

Attachment 3

Sample Notification Letter and Fact Sheet

SAMPLE NOTIFICATION LETTER

Dear _____:

The National Institute for Occupational Safety and Health (NIOSH) conducts research on the health of workers. You were part of a group of workers NIOSH studied at the _____, New York. NIOSH received employment records from _____ to help us study workers.

In 1988, the Oil, Chemical and Atomic (OCAW) International Union asked NIOSH to look at a possible excess of bladder cancer and heart disease among members in Department ____, the rubber chemicals department of _____ Co. In 1995, you were notified of the bladder cancer results.

The enclosed brochure entitled “**A Heart Disease Study among Workers at a Rubber Chemical Manufacturing Plant**” explains more about how the heart disease study was done and gives more details about those results. A fact sheet entitled “**Take Steps Now To Protect Yourself From Heart Disease!**” presents information to help reduce your risk of heart disease. In addition, we have enclosed a pamphlet prepared by the American Heart Association entitled “**Controlling Your Risk Factors**”. The pamphlet describes what steps you can take to help protect against heart disease. Please take the time to read these materials carefully.

It is important to note that the increased risk of heart disease discussed in the enclosed NIOSH brochure refers to workers as a group. We cannot predict the future health of any individual worker.

We have also enclosed a **Reader Response Postcard (postage pre-paid)**. This postcard consists of 10 questions about the notification materials. You may also write any comments or suggestions in the space provided at the bottom of the card. The information you provide as feedback will help us improve our worker notification program. If you would like more information, please include your name and address somewhere on the postcard. **Completing the postcard is completely voluntary.** There are no penalties if you decide not to respond. The information you provide will be treated in a secure manner.

We hope this information is helpful to you. If you or your doctor or members of your family have any questions, please call me toll-free at **1-800-356-4674**. Or if you prefer, you may call me directly at **(513) 841-4519**.

Sincerely,

Notification Officer
Industrywide Studies Branch
Division of Surveillance, Hazard
Evaluations and Field Studies

**TAKE STEPS NOW TO PROTECT YOURSELF
FROM HEART DISEASE!**

IF YOU SMOKE, YOU SHOULD STOP! Smoking causes many illnesses, especially heart disease. Even if you have smoked for a long time, stopping now will improve your health.

You should see your doctor for regular check-ups:

☐ **BLOOD PRESSURE:**

Normal blood pressure is less than 140/90.

☐ **TOTAL CHOLESTEROL:**

The desirable level is less than 200.

☐ **TRIGLYCERIDES:**

The desirable level is less than 200.

☐ **HDL:** This is often called “good cholesterol”. The higher your HDL level, the better. The desirable HDL level is 35 or higher.

☐ **LDL:** This is often called “bad cholesterol”. The lower your LDL level, the better. The desirable LDL level is less than 130.

GET REGULAR EXERCISE!

You should maintain a body weight best for your height and build. Your doctor can recommend the proper weight range for you.

EAT RIGHT!

You should eat a healthy diet, low in fats. You also should eat plenty of fresh fruits and vegetables each day.

Would You Like More Information?

Call NIOSH toll-free

1-800-232-4636

or more information **about heart disease**, call the American Heart Association:

1-800-AHA-USA1

(That's 1-800-242-8721)

