

ATOMIC



HEALTH NEWS



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Q&A
WITH OUR CO-FOUNDER & CEO

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FEATURE
LLNL | LBNL | SANDIA

FOR DEPARTMENT OF ENERGY, ATOMIC
WEAPONS EMPLOYEES & URANIUM WORKERS

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NATIONAL DAY OF REMEMBRANCE

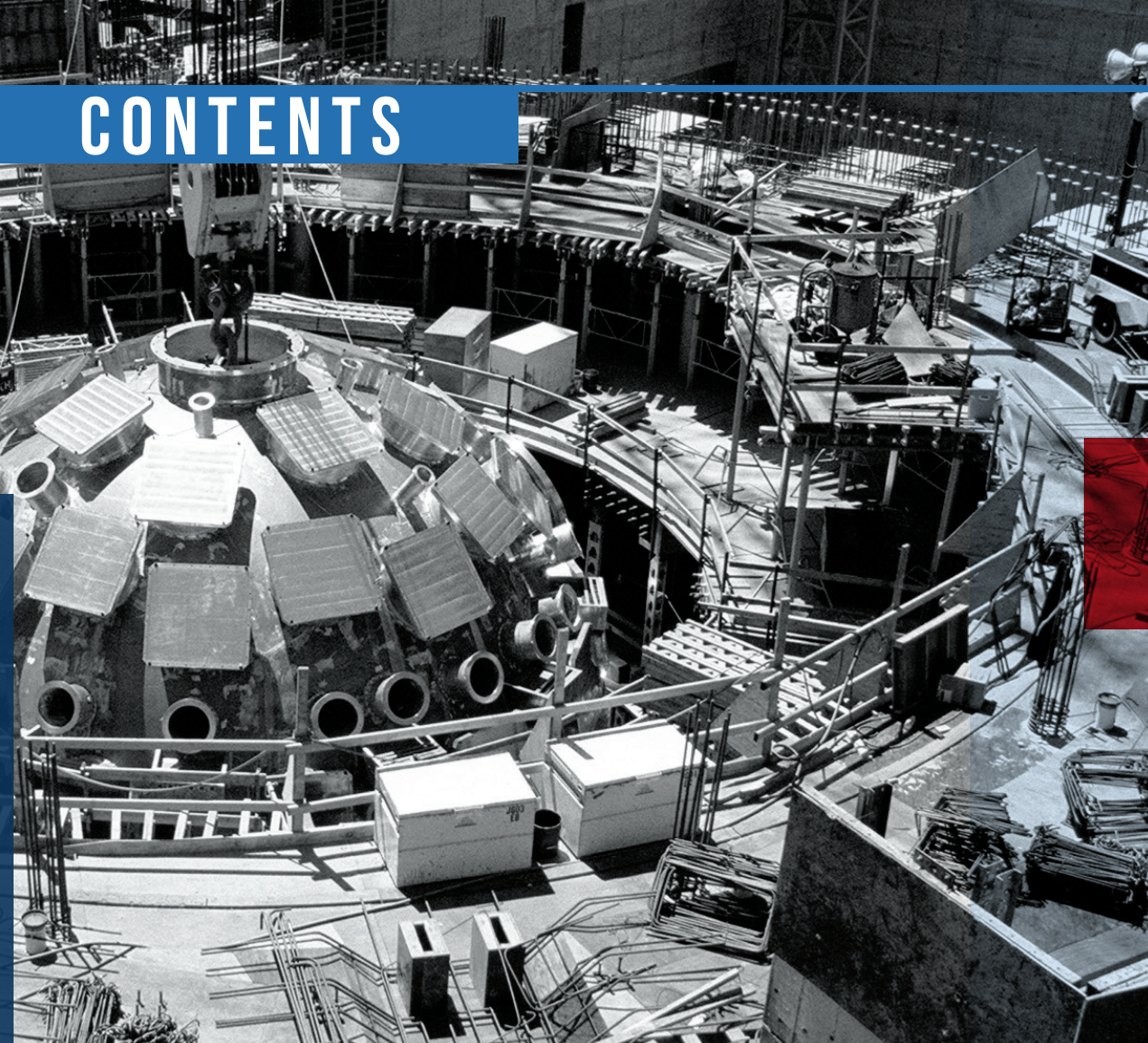
Honoring Our Nation's Atomic Heroes

On October 30th, we pause in humble gratitude and recognition of the National Day of Remembrance (NDOR) for Nuclear Weapons Program Workers.

Nuclear Care Partners recognizes the contributions made by nuclear weapons workers and honors their commitment to building and maintaining the nation's nuclear defense. The effects of working with nuclear materials and being exposed to various chemicals, toxins, and hazards had a significant cost in the health of these nuclear workers. For many years, the scope of these sacrifices had largely gone unrecognized, but today thousands of men and women have been diagnosed with workplace-related illnesses.

While we can never thank these individuals adequately for what they've done, we'd like to take this day to commemorate their heroism and patriotism as we continue our commitment to provide them with the best care available.

To learn more about how Nuclear Care Partners is celebrating the National Day of Remembrance, call 800.295.5846.



