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Cold War Patriots is a division of Professional Case Management and not affiliated with the U.S. Department of Labor.

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www.coldwarpatriots.org
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Updates & News

News from the Advisory Boards

The Advisory Board on Toxic Substances and Worker Health (ABTSWH), the Board which advises the U.S. Department of Labor (DOL), held a meeting via teleconference on September 4, 2019. The discussions involved a review of claims and statistical information provided by the U.S. DOL which the board had requested. It was noted that five percent of claims reviewed because of a change in policy needed to be re-opened. The Board expressed serious concerns with certain aspects of the claims they reviewed. The Board's Designated Federal Official suggested that the Board identify the problem areas (industrial hygienists reports, contract medical consultant reports, research of the Site Exposure Matrix, etc.) and provide that information to U.S. DOL so they can conduct their own audit

An in-person ABTSWH meeting occurred in Paducah, Kentucky on November 19th and 20th.

The Advisory Board on Radiation and Worker Health (ABRWH), who advises the National Institute for Occupational Safety and Health (NIOSH), will hold their next in-person meeting on December 11, 2019 at the Hilton Oakland Airport, One Hegenberger Road, Oakland, California.

To read a full recap of both meetings, please visit coldwar patriots.org.

Home for the Holidays with Cold War Patriots and Professional Case Management

Tim Lerew, Cold War Patriots Chairperson, and our friends at Professional Case Management, enjoyed spending extra time with our beloved Cold War Patriots' members as the holiday season began. Lerew says, "To be invited into someone's home is a gift. We find the face-to-face, one-on-one time, at our members' homes, to be so valuable."

Cold War Patriot Members, like Judy and Bill C., were able to access the full spectrum of EEOICPA and RECA benefits, as well as ask personal health questions in the comfort of their own home, with experts like Tim Lerew and Beth Evans, the Community Outreach representative for Professional Case Management. Lerew says, "We get to learn so much about them, their family, and better understand their history as a Cold War Patriot and how we can assist them."

Lerew and the local Professional Case Management team, also took the opportunity to honor CWP Members who were not able to attend one of the local Cold War Patriots Official National Day of Remembrance™ ceremonies. Junior W., former Portsmouth Gaseous Diffusion worker, was honored as a Living Legend in his home, with the presentation of the special lapel pin created for the 11th National Day of Remembrance.

If you think you would benefit from a home visit by our Cold War Patriots and Professional Case Management Outreach team, please don't hesitate to call our Help Center at 877.335.0779.



What Is Thyroid Cancer and How Would I Know If I Have It?

The thyroid gland is a small butterfly shaped endocrine gland that lies at the front base of the neck and wraps around the trachea (windpipe). The thyroid produces, stores, and releases certain hormones into the bloodstream for your body's cellular needs. With the help of trace amounts of the mineral iodine, it helps regulate your metabolism by controlling things like blood pressure, heart rate and body temperature.

Thyroid Cancer, is a primary cancer of the thyroid gland. The most common type is called papillary carcinoma (cancer).

Incidence:

Thyroid cancer can occur in all age groups, but is far more common in adults than in infants or children. It is currently the ninth most common cancer in the United States. It is quite treatable with a good prognosis and high cure rates, especially if caught early. Ninety-eight percent of people with common papillary cancer of the thyroid remain cancer free at five years out.

Risk Factors:

- ★ Family history of goiter or thyroid cancer
- ★ Environmental exposure to high levels of radiation or chemical toxins
- ★ Nuclear weapons manufacturing work or exposure to fallout from nuclear testing
- ★ Chemical toxins such as organochlorines, pesticides, PCBs, PECs, phthalates, BPA
- ★ Heavy metals including cadmium, beryllium, lead, arsenic, mercury, and radioactive iodine
- ★ Medical or dental radiation from imaging studies

Signs and Symptoms:

Early warning signs include unexplained fatigue, hoarseness, swollen neck glands, a palpable lump in the neck, persistent cough, trouble swallowing, change in appetite and/or weight. One can also experience some of the signs and symptoms of either hypo or hyper-thyroidism.



Diagnosis and Treatment:

A physical exam, focusing on the neck looking for lumps, nodules or an enlargement of the thyroid gland can lead to a diagnosis. Blood tests and imaging studies, such as a CT scan, ultrasound of the thyroid, and a biopsy of the suspicious area can look for cancer cells. Treatment may include a partial or total thyroidectomy, immunotherapy, chemotherapy, radioactive Iodine-131 treatment or external beam radiation. Thyroid hormone replacement medicine is usually prescribed afterward.

