatives Carolyn Maloney, Jerrold Nadler, and Peter King, and other lawmakers introduced the legislation.

The original Zadroga bill's two critical programs providing medical treatment and compensation for 9/11 heroes — the World Trade Center Health Program and the September 11th Victim Compensation Fund — are set to expire soon. The new bill, if approved by Congress, would continue these programs for 25 more years through 2041, including:

- Continue the World Trade Center Health Program to provide medical monitoring and treatment for 9/11-related conditions. Clinical Centers of Excellence will continue to monitor and deliver treatment for responders and eligible members in the New York area, to be delivered by the General Responder consortium of clinics that includes Mount Sinai, Long Island Jewish/North Shore Hospital, NYU, SUNY Stony Brook, Robert Wood Johnson Medical School Environmental & Occupational Health Sciences Institute, as well as by the FDNY, the NYC Health and Hospitals Corporation at Bellevue, East Elmhurst Hospital, and Gouverneur Healthcare Services.
- Continue to provide medical monitoring and care for responders throughout the nation, continuing access to treatment and benefits in all 50 states.
- Continue the September 11th Victim Compensation Fund (VCF) to provide compensation for economic damages and loss for individuals who became ill from the toxins at Ground Zero.
- The Fund would remain open until 2041 to provide compensation for economic damages and loss for individuals who become ill from the toxins at Ground Zero.
- Continue to establish the City's cost share. The City of New York would continue to contribute a 10 percent matching cost share of the World Trade Center Health Program.
- Continue research on WTC-related health conditions.
- Continue to extend and expand support for the World Trade Center Health Registry.



Monitoring and Treatment
9.11
WTC Health Program

**Did you work or volunteer at Ground Zero
or related sites following 9/11?**

You Were There for New York City
We Are STILL Here For You

9/11 Workers & Volunteers should be seen for their confidential & no cost monitoring exams every 12 months

ENROLLMENT STILL OPEN
888.982.4748
www.cdc.gov/wtc

**Icahn School of Medicine
at Mount Sinai**
Selikoff Centers for
Occupational Health
Manhattan & Staten Island

**Services also available for those
who live outside the NY/NJ
metropolitan area through
a national provider**

**Servicios para el Cuidado de la Salud del 9/11 confidenciales y sin
costo alguno, disponibles en español para las personas elegibles**

**Poufne i bezpłatne badania 9/11 są dostępne w języku polskim dla
osób, które się kwalifikują**



Breast, Lung, and Colon Cancer Screenings

Available Through the World Trade Center Health Program

Some types of cancer can be detected before they cause symptoms, and generally, treatment is more effective when the disease is found early. The WTC Health Program now offers screenings for breast cancer, lung cancer, and colon cancer to eligible Program members.

Breast Cancer Screening

If you are a member between the ages of 40 and 74, you may receive a breast cancer screening, or mammogram, once every other year. The Program may cover earlier or more frequent screening if you have a higher risk for breast cancer, such as a family history or previous cancer diagnosis. The Program will also cover an additional mammogram if you receive a positive result from a mammogram.

A mammogram looks for cancer before you feel symptoms from the disease. A mammogram is a detailed x-ray picture of the breast that may show if cancer is present. You will be exposed to a small amount of radiation during a mammogram, but for most women the benefits of screening outweigh this low risk. Talk to your doctor if you are concerned or have other questions about the procedure.

Lung Cancer Screening

Program members who are at high risk for lung cancer are eligible for annual lung cancer screenings. This group includes individuals who meet the following criteria: they are between the ages of 55 and 80 years old, have a smoking history of at least 30 pack-years, and are current or former smokers who quit smoking less than 15 years ago.

Low-dose computed tomography (also called a low-dose CT scan or LDCT) is the test now recommended to screen for lung cancer. A CT machine scans the body and uses low-dose radiation to make a series of detailed pictures of the lungs. Screening allows for earlier diagnosis and treatment, which may slow or even stop the cancer from progressing. Many lung cancer deaths may be prevented by screening high-risk people every year.

Colon Cancer Screening

In most cases, the Program provides colon cancer screenings for members between the ages of 50 and 75. The Program may cover earlier or more frequent screening if you have a higher risk for colon cancer, such as a family history, previous cancer diagnosis, or condition that suggests a higher risk for colon cancer.

The Program offers three types of colon cancer screenings. Initial testing might look for small amounts of blood in your stool. A second type of test allows doctors to look inside the rectum and lower colon, and a third type of test examines the entire length of the colon. Your

doctor will suggest the best procedure based upon your individual circumstances.

What happens if I receive a positive result?

Your doctor will explain what this result may mean for future testing and possible treatment. The Program covers diagnostic services, such as blood work, imaging studies, biopsies, and specialty consults that your WTC Health Program physician needs to determine whether you have a cancer that is covered by the Program.