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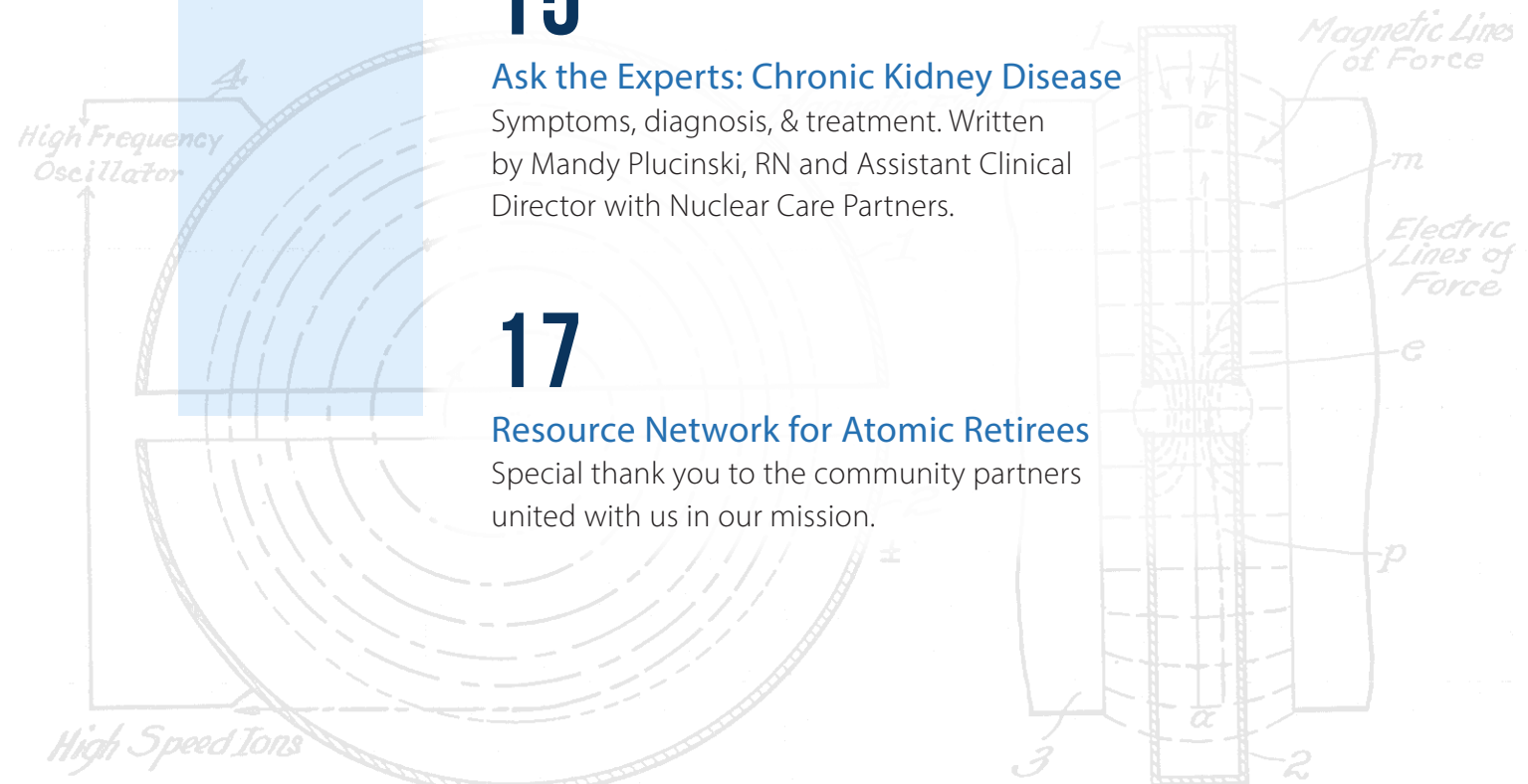
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Resource Network for Atomic Retirees

Special thank you to the community partners united with us in our mission.



MEET BOB

A FEARLESS ATOMIC RETIREE WHO BEAT ESOPHAGEAL CANCER

WORK HISTORY

In 1981, Bob found himself looking for work. As a trained electrician in the construction industry, Bob was ready for more consistency, and less fluctuation— that's when he sought out a job at Rocky Flats, located North West of Denver, Colorado. It was there that Bob began his four decade career in the atomic industry.

Bob recalls his desire to work specifically at Rocky Flats and says, "Safety was the number one priority of Rocky Flats. It was preached about all the time! In construction, they of course talked about safety, but more than anything else the work just needed to get done." Bob goes on to say, "Alarms would go off, and you would wonder what happened, but really, you just wanted to get out of there."

With safety being of such high priority, Bob knew it was very serious and was always careful when it came to being properly protected.

"Before we started a job, we tried our best to identify and understand the hazards that we were dealing with, but it was all still very new."

As new information regarding toxins and chemicals would arise, a new safety plan would be set in place and practiced multiple times.

After a nearly 20-year stretch at Rocky Flats, Bob took a small break from the atomic industry but accepted a position in 2009 that would lead him back. After spending some time at the Idaho National Laboratory, and the Portsmouth Gaseous Diffusion Plant in Ohio, Bob's work led him to the Waste Isolation Pilot Plant (WIPP) in Carlsbad, New Mexico. It was there that Bob started to notice some changes in his health.



— Bob with local Nuclear Care Partners Nurse, Cheri

DIAGNOSIS

In early 2017, Bob began to experience stomach and eating issues. After meeting with a gastroenterologist in June, a tumor was found and he was diagnosed with Esophageal Cancer. "They told me that with chemo, I would lose the hair on my head, but," Bob lightheartedly chuckled, "there wasn't much there to begin with."

Even through multiple doctors, hospitals, and treatments, Bob found the will to work out, stay active and was determined to not let his diagnosis bring him down.

FINDING NUCLEAR CARE PARTNERS

This year, 2023, marks Bob's 6th year with Nuclear Care Partners. When asked about his journey that led him to Nuclear Care Partners, Bob was more than happy to share

"Over the years since retirement, I have kept in contact with past co-workers. It was through one of these co-workers that I heard about benefits available for nuclear weapons retirees."

After working with an independent authorized representative (AR) to help navigate the filing process, Nuclear Care Partners was recommended to Bob. A local touch sold Bob and in December 2017, nurses were in his home providing the same level of care that has kept him here for nearly six years.

