

Appendix I.3: Flavoring Worker Informational Fact Sheet (English)



Flavoring 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?

- In the past, NIOSH conducted a health hazard evaluation at Sensient Flavors. As part of the evaluation, NIOSH reviewed spirometry tests conducted by the company's healthcare provider.
- We are inviting you to take part in a NIOSH research study involving 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 flavoring 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.

Why should I participate?

- You will receive free medical testing; we will send your personal medical results directly to you. We 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 β -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 4 hours before your medical testing.
Short-acting anticholinergic bronchodilators (inhaler)	Atrovent Atrovent HFA	Combivent Duoneb Ipratropium	If possible, please skip for 4 hours before your medical testing.
Long-acting β -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 12 hours before your medical testing.
Long-acting anticholinergic bronchodilators (inhaler)	Spiriva	Tiotropium	If possible, please skip for 24 hours 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 24 hours 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.