



WORLD
TRADE
CENTER
HEALTH REGISTRY



Fall 2022

20-Year Anniversary

One year after the 9/11 disaster, the NYC Health Department received funding from the federal government to establish the World Trade Center (WTC) Health Registry. Twenty years later, the Registry has conducted studies and surveys with its 70,000 enrollees to publish over 160 research papers, covering topics such as COVID-19, Hurricane Sandy and the effects of 9/11 on young adults. These findings have helped inform new policies and treatments and provided details on recent results about the potential future health consequences of 9/11.

Research Findings

Intentional Self-medication of 9/11-Related PTSD Symptoms With Alcohol: 15 Years After the Disaster

Post-traumatic stress disorder (PTSD) is the most common mental health condition associated with the 9/11 attacks. In this Registry study, some of the people who continued to have 9/11-related PTSD symptoms reported using alcohol to feel better. It is important for 9/11 survivors with PTSD symptoms to visit their health care provider regularly regarding alcohol use.



One in Five Enrollees Reported Using Alcohol as a Means to Self-medicate Their 9/11-Related PTSD Symptoms

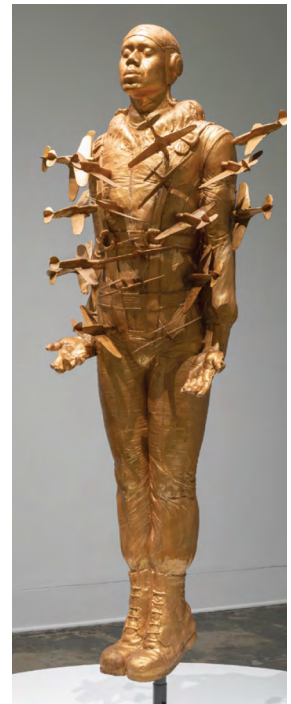
Garrey SK, Welch AE, Jacobson MH, Brackbill RM, Gargano LM. The intentional self-medication of 9/11-related PTSD symptoms with alcohol: 15 years after the disaster. *Int J Environ Res Public Health*. 2020;17(15):5327. doi:10.3390/ijerph17155327

The Art of Remembrance

Art and Artists Lost on 9/11

Brooklyn-based artist Michael Rolando Richards was an African American sculptor born in Kingston, Jamaica. On the night of September 10, 2001, Richards decided to work through the night on his latest sculpture commemorating the Tuskegee Airmen. He was still in his studio located on the 92nd floor of the North Tower on the morning of 9/11.

Although his promising career was cut short, many museums and nonprofits have championed his work through gallery shows. Some of his most notable sculptures are the *Tuskegee Airmen*, *Are You Down* and *Tar Baby vs. St. Sebastian*.

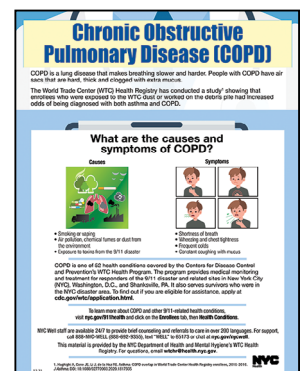


tetiana.photographer/shutterstock

Tar Baby vs. St. Sebastian.
Photograph by Henrik Kam. Courtesy of the Michael Richards Estate.

Chronic Obstructive Pulmonary Disease (COPD)

A Registry study showed that enrollees who were exposed to WTC dust or worked on the debris pile were more likely to be diagnosed with both asthma and COPD. Learn more at on.nyc.gov/copdmaterial.



Chronic Obstructive Pulmonary Disease (COPD)

COPD is a lung disease that makes breathing slower and harder. People with COPD have air ways that are thick, sticky and inflamed with extra mucus.

The World Trade Center (WTC) Health Registry has conducted a study* showing that enrollees who were exposed to the WTC dust or worked on the debris pile had increased odds of being diagnosed with both asthma and COPD.

What are the causes and symptoms of COPD?

