

## Health problems continue

### New report puts numbers to WTC responders' experiences

**T**his week, the World Trade Center Medical Monitoring Program issued a new report on the ongoing physical health problems that 9/11's responders are facing. Responders include those who worked in construction, law enforcement, emergency and civil services, as well as volunteers. Based upon data from 9,442 health exams, doctors and researchers found significant respiratory problems among responders; 69% reported new

or worsened respiratory troubles after working at the WTC site.

More than two-thirds of those examined (70%) worked at the site between 9/11 and 9/13. One-third had abnormal breathing tests, including 28% of non-smokers (which is more than double their expected rate).

"These statistics represent a painful truth," says Dr. Robin Herbert, director of the monitoring program. "Five years after 9/11, thousands of people are still living

with the consequences of the attacks—and they will be for many years to come."

The mental health consequences of 9/11 on responders will be released in a separate report.

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*The full report—The World Trade Center Disaster and the Health of Workers: Five-Year Assessment of a Unique Medical Screening Program—is available on the monitoring program's website, [www.WTCexams.org](http://www.WTCexams.org).*

### Mount Sinai reports on WTC responder health problems

- **9,442** responders included in the study (examined July 2002-April 2004)
- **70%** worked at Ground Zero between 9/11 and 9/13
- **69%** reported new or worsened respiratory problems after 9/11
- **1/3** of responders had abnormal breathing tests, including **28%** of non-smokers (which is more than double their expected rate)
- **40%** of patients with sinusitis sought medical help for that condition in the 6 months after 9/11 compared to **12%** in the 6 months before
- **45%** diagnosed with acute bronchitis in the 6 months after 9/11, compared to **12%** in the 6 months before
- **10%** diagnosed with pneumonia in the 6 months after 9/11, compared to **1%** in the 6 months before



#### FIVE YEARS AND COUNTING—

Getting the health attention you need is one part of honoring the memory of 9/11. Participating in the WTC Medical Monitoring Program helps doctors track your

health over time and detect any illness early. And it helps see health trends in all WTC responders. Call 1-888-702-0630 to schedule a first-time or follow-up exam, or for more information.

# “The doctors understand our issues.”

By JACK DELANEY

I've been involved with the monitoring program since 2002, but I needed some urging to go because I thought that I was fine. Then I had what started as a simple cold and ended up in the ER because I couldn't breathe.

The phenomenal thing about the program is that we get the benefit of doctors who have seen a lot of other people just like us. The doctors understand our issues—both physical and mental. With them, I'm not out of the ordinary with my pulmonary problems.

## Noticing changes in ourselves

Everyone in the program has been through the same experience. So the doctors and social workers aren't shocked by anything we say. To them, my problems and concerns are not unique, and that makes me feel comfortable.

A regular doctor, no matter how good, doesn't know our issues, or make the connections. My private



Delaney, who participates in the monitoring program in Long Island, is the director of emergency services at New York Presbyterian Hospital in Manhattan. His unit worked at the WTC site for 12 weeks, first arriving before either tower fell.

doctor had his jaw on the floor when I told him my story.

More and more of us are noticing changes in ourselves—physical and mental. Look at the subtle differences

“Everyone in the program has had the same experience. That by itself makes you feel better—much better.”

—Jack Delaney

in your life since 9/11. Are you sleeping? Are you tired each day? Do you have trouble concentrating on your work? Can you focus? A lot of us have adapted and come to think of the ways we've changed as normal, just part of the aging process. The program is tracking our health—seeing trends—and that's part of why I think participating is so important.

Your health is the greatest gift you can give your family. This program is about early detection and treatment. We need that—and our kids need us to do this for them. Not participating is sort of selfish. We were given a second chance, so we shouldn't blow it. We can get help with physical and psychological issues. That's what the program has to offer us.

## New disease tracking system under way

By DR. ROBIN HERBERT

The World Trade Center Medical Monitoring Program is creating a new disease tracking system to help us identify any increased rate of rare diseases or cancer among WTC responders (compared to rates that doctors consider “normal”).

Careful monitoring of your health and that of thousands of responders like you will enable doctors and researchers to recognize any emerging trends. And this will help WTC responders get early treatment should they develop an illness.

Please be sure to keep us informed if you are diagnosed with an illness between your exams with us. This will help us keep an accurate record of your health and build a detailed understanding of the health of WTC-responders as a whole.

Call us at 1-888-702-0630 with any health news. Soon you'll be able to use the Internet, fax or mail to update us. Up-to-date information is an important part of monitoring the health effects of your work at the World Trade Center.

*Herbert directs the World Trade Center Medical Monitoring Program.*



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significant  
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# Congress funds WTC-related treatment—for the 1st time!

