



**CHECKING IN**—Ruth Bragg and Toni Sapp check in with Sonny King before taking the pulmonary function test.



**EXPLAINS TEST**—Pulmonary function test specialist Pam Meeler explains to Bennie Franks how his pulmonary function studies are recorded.

## Pulmonary Tests Provide Regular Check On Employees' "Breathing"

Clinton Mills' pulmonary medical surveillance program is provided on a regularly scheduled basis for those employees exposed to cotton dust.

"The purpose of the test is to identify those employees who react to cotton dust so that protective measures can be taken," according to Sonny King, coordinator of Clinton's Health and Safety Programs.

Annual and semi-annual tests are conducted by Respiratory Consultants, Inc. of Columbia, under the supervision of Dr. Bob Galphin, a leading pulmonary physician.

King noted that the annual and semi-annual tests are well received by employees. "Occasionally, we have someone who will forget about the test and enter the plant; thus, making another scheduled visit necessary."

Employees are asked to report before the work shift for a pre-test. Trained technicians coach employees into blowing as hard as

they can into a "box-like device" called a spirometer. It measures the amount of air you can get out of the lungs in one second, and the total volume of air.

"After a minimum of four hours in the workplace," says King, "employees return for a post test. The results of the pre-test are measured against set standards to see how the employee compares to an average person of the same age, height and sex."

"The purpose of the second or post test," noted King, "is that it detects any change in lung functions during the shift."

Employees are advised of the results of the tests, and where needed, are provided a more detailed examination by Dr. Galphin.

In addition to the tests, employees are asked to answer questions relative to their respiratory health habits.

King or the plant nurses are available to review an individual's medical records upon request.



**ANSWERS QUESTIONS**—William McMinn answers questions for Cindy White regarding his pulmonary health habits.

## Employees' Lifestyle Can Affect Health

Many major health threats faced by us today no longer stem from the dreaded diseases of the past, but rather from "lifestyle" factors.

Good health always ranks high on the list of things people value most, yet this isn't reflected in the behavior of many of us. Statistics show that cigarettes, alcohol and life-threatening violence that can be prevented (e.g. via choices such as using seat belts) have become major causes of premature death in the United States. Other modern health problems can be related to untreated hypertension, poor diet and lack of exercise.

Many viral diseases that once were major killers have been all but eradicated because of effective vaccines. A prime example would be smallpox. Instances of polio, measles, mumps, rubella and tetanus also have been reduced dramatically.

In contrast, the incidence of cancer in women has increased ten-fold in the last 50 years. And Public Health figures show that high blood pressure affects one in six Americans and is a significant factor in the 500,000 strokes and 1.25 million heart attacks that occur each year in the nation. Beyond all this is the estimate of 10 million problem drinkers in the U.S.

So it appears clear that we, as individuals, have a lot to say about the quality of our health. Yet, in too many cases we feel that we are immortal and lead a lifestyle that echoes this attitude. Health, for many "seems not to be important until we lose it."

When we lose our health, we then have to start paying more for health care. Can we afford it? Let's stay healthy and reduce medical care costs.



**POST TEST**—Elizabeth Wessinger takes post pulmonary test to determine if she has any pulmonary function changes after a minimum of four hour exposure.