



WORLD
TRADE
CENTER
HEALTH REGISTRY



Spring 2025

George Contreras: 9/11 Paramedic, Professor, and Registry Enrollee

George Contreras was a paramedic called to the scene of the World Trade Center (WTC) on September 11, 2001.



Image courtesy of George Contreras

While attending to the injured, George barely escaped with his life. In a testimonial video, he recounts the events of that morning and how his experiences have affected him mentally and physically. He also shares how being an enrollee in the Registry has helped him get support.

Watch George's testimonial video and videos from other enrollees at nyc.gov/site/911health/enrollees/testimonial-videos.page.

Thirty-Two More FDNY Names Added to the WTC Memorial Wall

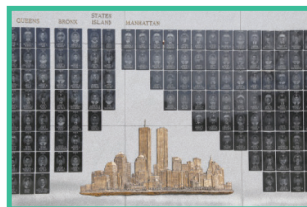


Image credit: Leonard Zhukovsky / Shutterstock.com

More than twenty years after the 9/11 disaster, the list of NYC Fire Department (FDNY) members who have died from 9/11-related illnesses has grown. Thirty-two firefighters who died from 9/11-related health issues were added to the

WTC Memorial Wall at the Brooklyn FDNY headquarters in September 2024.

In all, more than 360 FDNY members have died from 9/11-related health issues after September 11, 2001. They are remembered along with the 343 FDNY members who died on 9/11.

The WTC Health Program's Nationwide Provider Network

The WTC Health Program's Clinical Centers of Excellence in NYC provide health services to survivors and responders residing in the New York metropolitan area for their certified 9/11-related health conditions.

The WTC Health Program also provides health care for people living outside the New York metropolitan area through the Nationwide Provider Network (NPN). People outside the New York metropolitan area who apply to the WTC Health Program are automatically enrolled in the NPN. The organization that currently runs the NPN is Managed Care Advisors (MCA)-Sedgwick.

After an applicant is accepted into the NPN, MCA-

Sedgwick will locate a health care provider affiliated with the WTC Health Program in the applicant's area.

If you live outside the New York metropolitan area and need 9/11-related health care, contact the Treatment Referral Program at nyc.gov/site/911health/enrollees/9-11-treatment-referral-program.page. Learn more about the WTC Health Program at cdc.gov/wtc.



World Trade Center
Health Program
Nationwide
Provider Network

Mail's Here

We welcome your letters and input! Please reach out to us at wtchreletter@health.nyc.gov.

Hello WTC Health Registry,

I read your last newsletter (Fall 2024) and was pleasantly surprised to see there was an article about quitting smoking. Although many of us (9/11 survivors) have developed respiratory issues from the toxic dust cloud, we continue to indulge in tobacco. The piece in the last newsletter had website links and phone numbers on where and how to get help quitting. If you have not quit yet, please look at that newsletter for some help.

Regards,
Just Quit Smoking

Potential Links Between Post-Traumatic Stress Disorder and Obesity

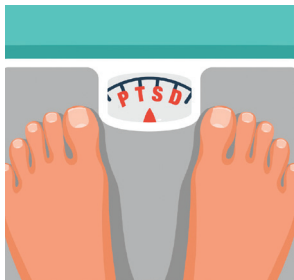


Image credit: hvostik / Shutterstock.com

A recent Registry study investigated a potential association between obesity and post-traumatic stress disorder (PTSD) among enrollees. The main objective was to assess how PTSD affected body mass index (BMI) and weight change over time.

We found that younger people (ages 25 to 44) with a history of PTSD after 9/11 are more likely to experience obesity than people ages 45 to 60 or older. The study underscores the need to prioritize both physical and mental health to enhance overall well-being.

To learn more about potential links between PTSD and obesity and other 9/11-related health conditions, visit nyc.gov/911health and search for **health materials**.

Takemoto E, Van Oss KR, Chamany S, Brite J, Brackbill R. Post-traumatic stress disorder and the association with overweight, obesity, and weight change among individuals exposed to the World Trade Center disaster, 2003-2016. *Psychol Med*. 2021;51(15):2647-2656. doi:10.1017/s0033291720001208

Stay Connected



Take Our Surveys

Many Registry enrollees have responded to our surveys. This information helps us conduct research on 9/11-related health conditions and respond to enrollee health needs. Registry research findings also help inform health care policies, including federal support for the WTC Health Program.

Read Our Health Materials

These informative handouts are our most popular way of getting important health information to our enrollees. To view materials and fact sheets about 9/11-related health conditions, including asthma, gastroesophageal reflux disease (GERD), hearing loss, and sleep apnea, visit nyc.gov/911health and search for **health materials**.

Update Your Contact Information

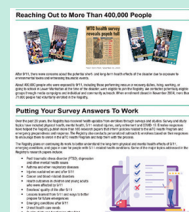
Go paperless and receive Registry communications via email. To update your contact information, call 866-692-9827, email wtchr@health.nyc.gov, or visit nyc.gov/911health.

E-newsletter

Read the Registry's e-newsletter for our latest research findings, 9/11-related news, and interviews with fellow enrollees. For details, email wtchreletter@health.nyc.gov.

Use Our Health Data Tools

Data from the Registry's 2003, 2007, 2011, 2015, and 2020 major surveys, along with other specialized surveys, are available for use. The data is de-identified to maintain confidentiality. Visit nyc.gov/911health, select the **Research** tab, and select **Health Data Tools**.



Mission Statement

With ongoing support from the National Institute for Occupational Safety and Health, the Registry continues its mission to:

- Identify and track the long-term physical and mental health effects of 9/11 and gaps in care for 9/11-related health conditions
 - Share findings and recommendations with enrollees, the public, the WTC Health Program, and policymakers
 - Respond to enrollees' health concerns and refer enrollees to the WTC Health Program
 - Offer guidance to public health professionals on planning for future emergencies
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To find this e-newsletter in English, Spanish, Simplified Chinese, and Traditional Chinese, visit nyc.gov/911health and select the **Research** tab, then choose **Publications** and select the **e-Newsletter** drop-down to find PDFs. To contact the Registry, email wtchr@health.nyc.gov.

