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Sent: NIOSH Docket Office (CDC)
To: Chen, Jihong (Jane) (CDC/NIOSH/EID) (CTR); Doyle, Glenn (CDC/NIOSH/EID)
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Comments

I work for a smaller company and I believe that the demands placed upon us by the customers and supervisors contributes to a number of factors that lead to health problems. Look at a drivers lifestyle and what we eat and how we eat as well as little exercise ect.....

I am a fifty five year old white male who smoked heavily for years. I am overweight and I have PAD. I have stents in the right fempral artery. I have also been diagnosed with prediabetes.

Since I have been diagnosed with these conditions I have started to do things differently. I quit smoking over 18 months ago. I walk daily. 25 or thirty minutes. I watch what I eat. I make lunches versus stopping at a fast food place or a truck stop. These are small steps but they add up. I have lost six pounds in a little over a month. I do not want to have a heart attack or die because of things I can change.

I am a firm believer that all truck drivers should have a cardiac work up and stress test every couple of years. I know of truck drivers who have had multiple heart attacks and still drive truck. I know change does not come easy and I also know much of it is up to the individual. Thank you for allowing me to share a little.