Bob proudly states,

"I've never had a bad nurse, only great ones."

LIFE TODAY

Today, even through post-surgery limitations, Bob remains in high spirits, and is thankful for his doctors. On the weekends, Bob is usually found spending time with his kids, grandkids, fly fishing along a stream, or at the race track on his brother's pit crew.

"It all took lots of praying." Bob says. "The surgery was tough, but I got through it, and on December 7th, 2017, after 13 hours, the surgery was successfully completed. Now, 6 years later I get to live my life again."



— Ringing the bell after successfully completing chemo.

THE PLAQUE READS:
"Fate whispered to the warrior you can't withstand the storm, the warrior whispers back I am the storm."



Scan to hear more about Bob's story!

WHAT IS CANCER OF THE ESOPHAGUS?

Cancer of the esophagus (also called esophageal cancer) starts when cells in the lining of the esophagus begin to grow out of control. Cells in nearly any part of the body can become cancer, and can spread to other areas of the body.

It starts in the inner layer of the esophagus wall, and grows outward through the other layers.

Source: www.cancer.org/cancer/types/esophagus-cancer

If you have been diagnosed with Cancer of the Esophagus as a result of working at an Atomic site or Facility, please give us a call to see how we can help!

800.295.5846

Winning an EEOICPA claim, except terminal cases, takes months of bureaucratic red tape and many claimants who self-file, or use an inexperienced advocate, risk denial or give up frustrated.

The first claim I filed was my mother's, as a survivor to my dad, who worked at Enewetak/ Marshall Islands. **Since 2007, I've filed - and won - over 5,000 cases.**

My goal as your expert advocate is to make it easy for you to win the case on the first attempt, rather than suffering through a series of obstructions, denials and frustrations, the fate of over 200,000 claimants.

Don't leave your claim to chance.

Don't lose your case due to a slight error from lack of understanding or advocate inexperience.

I am an EEOICPA expert with the experience, DOL/DOE knowledge and relationships needed to file a successful claim. I'm a retired electronics entrepreneur, visited most DOE labs, and President Reagan offered me a White House deputy liaison post to DOE.



Call Frowiss for a free comprehensive, straightforward consultation. My fee is just 2% of your award, paid by you after a successful claim - never before.



Albert B. Frowiss, Sr.
INDEPENDENT CLAIMS ADVOCATE

858.756.1494

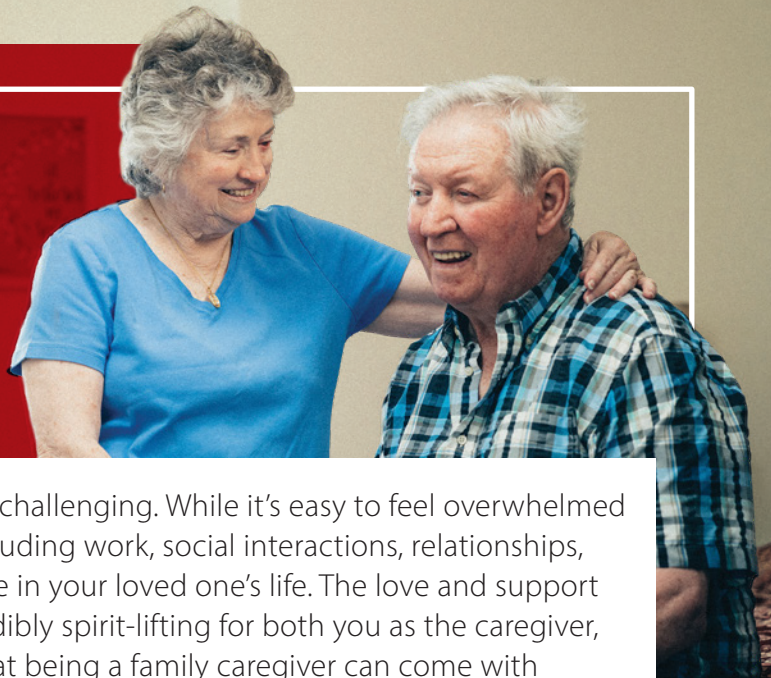
frowiss.org

Frowiss®
EEOICPA CANCER CLAIMS

— Photo provided by Al and printed with his permission.

SECURITY, SAFETY & PEACE OF MIND

FOR FAMILY CAREGIVERS CARING FOR ATOMIC RETIREES



Caring for a loved one can be equally rewarding and challenging. While it's easy to feel overwhelmed when trying to juggle the other parts of your life, including work, social interactions, relationships, and maintaining your own health, you play a vital role in your loved one's life. The love and support you pour out for your ill family member can be incredibly spirit-lifting for both you as the caregiver, and the one you are caring for. While it's no secret that being a family caregiver can come with inevitable stresses, there is **security, safety, and peace of mind** to be found in being a directly employed caregiver, rather than an independent contractor.

	Employed Family Caregiver with Nuclear Care Partners	Independent Contracted (I-9) Worker
BENEFITS*	<input checked="" type="checkbox"/> Available for full-time employees who work at least 30 hours in a week	<input type="checkbox"/>
OVERTIME	<input checked="" type="checkbox"/> Available for full-time employees who've worked over 40 hours in a week	<input type="checkbox"/>
TRAINING & SUPPORT	<input checked="" type="checkbox"/> Training & 24/7 on-call support from local & national clinical staff. Regular communication from your local team.	<input type="checkbox"/> Minimal to no training due to being a contracted employee.
RECORDS REVIEW	<input checked="" type="checkbox"/> Dedicated Medical Records Review team to ensure documents are compliant with DOL policies.	<input type="checkbox"/>

In addition to benefits, overtime, training, and records review, having a family caregiver who's directly employed with Nuclear Care Partners means they'll find peace of mind in knowing they are protected from accidents and incidents that may happen on the job. These protections include workman's compensation insurance, medical malpractice, and accidents that may happen during transportation:

- ✓ **Workman's Compensation Insurance**
 If you are hurt on the job, you will receive workers' compensation benefits.
- ✓ **Medical Malpractice**
 If you cause a medical malpractice item, Nuclear Care Partners has adequate insurance to protect you, your loved one (the patient), and your family.
- ✓ **Accidents during Transportation**
 If you are transporting your loved one and have an accident, Nuclear Care Partners has adequate insurance to protect you, your loved one (the patient), and your family.

