

Message from the Mayor of the City of New York Michael R. Bloomberg

In the hours, days, weeks and months following the terrorist attacks on the World Trade Center, New York City Firefighters and emergency services personnel were called upon to make extraordinary sacrifices. Your heroic rescue and recovery efforts, which were the embodiment of selflessness, formed the foundation of the City's post-9/11 rebirth.

In the years that have passed since the attacks, the FDNY's Bureau of Health Services has kept close track of how work at the site affected rescue workers, physically and emotionally. This report is the result of their painstaking efforts to study the long-term effects of the rescue and recovery effort on the people who carried it out. Hopefully, it will give all of you an overview and a better understanding of how first responders as a group were, and continue to be, affected. The more information we have about this situation, the better able we will be to provide monitoring and treatment to those who need it.

In September 2006, I appointed a WTC Health Panel composed of representatives from all City agencies that serve or represent individuals affected or potentially affected by WTC-related illnesses. The Panel members were asked to develop recommendations to ensure that WTC health resources are sufficient to provide first-rate care for everyone whose health was or may be affected by the WTC attacks and their aftermath. The Panel also was asked to make recommendations to guarantee that City policies regarding WTC-related health issues are coordinated, comprehensive and responsive to both current and emerging health care needs. The Panel's report, "Addressing the Health Impacts of 9/11," as well as my subsequent testimony before the U.S. Senate, stressed the need for federal funding to fully support all WTC-related medical monitoring and treatment programs, including this critical program at FDNY. I accepted all of the Panel's recommendations, which we are working to implement.

This is just one small part of what the City of New York owes to you, our Firefighters and emergency medical personnel. Please know that the herculean efforts carried out by the FDNY's first responders on 9/11 and in the months thereafter will never be forgotten.



Message from the Fire Commissioner Nicholas Scoppetta



When the World Trade Center collapsed on 9/11, it unleashed a cloud of dust and debris the likes of which this City had never seen before. Among the many unknowns in the aftermath of that terrible day, one that loomed particularly large was the question of how that cloud would affect our members' health. The FDNY's Chief Medical Officers, Drs. Kerry Kelly and David Prezant, realized almost immediately after the attack that the short- and long-term effects of exposure to the World Trade Center site needed to be monitored. Together with a host of partners--from Fire and EMS unions, to the National Institute of Occupational Safety & Health (NIOSH)--they created a program specifically tailored to the needs of our members. It monitors not only the medical, but also the psychological effects that this catastrophe had, and continues to have, on our first responders.

More than 14,200 FDNY first responders have been examined by BHS during the past five years. This report presents the data culled from those examinations in a clear, understandable format. These objective data were an important part of the Mayor's WTC Health Panel's deliberations and recommendations contained in the report, "Addressing the Health Impacts of 9-11." The information contained in both of these reports will help us not only deliver the health services that best fit our members' needs, but also help ensure future funding by presenting comprehensive data on our needs.

To those who labored at the WTC site, this report comes with a pledge: We will continue to provide our members with the best medical and psychological monitoring and treatment for as long as it is needed.

A handwritten signature in black ink that reads "Nicholas Scoppetta". The signature is fluid and cursive, with a long horizontal stroke extending to the right.

Message from the Chief of Department Salvatore J. Cassano

For several long, difficult months after 9/11, thousands of you worked rescue and recovery at the site where the Towers had stood and where 343 FDNY members lost their lives. I witnessed firsthand the many days, nights, weekends and holidays our Firefighters spent there, under physically and mentally grueling conditions. It was a painful time that none of us will ever forget. And, unfortunately, it has left us with a lot of questions regarding the long-term effects on our members.

Thankfully, the Bureau of Health Services was there with us from the very beginning. On the very day of the attacks, they observed first responders suffering a variety of conditions--from eye and skin irritation, to nasal congestion and breathing difficulties. As the weeks and months passed, they continued to monitor and treat our Firefighters and EMS personnel for their physical and psychological needs.