The Program will cover all medically necessary cancer treatment, including doctors' visits, diagnostic services, medications, surgeries and other services, if the following conditions are met:

- Your WTC Health Program physician determines that the type of cancer you have is on the list of WTC-related conditions;
- Your WTC Health Program physician determines that your 9/11 exposures are substantially likely to be a significant factor in aggravating, contributing to, or causing your cancer;
- Your cancer is certified by the WTC Health Program Administrator;
- Your cancer specialist has been approved by the Program to provide services to Program members; and
- The treatment you receive follows the National Comprehensive Cancer Network guidelines on treatment for your type of cancer.

Getting Medical Care for Cancer

The Program covers cancer treatment if the cancer specialist caring for you has been approved by the Program. Each Clinical Center for Excellence maintains a network of Program-affiliated healthcare providers. If you do not already have a cancer specialist, your WTC Health Program physician can help you find one. If you already have a cancer specialist, speak to your WTC Health Program physician to determine if that specialist is already affiliated with or can become affiliated with the Program.

Learn more about these screenings and other services for WTC Health Program members at Mount Sinai.

888.702.0630

Mount Sinai Announces Affiliation With NIOSH Total Worker Health Program™

Continued from front page

An emerging body of evidence recognizes that health factors beyond the workplace, such as nutrition, smoking, and exercise, contribute to many safety and health problems facing today's workforce as a result of exposures to risk factors arising in the work environment itself. The Total Worker Health™ Affiliate Program recognizes Mount Sinai's commitment to advancing worker health through innovative strategies, research, and education.

"Within this collaborative framework, the Mount Sinai Health System will continue to explore innovative strategies that integrate health protection and health promotion activities for our 36,000 employees," said Jane Maksoud, RN, MPA, Chief Human Resources Officer and Senior Vice President of Human Resources and Labor Relations at the Mount Sinai Health System. "We will continue to implement best practices and policies focusing on nutrition, physical activity, stress management, and tobacco-free cessation."

As Total Worker Health™ Clinical Centers of Excellence, the Mount Sinai Selikoff Centers for Occupational Health, the health care delivery cores for the Department of Preventive Medicine within the Icahn School of Medicine at Mount Sinai, will offer health promotion services to patients. The centers will also collaborate with employers to develop comprehensive workplace health and safety programs. The Selikoff Centers are leaders in the field of occupational medicine and provide care to injured and ill workers and retirees in the New York City and Lower Hudson Valley regions. Programs in diabetes prevention, stress management, and tobacco cessation are part of the initial offering.

"As we diagnose and treat individuals suffering from work-related injuries or illnesses at the Selikoff Centers for Occupational Health, we have an important opportunity to offer our patients tools that can positively impact their overall health, said Madelynn Azar-Cavanagh, MD, MPH, FACOEM, Medical Director of the Selikoff Centers for Occupational Health and Medical Director of Employee Health, Safety and Wellness for the Mount Sinai Health System. "We are delighted that employers, unions, and other organizations are collaborating with our medical team to develop preventive strategies to support the health of their workforce."

Mount Sinai's Department of Preventive Medicine will also spearhead research that evaluates the effectiveness of TWH interventions. The department will train future health care professionals on integrated TWH strategies in general preventive medicine and occupational and environmental medicine through its residency training programs.

"The NIOSH Total Worker Health Affiliate Program helps to further advance the integration of health protection and health promotion by engaging partners who are similarly committed to innovative strategies for advancing worker health and safety."

"Mount Sinai continues to be a leader in the field of occupational medicine, and we are committed to developing innovative programs that reduce or prevent worker injury and illness," said Philip J. Landrigan, MD, MSc, Ethel H. Wise Professor and Chairman of the Department of Preventive Medicine.



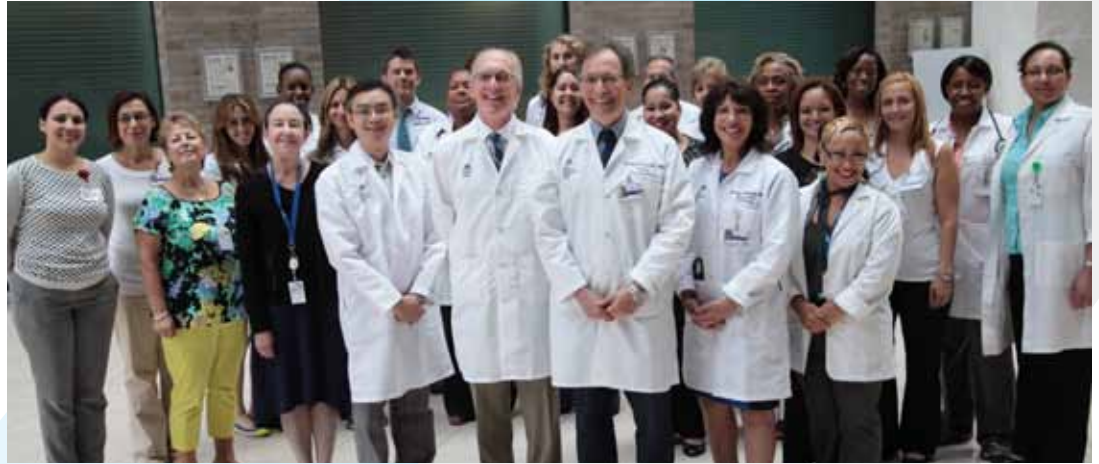
Picture from left: **L. Casey Chosewood**, MD, MPH, Director, NIOSH Office for Total Worker Health™; **John Howard**, MD, MPH, JD, LLM, Director, National Institute for Occupational Safety and Health (NIOSH); **Philip J. Landrigan**, MD, MSc, Ethel H. Wise Professor and Chairman of the Department of Preventive Medicine; **Madelynn Azar-Cavanagh**, MD, MPH, FACOEM, Medical Director of Employee Health, Safety and Wellness for the Mount Sinai Health System and Medical Director of the Mount Sinai Selikoff Centers for Occupational Health.