As independent contractors, caregivers are responsible for carrying their own insurance which could subsequently put them at risk for lapses or inadequate coverage. Additionally, taxes are at the sole responsibility of the independent contractor which could lead to a hefty, one-lump sum payment during tax season, rather than deducting the proper state and federal taxes at the end of each pay period.

"As an employee of Nuclear Care Partners, you are greeted with a warm hand and a supportive learning environment. Local branch leadership is here to guide and support each employee through documentation guidelines, regulatory requirements, and care support. In addition, you have immediate access to many helpful documents and tools including onboarding videos, policies and procedures, Material Safety Data Sheets, and much more. When you join our Nuclear Care Partners family, you are not just joining a team of fellow staff members but rather a supportive, encouraging, and compassionate family of friends who strive to consistently deliver the highest level of quality care to every patient, every visit."

— Nicole Andujo, MBA, LNHA & Branch Leader with Nuclear Care Partners



*BENEFITS AVAILABLE TO EMPLOYED FAMILY CAREGIVERS WITH NUCLEAR CARE PARTNERS

- Full-Time (30+ hours/week):**
 - Medical / Dental / Vision
 - Voluntary Benefits
Including Group Short-Term Disability, Universal Life, Accident & Telehealth
 - Flexible Spending Account (FSA)
Set aside pre-taxed dollars from each paycheck to pay for out-of-pocket health care and dependent care expenses allowed by the IRS
 - 401K
- Part-Time (<30 hours/week):**
 - 401K

Please note: Family caregiver hours are determined by the signing physician, **not** by Nuclear Care Partners



YOU'RE INVITED!

BECOME AN EXCLUSIVE MEMBER OF THE



WHAT IS THE ATOMIC HEROES ALLIANCE (AHA)?

We know the process of filing a claim with the Department of Labor can often be a daunting and confusing task. We created the Atomic Heroes Alliance, with dedicated filing experts, to guide you through filing and connect you with resources related to your EEOICPA benefits.

While we cannot file for you, we will be able to assist you with any questions that arise while you are filing and will work closely with you and your Authorized Representative, should you choose to use one.



WHY JOIN AHA?

Our AHA filing experts can assist you with:

- Determining your eligibility of EEOICPA benefits
- Adding consequential illnesses to your white card
- Impairment ratings
- Medical travel or treatment reimbursement forms
- Out-of-pocket expenses
- Reviewing denied claims
- Maximizing your benefits
- Enrolling in Nuclear Care Partners specialized programs:



BreatheBetter
LUNG PATIENT PROGRAM
A NUCLEAR CARE PARTNERS INITIATIVE

This program will help improve your breathing and guide you through individualized interventions unique to your health needs.



Health
WATCH

Let us help you monitor your health and provide you with a variety of resources related to your EEOICPA health benefits while you await being approved to receive care.



ADDITIONAL MEMBERSHIP BENEFITS INCLUDE:

- Honorary pins and gifts
- Invitations to local events
- Welcome package with pin, patch, and personalized membership card

PLUS! IT'S FREE TO JOIN!

[NuclearCarePartners.com/aha](https://www.NuclearCarePartners.com/aha)





MEET JAMES

THE FIRST AFRICAN-AMERICAN ENGINEER TO LEAD THE LAST NUCLEAR TEST IN THE UNITED STATES, "DIVIDER"

BACKGROUND AND WORK HISTORY

James, the youngest of 4 siblings, grew up in the small town of Mer Rouge, Louisiana with constant encouragement from his parents. As farmers, James's parents often worked odd jobs to provide for their children in the small town of less than 1,000 people at the time.

They wanted their children to leave for better opportunities. "Every one of us went to college," said James, "My parents always said they didn't want their children to grow up doing the same things as them ..."

And so James followed in the footsteps of his older brother and attended Louisiana Tech in order to get his degree in Civil Engineering. He remembers a writing assignment he was given in the 8th grade in which he was asked to write about what he wanted to be.

"I didn't know exactly what engineering was about at that time, but I was confident that this was what I wanted to be. And I pursued it," said James.

James's career in the nuclear industry began with a recommendation from his brother which led to an internship with the same company his brother worked at, Holmes and Narver, at the Nevada Test Site.

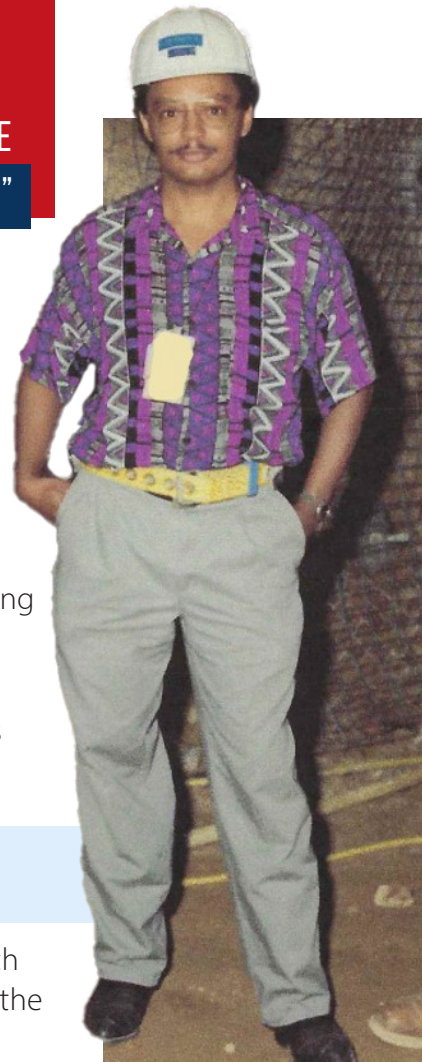
After finishing the internship over the summer between classes, James returned to Louisiana to complete his Bachelor's degree in Civil Engineering. A month before he graduated, Holmes and Narver offered him a permanent position at the Nevada Test Site and he accepted, beginning his career as a Project Engineer supporting Los Alamos National Laboratory Engineers in Nuclear Testing at the Nevada Test Site.