**I**n December 2005, Congress provided the first federal funding—\$27 million—for treatment for people with WTC-related health care needs. Dr. John Howard, director of NIOSH and coordinator of WTC programs under the U.S. Dept. of Health and Human Services, applauded Congress’ action: “My interest is in ensuring that people are getting the health care that they need. The point of monitoring is to see what happens over time and to catch things early. That’s the key to effective treatment.”

New York City unions, the New York Congressional delegation, other responder representatives and WTC responders themselves all supported federal funding for treatment. “We fought hard for people to get the health care they deserve, but the fight is not over,” said Dr. James Melius, administrator of the New York State Laborers Health and Safety Fund and chair of the WTC Medical Monitoring Program’s Steering Committee. “The 9/11 responders should be assured of ongoing resources to take care of their health needs—over the next 30 years if that’s necessary. Instead, we have to go back to Congress to keep making our case every year or so.”

Ongoing support for treatment for 9/11 responders is essential.

## Workers’ Comp filing date extended for WTC responders

**O**n August 14, Governor Pataki signed a bill into law that allows workers more time to file Workers’ Comp claims for their 9/11-related illnesses. In order to protect your right to file a WTC-related claim in the future, you *must* register with New York State’s Workers’ Compensation Board by August 14, 2007—whether or not you are sick now.

Registering within the next year overrides the usual two-year time limit for filing a Workers’ Comp claim. WTC responders who missed the 2003 deadline can register and file a claim at the same time. And responders who were turned down in the past can register and/or file a new claim.

Please check our website—[www.wtcexams.org](http://www.wtcexams.org)—for information on how to register.

### The World Trade Center Medical Monitoring Program

**Data and Coordinating Center**  
Mount Sinai School of Medicine  
One Gustave Levy Place, Box 1057  
New York, NY 10029  
Phone: 888-702-0630  
Fax: 212-241-1850

We welcome feedback.

To update contact information or clinical center preference, call us or visit [www.WTCexams.org](http://www.WTCexams.org) and click on “Forms.”

## PARTICIPATING CLINICAL CENTERS

The following centers are open for both initial visits and follow-up exams in the monitoring program:

### MANHATTAN

- Mount Sinai, I. J. Selikoff Center for Occupational & Environmental Medicine . . . . . 212-241-1554
- Bellevue Hospital Center/NYU Occupational & Environmental Medicine Clinic . . . . . 212-562-4572

### QUEENS

- Queens College Center for the Biology of Natural Systems . . . . . 718-670-4216

### LONG ISLAND

- Suffolk County— Long Island Occupational and Environmental Health Center, SUNY Stony Brook . . . . . 631-444-6436
- Nassau County— Nassau University Medical Center, Pulmonary and Critical Care Division. . . . . 631-444-6436

### NEW JERSEY (PISCATAWAY)

- UMDNJ Environmental & Occupational Health Sciences Institute. . . . . 732-445-0123 ext. 600

### OUTSIDE THE NEW YORK METROPOLITAN AREA

- Follow-up exams are available at many clinical centers nationwide. Call 1-888-702-0630 for details.

### NYC FIRE DEPARTMENT: Bureau Health Services

- Only for current FDNY firefighters and officers, as well as EMS workers – and those who retired after December 31, 1996 . . . . . 718-999-1858
- Firefighters, officers and EMS workers who retired before January 1, 1997 can get services at the clinical centers listed here. . . . . 888-702-0630

The following centers offer physical and mental health treatment services funded by the American Red Cross and NIOSH:

### MANHATTAN

- Mount Sinai School of Medicine, WTC Health Effects Treatment Program . . . . . 212-241-9059
- Bellevue Hospital Center/NYU School of Medicine, WTC Health Effects Treatment Program. . . . . 212-562-1720

### NYC FIREFIGHTERS & EMS STAFF

- FDNY Bureau of Health Services, WTC Treatment Program. . . . . 718-999-1858

### LONG ISLAND

- Suffolk County— Long Island Occupational and Environmental Health Center, SUNY Stony Brook . . . . . 631-444-6436
- Nassau County— Nassau University Medical Center, Pulmonary and Critical Care Division. . . . . 631-444-6436

### NEW JERSEY (PISCATAWAY)

- UMDNJ-Robert Wood Johnson Medical School, Environmental & Occupational Health Sciences Institute. . . . . 732-445-0123 ext. 600

# 9/11: Living with the aftermath

## A free conference for WTC responders and their families

Saturday, November 11, 2006

8:30 a.m. – 4:00 p.m.

DC 37

125 Barclay Street, Manhattan

Take the A, C, E, J, 1, 2, 3, 4, 5 or 6 to Chambers St.  
or the R or N to City Hall.

To register:

■ Call 212-241-7830

■ Online at [www.wtcexams.org](http://www.wtcexams.org)

Register today because space is limited.

### Workshops will include:

- The latest health findings
- Benefit information
- Coping with stress
- Finding support
- Concerns about the future
- A talk with government officials



### WTC Medical Monitoring Program

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New York, NY 10029

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