Causes

- Smoking or using tobacco
- Air pollution, including fumes or dust from the workplace
- Exposure to toxins from the 9/11 disaster

Symptoms

- Shortness of breath
- Chronic and persistent cough
- Sputum (mucus)
- Frequent colds
- Constant wheezing with mucus

COPD is one of 65 health conditions covered by the Centers for Disease Control and Prevention's WTC Health Program. The program provides medical monitoring and treatment for enrollees of the 9/11 disaster who worked at the New York City (NYC), Washington, D.C., and Shanksville, PA. It also covers survivors who were in the WTC disaster area. To find out if you are eligible for assistance, apply at cdc.gov/wtc/health/apply.

*Health care costs for COPD and asthma are covered under conditions. Visit on.nyc.gov/health and click on the Enroll link, then Health Conditions.

NYC Health staff are available 24/7 to provide help covering and referrals to care in over 200 languages. For support, call 800-662-6868, 800-662-6868, text 718-241-1010 or visit on.nyc.gov/health. This material is provided by the NYC Department of Health and Mental Hygiene's WTC Health Registry. For questions, email health@nyc.gov.

1. Funding for this study was provided by the WTC Health Registry. ©2022 World Trade Center Health Registry. All rights reserved. 2022-2023. WTC Health Registry logo.

Mail's Here



Your last newsletter that featured a lot of articles about the 20th anniversary of 9/11, plus the timeline on how the WTC Health Registry started and developed over the years, was not only informative but also compelling.

It's hard to believe it has been 20 years since that day, but I, like so many New Yorkers, and I guess many other people, will never forget that day, and I am glad to see that the Registry devoted a special issue to the anniversary.

— Gary S.

The 9/11 Memorial's Tribute in Light

Although the 9/11 Memorial's Tribute in Light appears as two giant beams of light, the effect is created by 88 separate lamps set up in a 50-by-50-foot square. Each of these lights consists of a 7,000-watt xenon bulb, which is one of the most powerful bulbs ever created.

Testing and retesting the angle of the light fixtures creates an optical illusion so that by the time the separate beams of light reach a height of 11 to 12 stories high, they appear as two solid, massive rays of light. This is how the 9/11 Memorial's Tribute in Light is created.



Systemic Autoimmune Diseases

According to a 2019 Registry publication, systemic autoimmune diseases are an emerging condition among people who were exposed at the WTC disaster site. Watch our video at <https://www1.nyc.gov/site/911health/updates/news-videos.page> to learn more.



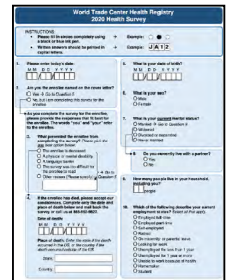
The WTC Health Registry Wave 5 Survey

The overall objective for the 2020 Health Survey (Wave 5) was to collect updated health information for monitoring the health status of the WTC Health Registry enrollees 19 years after 9/11.

The frame for the Wave 5 Survey included all WTC Health Registry enrollees who completed at least three wave surveys.

The survey also included all "new adult" enrollees who were originally enrolled in the WTC Health Registry by a parent or guardian due to being younger than age 18.

The **Data File User's Manual** and **Survey questionnaires** are on the WTC Health Registry website. For data from the Registry's 2004, 2008, 2012, 2016 and 2020 major surveys, along with other specialized surveys, visit [nyc.gov/911health](https://www1.nyc.gov/site/911health), click on **Research** and then **Health Data Tools**.



Enrollee Contact Information Update



Have you moved, changed your cellphone number or discontinued your landline phone? If so, you can update your contact information on our Enrollee Contact page at a816-healthpsi.nyc.gov/wtchr/.

Need Care? If you are a Registry enrollee and think you may have a 9/11-related health condition, email the Registry's Treatment Referral Program at trp@health.nyc.gov. After you email the Treatment Referral Program, a staff member will respond to help see if you are eligible.

Resources: The federal WTC Health Program provides monitoring and treatment, including medications for physical and mental health conditions related to 9/11. Services are offered at no cost to you, no matter where you live now. You can apply online at cdc.gov/wtc or call 888-982-4748 to have an application mailed to you.

To find this e-newsletter in Simplified Chinese, Spanish and Traditional Chinese, visit [nyc.gov/911health](https://www1.nyc.gov/site/911health) and click on the **Research** tab, then choose **Publications** from the top menu, and select **e-Newsletter** from the drop-down. To contact the Registry, email wtchr@health.nyc.gov.