Before long, James's work impressed the manager of the Los Alamos Group. "[My manager] asked me if I would like to work for him as an Event Engineer. He told me that he had been watching me for several years and was impressed with my work, as well as my spot-on calculations," said James.

Initially, James was hesitant in considering the position. He felt that the fact that he was only in his mid-twenties might mean he didn't have the experience necessary to lead a nuclear detonation event. After discussing with his family again however, James decided to accept the offer and became a Lead Event Project Engineer.

Not long after that James would lead the last American Nuclear test, Divider, as the first African-American and the last American to lead a Nuclear Test on US soil.

"It was an honor to lead the last successful [detonation] project," said James.



DIAGNOSIS

In the late 80's, after years of working in the atomic industry, James started to notice that something wasn't right. "I started coughing up phlegm and different things like that", James said, "then came breathing problems. I knew something was affecting my lungs, because I couldn't exercise, or do other stuff, like I wanted to."

James goes on to explain, "It felt like every other year I was going to the doctor and getting treated for bronchitis, they would give me some antibiotics. It didn't really help, so I went to a specialist and got x-rays of my lungs."

Through the specialist, James was first diagnosed with chronic silicosis then shortly after was diagnosed with sleep apnea.

Even with the struggles of living with silicosis, James knew that life couldn't stop. "I still worked and did what I could to keep up with my family. My daughters still needed me."

FINDING NUCLEAR CARE PARTNERS

After hearing about the benefits available to former atomic workers through the Energy Employees Occupational Illness Compensation Program Act (EEOICPA) through his brother (who had been enrolled for 6 or 7 years), James decided to see how the program could benefit him.

Now, two years later, James feels grateful for the care he has received from his nurses, doctors, and wife/family caregiver.

"I worked with folks much older than me, and unfortunately, a lot of them have passed away from what I assume was work-related illnesses. I really wish they knew more about this program before it was too late."

What is silicosis?

Silicosis is an interstitial lung disease caused by breathing in tiny bits of silica, a common mineral found in many types of rock and soil. Over time, exposure to silica particles causes permanent lung scarring, called pulmonary fibrosis.

How It Affects Your Body?

When people breathe silica dust, they inhale tiny particles of the mineral silica. Over time, the silica dust particles can cause lung inflammation that leads to the formation of lung nodules and scarring in the lungs called pulmonary fibrosis. This is a progressive disease that normally takes 10–30 years after first exposure to develop. Over time, lung capacity decreases, and people with silicosis particularly those with Progressive Massive Fibrosis may need support with oxygen and other devices to help them breathe.

<https://www.lung.org/lung-health-diseases/lung-disease-lookup/silicosis/learn-about-silicosis>

If you or someone you know has been diagnosed with cancer or a chronic illness due to workplace exposure, please call us!

You could be eligible for up to \$400,000 in financial compensation and no-cost medical benefits.

Our team of benefits experts, across the country, are on standby and would love to meet with you.

800.295.5846



ATOMIC SITES FEATURE

LAWRENCE BERKELEY NATIONAL LABORATORY (LBL)

The legacy of the University of California Radiation Laboratory (Rad Lab) began in the summer of 1928, when a physics professor named Ernest O. Lawrence accepted a position at the University of California's Berkeley campus. During his time at Berkeley, Lawrence invented a unique particle accelerator called a cyclotron which would prove his hypothesis: whirling charged particles around to boost their energies, then casting them toward a target is an effective way to smash open atomic nuclei. The cyclotron would go on to win Lawrence the 1939 Nobel Prize in physics and usher in a new era in the study of subatomic particles. After his death in 1959, the Lab was officially renamed the Ernest O. Lawrence Berkeley Laboratory.



LAWRENCE LIVERMORE NATIONAL LABORATORY (LLNL)

After the first detonation of a Russian atomic bomb, RDS-1, in August 1949, American scientists grew concerned that a more powerful weapon would soon be next: the Hydrogen bomb. This triggered a meeting with Teller and Lawrence at Los Alamos to discuss the crisis. During that meeting in October, 1949 a plan to create a new laboratory that would focus on advancing nuclear weapons and specifically, the H-bomb program. Three years later, in 1952, the Lawrence Livermore National Lab opened and began operations as the "New Ideas Laboratory".



SANDIA NATIONAL LABS (SNL)

Sandia Labs, originally called the "Z" Division, was established in 1949 in New Mexico as an arm of the Los Alamos National Laboratory. With an urgent need for additional components, a second location of Sandia Labs was opened in California's Livermore Valley under the University of California in 1956. By 1958, Sandia had over 800 employees with the primary mission to design and develop and test non-nuclear components. Over two decades later, congress officially made Sandia Laboratories a U.S. Department of Energy national laboratory.