**Mount
Sinai**

*Selikoff Centers for
Occupational Health*

The Selikoff Centers for Occupational Health are recognized internationally as leaders in the field of occupational medicine. Our doctors offer cutting-edge and patient-centered prevention and treatment services directly to workers, as well as through unions and employers. With a focus on prevention, we strive to keep workers healthy and their workplaces safe. Our three clinical centers are located in Manhattan, Staten Island, and Yonkers, NY.



Excellence in the prevention, diagnosis & treatment of work-related injury and illness

We know that work-related health conditions affect both workers' physical health and emotional well-being. Our committed medical team supports the full spectrum of our patients' health and wellness needs. Services include:

- Confidential medical exams
- Diagnosis & treatment of work-related medical conditions
- Screenings for exposure to work-related hazards
- Disease prevention programs
- Social work and benefits counseling to address disease-related personal and family issues
- Assistance with Workers' Compensation & other benefits
- World Trade Center Health Program services for 9/11 workers and volunteers
- Industrial hygiene and ergonomic services

Madelynn Azar-Cavanagh, MD, MPH, FACOEM

Associate Professor
Department of Preventive Medicine

Medical Director
Selikoff Centers for Occupational Health

Medical Director
Employee Health, Safety and Wellness
Mount Sinai Health System

Diana Cherezova, MD

Assistant Professor
Department of Preventive Medicine

Michael A. Crane, MD, MPH

Assistant Professor
Department of Preventive Medicine

Medical Director
World Trade Center
Clinical Center of Excellence

Laura E. Crowley, MD

Assistant Professor
Department of Preventive Medicine

Teresa Cuadra, MD

Assistant Professor
Department of Preventive Medicine

Rafael E. de la Hoz, MD, MSc, MPH

Associate Professor
Departments of Preventive Medicine, Medicine,
General Internal Medicine

Yelena Globina, MD, MPH

Assistant Professor
Department of Preventive Medicine

Winston Kwa, MD, MPH

Assistant Professor
Department of Preventive Medicine

Sharon Lee, MD, MPH

Assistant Professor
Department of Preventive Medicine

John D. Meyer, MD, MPH

Associate Professor
Department of Preventive Medicine

Ismail Nabeel, MD, MPH, FACOEM

Assistant Professor
Department of Preventive Medicine

Deputy Medical Director
Selikoff Centers for Occupational Health

Medical Director
Employee Health, Safety and Wellness
Mount Sinai Health System

Uchechukwu Onuoha, MD, MPH

Instructor
Department of Preventive Medicine

Alex Stepensky, MD

Instructor
Department of Preventive Medicine

888.702.0630

Hours of Operation: Monday-Friday 9 a.m. - 5 p.m.

Manhattan Clinical Center

Temporary address during renovation through Spring 2015

5 East 98th Street, 3rd Floor, New York, NY 10029

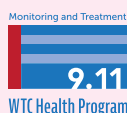
Staten Island Clinical Center

690 Castleton Avenue, 2nd Floor, Staten Island, NY 10310

Yonkers Clinical Center

1020 Warburton Avenue, Yonkers, NY 10701

www.mountsinai.org/selikoff





Icahn School of Medicine at Mount Sinai

Icahn School of Medicine at Mount Sinai
Division of Occupational and Environmental Medicine
One Gustave L. Levy Place, Box 1057
New York, NY 10029

<http://icahn.mssm.edu/DOEM>



Non-Profit Org.
U.S. Postage
PAID
Albany, NY
Permit #370

Occupational and Environmental Medicine Residency

The Occupational Medicine Residency Training Program at the Icahn School of Medicine at Mount Sinai is an ACGME-accredited, two-year combined academic and practicum experience. Residents are exposed to a didactic curriculum, and emphasis is placed on the performance and practice of teaching, clinical and community service, administration, and research. The clinical component of the program is based at the Mount Sinai Selikoff Centers for Occupational Health. Residents also are enrolled in the Master of Public Health at the Icahn School of Medicine. To learn more about the program and how to apply, visit <http://icahn.mssm.edu/DOEM>.



Newsletter Design/Production:
RWD Group, Inc. 845.364.0222