

HEALTH MATTERS

A Newsletter for the Rocky Mountain Arsenal Neighborhood

Fall 2006



Colorado Department
of Public Health
and Environment

AIR QUALITY CONTINUES TO MEET GOALS AT THE ROCKY MOUNTAIN ARSENAL

As has been reported in previous *Health Matters* editions, the news on air quality at the Rocky Mountain Arsenal (Arsenal) continues to be positive and shows that the cleanup is progressing safely. Air monitoring through May 2006 demonstrates that health protective limits have been met for all of the Arsenal's 27 chemicals of concern since the soil cleanup began in October 1997.

During the past year, seven permanent monitoring stations on the Arsenal regularly tested for chemicals that had the possibility of becoming airborne. Two more stations are located in the surrounding communities: one at Montbello High School and another at the South Adams County Fire Station. As an independent check, the U.S. Environmental Protection Agency also conducted air quality monitoring at three of the Arsenal locations. In 2005 alone, more than 13,600 tests were conducted to monitor air quality.

Air monitoring is an important part of public health oversight activities and will continue until the soil cleanup is completed. More detailed monitoring results can be found on the Internet at www.cdphe.state.co.us/rma

BASIN F WASTEPILE REMOVAL MOVES FORWARD

In Spring 2006, excavation of the contaminated soil stored in the Basin F Wastepile and disposal in the onsite landfill began. The contaminated soil had the potential to emit strong odors and chemical emissions when it was dug up, so a detailed plan was put in place to ensure that nuisance odors and emissions would not impact the communities surrounding the Arsenal.

The plan has worked exceedingly well, and no air quality problems have been recorded at the Arsenal fenceline since the project began.

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AIR QUALITY CONTINUED

The four-part plan included weather forecasting to ensure that the area's infamous inversions, which trap pollutants at ground level, would not cause odors to become a problem. It also included a slow start demonstration to ensure that all emissions control measures were effective. During Slow Start and beyond, as operations at Basin F have progressed to full-scale, odor monitoring by trained personnel has provided additional assurance that odors would not become a problem. Additional air-quality monitors, located close to the cleanup site, have monitored the air to ensure that the project is keeping chemical concentrations within pre-established limits.

Odor problems are not expected during the wintertime inversion season; however, if you have questions or concerns with suspected Arsenal-related odors, Tri-County Health Department operates an Odor Response Line at 303-286-8032 to respond to citizen calls 24-hours-a-day, seven-days-a-week. This plan also helps ensure that emission limits designed to protect public health are achieved.

The Rocky Mountain Arsenal Health Line, 1-888-671-7848, is a toll free number operated by the Rocky Mountain Poison and Drug Center, in collaboration with the Colorado Department of Public Health and Environment. This service allows citizens to call 24-hours-a-day to speak to a nurse about Arsenal-related health questions.

Tri-County Health Department
Odor Response Line
303-286-8032

call 24-hours-a-day

The Rocky Mountain Arsenal Health Line
1-888-671-7848
call 24-hours-a-day

Healthy Mothers/Healthy Babies

One of the goals established for the Arsenal Medical Monitoring program was to track and prevent birth defects around the Arsenal. But healthy lifestyle choices should continue after a baby is born as well. Take a moment for yourself...

BABY YOURSELF TOO!

Relax.

It's common to feel stressed or down after having a baby. Give yourself time to adjust. Try some of the things listed below to reduce your stress. If your feelings of stress or sadness don't pass or they get worse, talk with your doctor. He or she can help.

Get Enough Rest.

You need to rest so that you have energy to take care of your new baby. Ask your family and friends to help you with cooking and cleaning. Try napping when your baby does.

Be Physically Active.

Finding time to be active can be hard. Try taking a walk or dancing with your baby. Aim for 30 minutes a day, on most days of the week. New moms might find it easier to do 10 or 15 minutes at a time, two or three times a day.

Eat A Healthy, Varied Diet!

Eating well isn't always easy when you have a new baby. But, without the right foods, you might not have the energy you need to take care of your family. Besides taking your multivitamin with folic acid every day, you should drink plenty of fluids (water is best) and eat a healthy diet.



CONGRATULATIONS, MOM YOU HAVE A BEAUTIFUL BABY



While you were pregnant, you took prenatal vitamins for your health and the health of your baby. Keep up the good work! Just switch from a prenatal vitamin to a regular multivitamin with folic acid, and take it every day.

MULTIVITAMINS TAKE THEM FOR LIFE

Why Folic Acid?

- It is very important after childbirth, too. It helps with cell growth and repair, something your body does every day!
- Getting enough folic acid every day can help prevent serious birth defects in babies you may have in the future.
- Folic acid may help prevent heart disease, stroke, and some cancers.



How can you get it?