Helpful Hints For Filing a Successful Claim with the U.S. Department of Labor

- ★ Thyroid Cancer is a covered Special Exposure Cohort (SEC) cancer. If you worked at a nuclear weapons or uranium site during a specified time period, you may automatically qualify for benefits if you have thyroid cancer. Visit bit.ly/USDOLSECList to see the list of approved SECs. If your work dates are not covered through an SEC year and you have Thyroid Cancer, you are still eligible for benefits, but through a different process called Dose Reconstruction.
- ★ Make sure you have completed an occupational history questionnaire. What you were exposed to, when, where, and for how long is important information to help successfully prove your EEOICPA claim. Obtain a copy of your employment records including job titles.
- ★ Obtain copies of all your medical records from your doctors, including history and physical exams, test results, diagnoses and treatments related to your condition(s).

**If you feel unsure about the process, don't hesitate to
call the Cold War Patriots Help Center at 1.877.335.0779.**

2021 Cold War Patriots “Everyday Patriot” Nominations



For 2021, Cold War Patriots (CWP) will be highlighting members who have made a positive impact in the community in which they live. Please take this opportunity to nominate a former worker (even if it's you!) who you feel should be recognized as an “Everyday Patriot” due to their volunteer work and/or commitment to their community.

Nominations can be made by filling out a “CWP Everyday Patriots” form on the back of this page. Please read instructions thoroughly and be sure to fill out all “required” sections of the nomination form. We will select fourteen “Everyday Patriots” to include in the calendar.

Nominations are due by March 1st. To return this form, please either mail to P.O. Box 18916, Denver, CO 80218-9927 or take a photo of this form and email your responses to info@coldwarpatriots.org.

Thank you and we look forward to receiving your “Everyday Patriot” nominations!



CWP “Everyday Patriots” Nomination for the 2021 CWP Calendar

1. What is your name?

2. What is the name of the “Everyday Patriot” you are submitting? (It can be yourself or someone you know who is a living, former nuclear weapons worker, uranium worker or downwinder)

3. What is the nominee’s phone number so that we can follow up with them? (Required)

4. What is the nominee’s email address? (Optional)

5. At which nuclear weapons or uranium facility or facilities did they work?

6. Where do they currently live?

7. How is this “Everyday Patriot” giving back to their community? (Explain how their current volunteer work or job is helping to make a difference in their community. Please go into detail with at least four sentences.)

Submissions due March 1, 2020

Cold War Patriots Official National Day of Remembrance™

Thank you to all the Living Legends, their family and friends who attended our Cold War Patriots Official National Day of Remembrance™ events. In 2009, we held the first official National Day of Remembrance and we were honored to be with you at the 11th annual observance.

Every year since 2009, Cold War Patriots has asked the United States Senate to introduce and pass an official Resolution honoring the men and women like you who have served our nation in building and maintaining our nuclear defense. On October 30th, every year we remember and honor you, the workers – as well as the family and friends who fulfilled America’s national defense mission.

At this year’s Cold War Patriots Official National Day of Remembrance™ events, we heard from former workers, advocates, local dignitaries, the U.S. Department of Labor Ombudsman’s Office, representatives for Senators and Congressmen/women; who honored, remembered, and paid tribute to those who worked in the nuclear weapons and uranium complex. Local singers performed the national anthem and honor guards posted the colors. The names of our Fallen Heroes were read, while eleven candles were lit in their honor. Each one of these heroes was a light that illuminated not only the lives of their families, friends and co-workers, but their work and light also lit our nation and those our nation protects, with the precious light of freedom and liberty.

May we all meet again next year for the 12th Cold War Patriots Official National Day of Remembrance™.



Eleven Candles Representing the Fallen Heroes from the Savannah River Site in South Carolina



Larry Martinez Leading a Navajo Prayer in Crownpoint, New Mexico



Living Legends Pins Ready to be Distributed to Cold War Patriot Members in Paducah, Kentucky



A Full Room at the Richland, Washington NDR Honoring Hanford Workers



West High School Choir Performing in Piketon, Ohio



Cold War Patriots Living Legends in Española, New Mexico



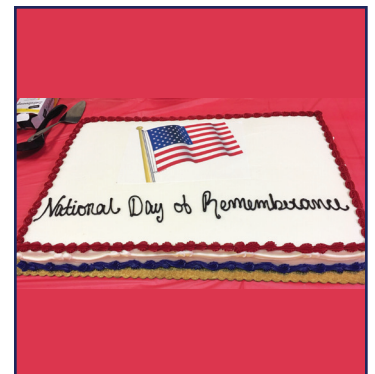
Nellis Air Force Honor Guard Posting the Colors in Las Vegas, Nevada



Reading of the Names & Lighting of Candles, Arvada, Colorado



Singer, Chuck Truesdale, performing at the Fernald Preserve Visitors Center in Ohio



National Day of Remembrance Cake in Amarillo, Texas