This report is designed to give you an overview of how the World Trade Center first responders, as a group, have been affected medically by their work at the site. More than 14,200 of you contributed, making this one of the most comprehensive studies done on the subject. Read it carefully. But remember that it is important to continue your participation in the monitoring program, because having such valuable data will help us secure funding to continue with this work in the future.

Thank you all for your dedication to this Department in the aftermath of 9/11. Your sacrifices will not be forgotten.



**Letter from John Howard, MD, Director
National Institute for Occupational Safety and Health
Centers for Disease Control and Prevention**



Dear FDNY Community:

I am pleased to see the important work of the FDNY compiled in this new book. The National Institute for Occupational Safety and Health (NIOSH) has provided funding since 2002 to FDNY for medical screening, monitoring and treatment. As Director of NIOSH, I became aware shortly after 9/11 that responders, their families and others were deeply concerned with the question of whether exposures to airborne contaminants at Ground Zero posed ongoing risks for adverse health effects. It also became clear that robust scientific studies, based on good clinical assessments, were key for identifying symptoms and trends in health effects that could be used to begin to answer the question.

Since that time, I have had the opportunity to meet many of you who served at Ground Zero. I have been touched by your stories of heroism, hope and faith. FDNY has been a leader in efforts to address the questions about health effects associated with WTC exposures. Early on, as a partner in federally funded programs, FDNY provided medical screening and monitoring of responders. Those efforts laid the groundwork for subsequent initiatives to identify trends in illness among FDNY responders, both individually and collectively, to publish scientific studies that are invaluable for furthering our collective knowledge and to guide treatment. The FDNY program not only provides needed medical care, it also captures data that will help us develop an accurate picture of the 9/11 health outcomes, greatly increasing the ability to identify, prevent and treat illnesses.

I am impressed by the quality of the program, as reflected by the contents of this book, and I look forward to continued partnership with you, FDNY, and others to answer the questions that concern us all.

Sincerely,

A handwritten signature in black ink, which appears to read "J. Howard". The signature is written in a cursive style and is followed by a horizontal line.

Message from the Bureau of Health Services

In the aftermath of 9/11, the health consequences to our FDNY members (Fire and EMS) were both immediate and far-reaching. In the hours after the collapses, members fought to survive while working to find lost coworkers and civilians. They struggled to breathe particle-laden air and to clear eyes, noses and mouths of fallen debris. The fires continued to burn until December of 2001. Our Department, carrying out its rescue, recovery, emergency medical care and fire suppression roles, maintained a continuous presence at the site until its closure in July 2002. Our rescue workers were the first in, the last out and the most exposed, working at the deepest levels.

The need to evaluate and monitor the health effects of this exposure was evident early on. That is why the Bureau of Health Services, with the help of labor and management, developed this program, which began in October 2001, just weeks after 9/11. This report is an outgrowth of that work; although there are still many unanswered questions, it gives us the chance to share what we do know at this point in time.

Some of the information gathered comes from comprehensive medical questionnaires, some from testing, some from FDNY retirement statistics and some from the FDNY's Counseling Services Unit. We also have included in this book the NYC Department of Health and Mental Hygiene Clinical Guidelines for Adults Exposed to the WTC Disaster. We ask that you bring it to your personal doctor to assist in caring for your health.

This report can only begin to address the question raised by many of our rescue workers: "How are we doing"? The information we gather from this program will help us answer this question, both now and in the future. We owe it to all our members to share all information we gather and analyze. We know that without the participation of our membership, this program could never succeed.

The need remains for long-term monitoring of both active and retired Firefighters and EMS members, not only to examine current medical issues, but also to look for any late-emerging symptoms or diseases that could occur in the future. We remain committed to providing evaluations and treatment for the physical and mental health consequences of WTC exposure for our exposed members. Obtaining the resources to fully fund this program, provide these services and share this information have been and will continue to be among our top priorities.

Be well, stay safe and continue to take care of yourselves and your families.