- The easiest source of folic acid is a daily multivitamin that has folic acid in it. Many store brand multivitamins are as good as name brands and often cost less.
 - Folic acid comes in many forms. There are small folic acid pills and liquid and chewable multivitamins. Choose the form you like best!
 - Breakfast cereal is another easy way to make sure you get enough folic acid. Many brands have 100% of the Daily Value (DV) of folic acid in each serving. Check the nutrition label.
- Mom, set a great example for your family by adding a daily multivitamin with folic acid to a healthy diet. To take care of your family, you need to take care of YOU!



We have a Web site!!

You can find information on the website about everything from the history of the Arsenal to details on the chemicals that were manufactured there. Visit the site at www.cdphe.state.co.us/rma.

RMA Health Line

If you have health-related questions about the Arsenal, here is a great resource! The Rocky Mountain Arsenal Health Line is a service provided by the Rocky Mountain Poison and Drug Center since the start of remediation activities in late 1998. The toll free number, 1-888-671-7848, allows you to call 24-hours a day to speak to someone about any Arsenal-related health concerns. This number also provides referral numbers for odor and other Arsenal-related questions. Se habla espanol.

What happens when you call? You will speak to a nurse who will determine if you need general health information or if you have a specific health concern. The Rocky Mountain Arsenal Health Line staff has health-related information about the Arsenal and can answer many questions immediately. If you have a medical concern, the nurses will ask questions to determine if the problem could be related to the Arsenal. The Poison Center has experts available to review the information and to provide assistance to healthcare providers through a consultation, if requested.

The Rocky Mountain Arsenal Health Line is not intended to substitute for an existing doctor-patient relationship. If you have any health concerns, you should talk about them with your health care provider.

If you are a health professional, a clinical toxicologist is available through the Health Line to assist with any diagnosis, treatment or referral questions you may have.

So what has been reported to the Health Line over the last eight years? There have been more than 1300 calls to the line (Figure 1) with most callers only listening to recorded information. Just 6% of callers have chosen to speak with Health Line staff to get health information or report health concerns. Sample questions have included

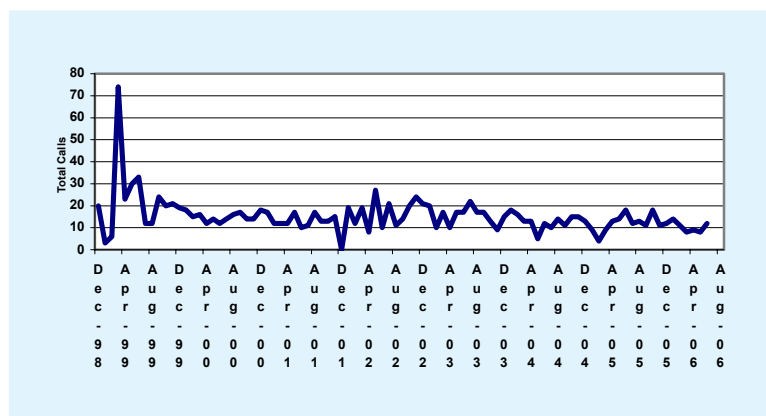


Figure 1: Calls to the RMA Health Line

“Should I be concerned about moving to this area?” and “Can you explain cancer risks?”

The 24 reported medical calls over the last eight years have involved a variety of concerns with no apparent pattern or relationship to the Arsenal cleanup. All medical concerns are evaluated to determine 1) if there is a potential exposure pathway from the Arsenal to the affected person, 2) if there is any data on the concentration or dose of chemicals that the person may have been exposed to, and 3) are the medical concerns (symptoms) consistent with the toxicity known about these chemicals? It is important to understand that without all three factors being present, the health concern may not be related to the Arsenal cleanup but may be due to other things. Again, anyone with a medical concern should also be evaluated by their healthcare provider as soon as possible.

Any health concerns are reported to CDPHE after evaluation by Health Line toxicologists.

The Health Line will continue to be a resource for the community and for healthcare providers – please use it whenever you need to.

Toll free number, 1-888-671-7848

Call 24-hours a day

How Can I Get More Information?

For questions about your health and the Rocky Mountain Arsenal cleanup, call the Rocky Mountain Arsenal Health Line toll free 1-888-671-7848, 24 hours a day, seven days a week.

For questions about the Medical Monitoring Program, call:
Colorado Department of Public Health and Environment
Laura Bishard (303) 692-3310
laura.bishard@state.co.us

For questions about odors, call:
Tri-County Health Department
Information and Odor Response Line
(303) 286-8032

To talk with EPA about the Rocky Mountain Arsenal, call:
U.S. Environmental Protection Agency
Jennifer Chergo (303) 312-6601
chergo.jennifer@epa.gov

For information on the cleanup, call:
Remediation Venture Office of Public Relations
Susan Ulrich (303) 289-0250 or visit
www.pmrma.army.mil/rma.html



Downtown Denver from the Rocky Mountain Arsenal



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