FACTOIDS

- Sandia has a total of four sites: Laboratories in Albuquerque, NM and Livermore, CA, and test sites Nevada and Hawaii.
- Ernest O. Lawrence was only 26 years old when he was offered a job as a professor at the University of California
- The successful Rainier Test produced around 200,000 tons of broken rock
- Berkeley Lab scientists have won fifteen Nobel prizes in physics and chemistry, and each one has a street named after them on the Lab campus
- From 1940 to 1974, LBNL was credited with the discovery of 16 elements on the periodic table—more than any other institution
- Site 100 - LBL; Site 200 - LLNL main campus; Site 300 - non-nuclear test site run by LLNL
- Lawrence Livermore National Laboratory's main campus fits into a one-square-mile footprint
- Approximately 15 miles southeast of LLNL and sitting on 11 square miles (approximately 7000 acres) is Site 300 which was established as a non-nuclear explosives test facility in 1955.



Professor Ernest O. Lawrence, William Brobeck, Dr. Harold Fidler, and Dr. Donald Cooksey in the Bevatron core gap

TIMELINE

1931
1939
1945
1945
1948
1952
1953
1956
1957
1959
1979

Lawrence Berkeley National Lab (LBNL) was established

- Founded by Ernest O. Lawrence
- Initially named "The Radiation Laboratory of the University of California, Berkeley," later renamed to "The Lawrence Berkeley National Laboratory" in 1959 after Lawrence's death in 1958 – still nicknamed, "The Rad Lab"

Ernest O. Lawrence wins the 1939 Nobel Prize for the invention and development of the cyclotron and for results obtained with it.

Z Division, the ordnance design, testing, and assembly arm of Los Alamos National Laboratory was established

The Trinity Test was successfully detonated in Los Alamos, New Mexico

Z Division renamed Sandia Laboratory

Lawrence Livermore National Lab (LLNL) was established

- Co-founded by Ernest O. Lawrence and Edward Teller

LLNL acquired one of the first UNIVAC computers (UNIVAC-1). This subsequently drove industry's development and use of increasingly powerful machines.

Sandia's second location opened in Livermore

At the Nevada Test Site, LLNL Detonated the first contained underground nuclear test: Rainier

Ernest Orlando Lawrence Award was approved by Eisenhower to honor scientists and engineers for their exceptional contributions to nuclear energy.

Congress made Sandia Laboratory a U.S. Department of Energy Laboratory

The EEOICPA established a Special Exposure Cohort (SEC) for certain classes of employees. To qualify for compensation as a member of an SEC class, a covered employee must have at least one of the 22 specified cancers* and worked for a specified period of time at one of the SEC work sites.

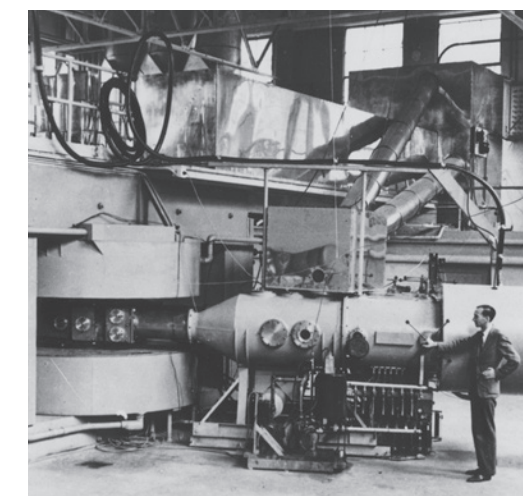
➤ **Lawrence Berkeley Laboratory:**
August 13, 1942 – December 31, 1961

➤ **Lawrence Livermore Laboratory:**
January 1, 1950 – December 31, 1989

➤ **Sandia National Laboratory Livermore:**
October 1, 1957, through December 31, 1994

These employees or their survivors, from any of the above listed facilities, may be eligible for benefits if, after beginning covered employment.

*For more information about eligible specific cancers please call us at 800.295.5846.



Q & A



MEET JENNA NOEM, CO-FOUNDER AND CEO OF NUCLEAR CARE PARTNERS

We sat down with Jenna as she walked us through the start and evolution of Nuclear Care Partners over the last 12 years.

WHAT IS YOUR BACKGROUND? DID YOU ALWAYS IMAGINE YOURSELF AS A NURSE?

I knew from very early on that my path was in healthcare and in service. In elementary school a favorite pastime was manning a “clinic” I set up. We had cared for neighborhood kids - for minor cuts and bruises and served plenty of imaginary patients as well.

As an adolescent, I watched my mom care for my grandmother in what I now understand was palliative care and hospice care as she suffered a very long battle with severe lung disease.

I thought my path was caring for women and children through nursing school and then as I started a graduate program to become a Family Nurse Practitioner. My early experiences in the ICU helped clarify 2 things. First, I love caring for the older population- I love the stories, the interactions and caring for people who so deserve care and are often the last to ask for it. And, second, I learned that I didn’t belong in diagnostics or in the ICU. I longed for the long-term relationships and deep connections that are possible through in-home care when you walk with a patient over a long period of time.

WHAT WERE YOUR GOALS WHEN YOU FIRST STARTED NUCLEAR CARE PARTNERS?

When I first met the patient population we serve, I was head over heels. As a Case Manager caring for patients mostly in rural NM, I loved caring and advocating for patients and their families and was shocked by how few services and options were available at that time. There were very few companies caring for this special population, and even fewer doing it well. In fact, whole states had zero services available for these veterans and extremely limited awareness in the medical community and in the patient population about the work exposures, specific needs and benefits available for sick workers. I could not believe how sick these people were and how little awareness or solid clinical programming existed to care for them. I believe if you are not a part of the

solution, you are a part of the problem and so we set out to change it. We had to do better – **the original goal was to help a few families and do it well.**

Through education, we were able to create awareness for our special population and in the medical community and brought services to a location that didn’t have options. Our first focus was Livermore, CA – bringing awareness and care services to former LLNL workers.

