

**Appendix I.1: Popcorn Worker Informational Fact Sheet (English)**



## Popcorn Worker Medical Study

### What is NIOSH?

#### NIOSH...

- is the National Institute for Occupational Safety and Health, a federal public health agency, and is part of the Centers for Disease Control and Prevention (CDC).
- was established to help assure safe and healthful working conditions and conduct research on worker safety and health.

### Why is NIOSH contacting me?

- Between 2000 to 2003, you participated in one or more NIOSH medical surveys of microwave popcorn workers.
- We are inviting you to take part in a NIOSH research study involving follow-up medical testing for lung disease.
- NIOSH medical testing will be offered at **LOCATION** from **START DATE** to **END DATE**.
- We will not be visiting the microwave popcorn plant during this study.
- Participating in this study is voluntary, and you can choose to participate in some or all of the medical tests offered.

### What medical tests will be offered?

- **Questionnaire:** We will ask you about your health and your work history.
- **Lung testing:** We will use several breathing tests to measure how your lungs work.
- **High-resolution computed tomography (HRCT):** We will use a sensitive type of X-ray, also known as a CT or CAT scan, to look for lung problems.
- **Blood draw:** We will collect three tubes of blood (about 6 teaspoons) from your arm. The blood will be stored for future flavoring-related research.

### Are there any special instructions?

#### Cigarettes

- If you smoke cigarettes, please try not to smoke for 2 hours before your medical testing.

#### Medication

- Please bring a list of prescription and non-prescription (over-the-counter) medications that you take on a regular basis to the medical testing.
- If you use an inhaler, nebulizer, or take asthma or other lung medications by mouth, please see additional instructions on the back of this sheet.

#### Work history

- Please bring a list of the jobs you have held since we last talked with you.

### Why should I participate?

- You will receive free medical testing; we will send your personal medical results directly to you. We also can send your results to your doctor, if you choose.
- Your participation is very important to the success of this study.
- After you complete the medical testing, you will receive a \$50 gift card for your time.

### How can I get more information?

- Contact NIOSH at 1-800-232-2114 for more information or to schedule an appointment.

What if I use inhalers, nebulizers, or oral asthma medications?

Some medications can interfere with the breathing tests. If possible, don't take these medications before your medical testing, as described below. **However, if you need to use your medication, please do so and still have the medical testing.**

Medication	Examples		Instructions
Short-acting $\beta$ -agonist bronchodilators (inhaler or nebulizer)	AccuNeb Albuterol Asmavent Levalbuterol Maxair Autohaler ProAir HFA Proventil HFA	Pirbuterol Salbutamol Ventolin HFA VoSpire ER Xopenex Xopenex HFA	If possible, please skip for <b>4 hours</b> before your medical testing.
Short-acting anticholinergic bronchodilators (inhaler)	Atrovent Atrovent HFA	Combivent Duoneb Ipratropium	If possible, please skip for <b>4 hours</b> before your medical testing.
Long-acting $\beta$ -agonist bronchodilators with or without steroids (inhaler or nebulizer)	Advair Advair HFA Arformoterol Brovana Dulera Foradil	Formoterol Perforomist Salmeterol Serevent Diskus Symbicort	If possible, please skip for <b>12 hours</b> before your medical testing.
Long-acting anticholinergic bronchodilators (inhaler)	Spiriva	Tiotropium	If possible, please skip for <b>24 hours</b> before your medical testing.
Leukotriene modifiers and theophyllines (oral medication)	Accolate Montelukast Singulair Zafirlukast Zileuton Zyflo CR	Elixophyllin Uniphyll Theo-24 T-Phyl Theo-Dur Theolair Theophylline	If possible, please skip for <b>24 hours</b> before your medical testing.
Steroid inhalers	AeroBid AeroBid-M Aerospan Alvesco Asmanex Twisthaler Azmacort Beclomethasone Budesonide Ciclesonide	Flovent HFA Flovent Diskus Flunisolide Fluticasone Mometasone Pulmicort Respules Pulmicort Flexhaler QVAR Triamcinolone	If possible, do not take on day of testing.