Dr. Kerry Kelly
Chief Medical Officer, BHS



Dr. David Prezant
Chief Medical Officer, OMA



Dr. Kerry Kelly



Dr. David Prezant

Letter from Firefighting Unions



Stephen J. Cassidy



John J. McDonnell

Dear UFA and UFOA Members:

Words cannot capture our experiences on 9/11/01 and in the days, weeks and months thereafter. We lost 343 of our Brothers. We do not want to lose one more. Most of us--some for many months--served at the WTC site, the Fresh Kills landfill or the Medical Examiner's office. Although we cannot change the exposures we experienced, we can improve our health through medical monitoring and treatment.

Within a month of the 9/11 attacks, BHS initiated comprehensive medical screenings for FDNY members. We worked with BHS in designing the FDNY BHS World Trade Center Medical Monitoring and Treatment Program specifically for our members. Your periodic annual medical is the World Trade Center medical for those Firefighters who were on the job on 9/11/01. Together--the City, FDNY, BHS, IAFF, UFA and UFOA and our fellow unions--successfully advocated for funds from the United States Congress for long-term medical and mental health monitoring and treatment.

We urge all members exposed on 9/11 and in the aftermath to participate in the FDNY BHS World Trade Center Medical Monitoring and Treatment Program. The program has been expanded to include treatment for all WTC-related symptoms. The program includes diagnostic testing, outside counseling referrals and *free medications for WTC-related conditions*. BHS continues to schedule active and retired members for repeat, follow-up exams every 12 to 18 months.

This book on the medical and mental health impacts of 9/11 provides valuable information and guidelines for every member, their families and their health care providers. We strongly recommend that you thoroughly review this important information. If you have questions after reading the book, please bring them to your health care providers. Take the enclosed WTC diagnosis and treatment guidelines to your personal physician.

We are grateful to BHS for its insight, vision and dedication to protecting our members' health. Both unions continue to serve as active and voting members on the World Trade Center Medical Monitoring and Treatment Program Steering Committee. We look forward to our continued collaborative efforts. We thank our members for their honorable service. We wish you all the very best health--today, tomorrow and in the future.

Sincerely,

A handwritten signature in black ink that reads "Stephen J. Cassidy". The signature is written in a cursive style.

Stephen J. Cassidy
UFA, Local 94

A handwritten signature in black ink that reads "John J. McDonnell". The signature is written in a cursive style.

John J. McDonnell
UFOA, Local 854

Letter from EMS Unions

Dear EMS Members:

Your heroic actions on 9/11/01 and your dedication in the months that followed will never be forgotten. We also will never forget our two lost members. We thank you for making us proud.

From the onset, we worked together with FDNY-BHS to design a medical examination specifically for our members. Together with the City, FDNY, UEP, UEMSO, SOA, AFSCME, AFL-CIO and our fellow unions, we were able to secure funds from the United States Congress to provide periodic comprehensive medical monitoring and treatment through the World Trade Center Medical Monitoring Program.

Active members receive this comprehensive medical as part of their annual physical examination. Retirees have been and will continue to be contacted for follow-up WTC Medical Monitoring. This program provides valuable surveillance and resources for diagnostic testing, respiratory and mental health treatment and *free medications for WTC-related conditions*.

This book sheds light on the medical and mental health impacts during the first five years since 9/11/01. Read it thoroughly. Share it with your health care providers. Inform the program administrators and your health care provider of any changes in your health status. Take the enclosed WTC diagnosis and treatment guidelines to your personal physician.

We urge all members who were exposed at the World Trade Center site to continue to participate in the WTC Medical Monitoring Program every 12 to 18 months. Both UEP and UEMSO continue to serve as active and voting members on the World Trade Center Monitoring and Treatment Program Steering Committee. Supporting this program is one of the most important things we can do to protect the health and safety of our members for the foreseeable future.

Sincerely,



Patrick Bahnken
UEP, Local 2507



Thomas Eppinger
UEMSO, Local 3621



Mark Steffens
SOA



Patrick Bahnken



Thomas Eppinger



Mark Steffens

FDNY Ceremonial Unit member at the September 11, 2006, World Trade Center Memorial Ceremony.