Our goals have evolved with the need— and the need was far greater than we’d ever imagined. We grew to accommodate patients and to bring services to states as workers were reaching out for help and asking us to come. That’s been our story – try to figure out how to rise up to meet the needs.

HAS THERE BEEN ONE PARTICULAR EXPERIENCE THAT HAS INSPIRED YOU TO CONTINUE ON THIS PATH?

There are so many experiences that come to mind – one was with a family we met at an outreach community education event (something that was brand new at that time) we were hosting. An older gentleman and his daughter sat in the front row during our presentation on the program, illness and services and about halfway through our presentation started crying. After our presentation was over, I headed straight to them and they shared that they had been paying out of pocket for care for three years to keep him in his home and had spent nearly every dollar to his name because they hadn’t known what his white medical benefits card did. They came to the event believing they were completely out of options for him to stay home and were shocked to find out he had access to this program and all along. He’d qualified for care to be covered that entire time and had no idea services existed. I left that family that day and vowed – we had to do better, we had to educate more, we had to make sure people knew what was available to them.

The stories, the lack of access, hardships patients went through to get approved, and not having any resources on their difficult healthy journey created a fire in me, and every patient that we helped was fuel.



Our patients were (and still are!) our mentors. One particularly spry and inspiring wife of a former LLNL worker once told me, **“when things seem hard or scary – you just do it anyway.”** I’ve had the great pleasure of having so many wise mentors, whose words have stuck with me and have informed so much of what this mission is today.

WHY DOES THIS MISSION MEAN SO MUCH TO YOU?

The people. The incredible former atomic workers we have the honor to serve and the amazing staff who choose to spend their precious time and talent in service of these special people, in our mission. It’s really a huge blessing to do something you are passionate about and do it with others who care just as deeply.

HOW HAS THE MISSION EVOLVED AND WHERE DO YOU SEE IT GOING FROM HERE?

Yes, it’s evolved and expanded in lots of ways over the years. We’ve expanded in our geography and where we serve patients and have also evolved in terms of what service looks like. Serving in our mission today includes best in class care services and clinical programs to keep our patients as healthy as possible for as long as possible. It includes our advocacy efforts, education, and outreach across our local communities as well as medical communities. It includes being a resource for the masses through our Atomic Heroes Alliance and connecting workers with people outside of Nuclear Care Partners who can help them file for their benefits, and today, it also includes lobbying efforts in Washington D.C. to protect former atomic workers’ access to their benefits.



ASK THE EXPERTS: CHRONIC KIDNEY DISEASE

DIAGNOSIS EDUCATION, SYMPTOMS & TREATMENT

Written by Mandy Plucinski, RN



Chronic Kidney Disease (CKD) is defined as abnormalities of kidney structure or function, present for more than 3 months, with implications for health.

CKD leaves lasting damage to your kidneys that can worsen over time. In rare, but extreme cases of chronic kidney disease, the kidneys may fail which could lead to dialysis or a kidney transplant.

SYMPTOMS

Often, in the early stages of kidney disease, symptoms are not noticeable. However, over time the kidneys' function may begin to lessen which could lead to a decrease in filtered waste and possibly enter the bloodstream. Later stages of CKD can include symptoms such as:

- Itchy skin
- Muscle cramps
- Feeling weak and tired
- Feeling sick to your stomach or throwing up
- Feeling less hungry than normal
- Swelling of your legs, ankles and feet
- Urinating (peeing) more or less than normal
- Foamy, frothy or bubbly-looking urine (pee), which means there is protein in your urine
- Trouble catching your breath
- Trouble falling or staying asleep

WHAT OTHER HEALTH PROBLEMS CAN CKD CAUSE?

Kidneys, along with other organs and systems, play a vital role in the body's ability to properly function. Even in mild cases of CKD, it's important to take good care of yourself to help reduce the risk of further health complications including:

- Anemia
(not enough red blood cells in your body)
- Heart Disease
- High Phosphorus or High Calcium
- Bone Disease
- High Potassium
- Fluid buildup
- High blood pressure
- Cardiovascular Disease

TREATMENT & MANAGEMENT

Although the damages caused by CKD are irreversible, it is possible, with prescription medications, balanced diet, and moderate exercise to avoid further complications caused by CKD.

Like with any treatment, it is important to check with a doctor or pharmacist before taking any over-the-counter medicines such as painkillers or nutritional supplements. These can sometimes affect your kidneys or interfere with prescribed medicine.

A healthy, balanced diet can help improve general health and reduce the risk of developing further problems. A balanced diet should include:

- Plenty of fruit and vegetables – aim for at least 5 portions a day
- Meals that include starchy foods, such as potatoes, whole grain bread, rice or pasta
- Some dairy or dairy alternatives
- Some beans, fish, eggs, or meat as a source of protein
- Low levels of saturated fat, salt and sugar

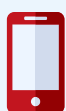
Doctors also may suggest dietary changes that can help with specific kidney disease cases, such as limiting the amount of potassium or phosphate in your diet.

In more advanced cases of patients already on dialysis, the ability to exercise will likely be reduced due to shortness of breath. It's recommended to consult all treating-physicians before beginning or changing a routine exercise plan and start slowly to build up a tolerance gradually.

HOW NUCLEAR CARE PARTNERS CAN HELP

Our highly skilled nurses are familiar with Chronic Kidney Disease and various interventions to help combat the symptoms to improve the quality of life of those who've been diagnosed. It is the mission of Nuclear Care Partners to focus on patient needs and make symptom management and great customer service a top priority. We will work with your other providers to ensure our care plans are well-aligned so our patients can stay healthier longer and in the comfort of their own home.

If you have been diagnosed with Chronic Kidney Disease, or any other condition due to your workplace exposure at an atomic site, give us a call today to see how we can help!

 **800.295.5846**

As an Accredited Provider, you can have peace of mind in knowing that you are receiving the highest quality of care from a company that is devoted to the highest level of industry standards and best practices.

Reports on occupational risk factors have focused on the exposures to nephrotoxins, including lead, mercury, glycol ethers, organic solvents, copper, chromium, tin, mercury, welding fumes, silicon-containing compounds, and grain dust.



NATIONWIDE RESOURCES

FOR FORMER ATOMIC WORKERS

We are incredibly grateful for our community partners who have locked arms with us in our mission to serve former atomic workers. While not a comprehensive list, we invite you to check out the following Department of Labor white card-friendly resources who are helping support our 2023 National Day of Remembrance celebrations. Be sure to connect with your local Nuclear Care Partners team to learn more about resources in your area, as we continue to expand this network of resources.

To all of our community partners, thank you for your support and assistance in serving our nation's Atomic Heroes!

SC



(803) 648-1438
aikencommunitytheatre.org

NV



(702) 790-4013
brightonhospice.com/locations/nevada

TN



(615) 366-9952
carishealthcare.com

SC



(803) 514-5210
hospicesc.com

NATIONAL

Frowiss®
EEOICPA CANCER CLAIMS

(858) 756-1494
frowiss.org

CA



(800) 358-8228
patelco.org

WA



(509) 947. 1751
michellerankin.com

WA



(509) 578-5784
seniorhelpers.com

NV



(702) 638-7900

NATIONAL



VICTORY
MEDICAL SUPPLY
(801) 770-4049
victorymedsupply.com

GA



(706) 724-7746
encompasshealth.com/locations/waltonrehab

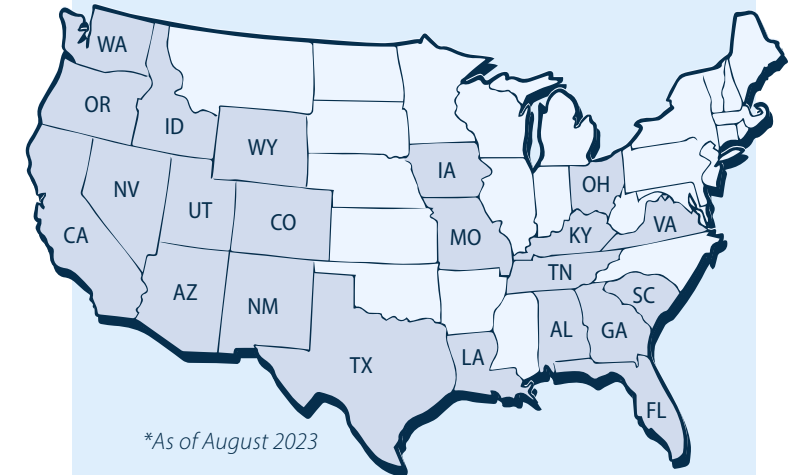
TN



(865) 387-9534
wavetechknoxville.com

When Nuclear Care Partners was founded in 2011, our co-founders saw a need for quality care for this special patient population—our nation's atomic heroes. Initially, we started small, with a vision to provide care for just a handful of patients. But because of the quality care we delivered and our desire to serve every community that called out in need, we began to expand to reach more and more patients across the country, and so our mission grew.

Today, we proudly serve 22 states, and look forward to furthering our mission and touching lives coast to coast.



*As of August 2023

If you or someone you know worked at one or more atomic sites across the country, and have been diagnosed with cancer or a chronic illness, we would love to meet you!

Through the Energy Employees Occupational Illness Compensation Program Act (EEOICPA), you may be eligible for up to \$400,000 in financial compensation and no-cost medical benefits.



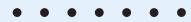
PLEASE CALL US AT
800.295.5846



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CARE
PARTNERS®**

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Grand Junction, CO 81505

CONNECT WITH US!

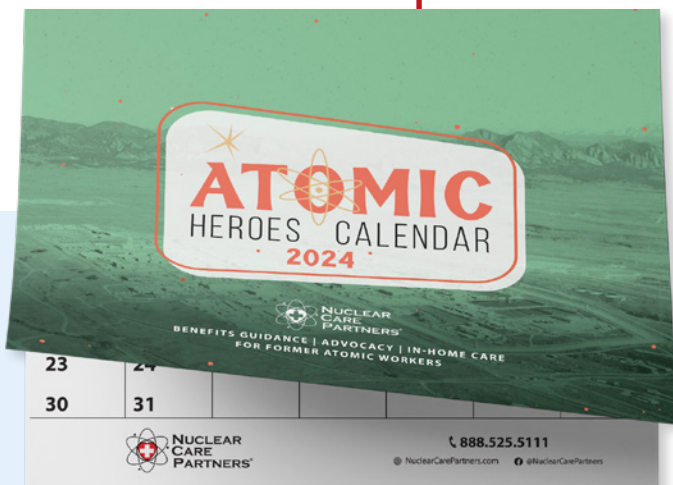


 [NuclearCarePartners.com](https://www.NuclearCarePartners.com)

 [@NuclearCarePartners](https://www.facebook.com/NuclearCarePartners)

2024 ATOMIC HEROES CALENDAR!

This year's limited-edition calendar was custom created to honor our nation's former atomic workers. Every story and photo featured in our Atomic Heroes Calendar serves as a true testament of the service and sacrifice that thousands of men and women put into our Nation's nuclear defense. We know these memories are incredibly special to those that submitted and we are honored to share them with you and other Atomic Heroes across the country.



**ORDER YOUR *FREE*
BONUS GIFT, TODAY!**



800.295.5846

Or visit [NuclearCarePartners.com/atomic-heroes-calendar](https://www.NuclearCarePartners.com/atomic-heroes-calendar)



Please allow extra time for delivery.