



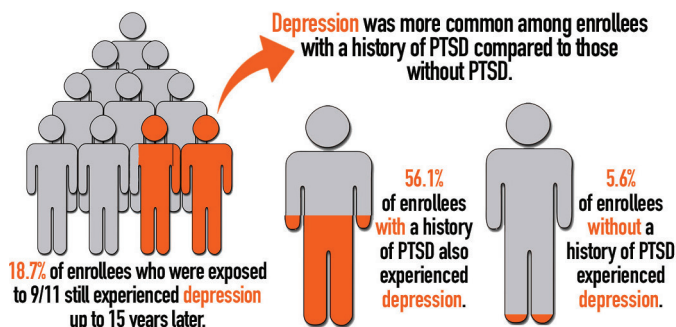
# 9/11 and Beyond

Fall 2019

## 9/11 Findings

### Depression and Post-Traumatic Stress Disorder (PTSD) and Their Long-Term Effects

Exposure to the 9/11 disaster has had long-term effects for survivors and responders regarding depression up to 15 years later. Enrollees with a history of PTSD have a higher risk of suffering from depression than those without PTSD.



\*Jacobson MH, Norman C, Nguyen A and Brackbill RM. Longitudinal determinants of depression among World Trade Center Health Registry enrollees, 14–15 years after the 9/11 attacks. *Journal of Affective Disorders*. 2018;229:483–490.

### A Composer, A Performer and Deaf



Meet Jay Alan Zimmerman, a composer, a performer and a World Trade Center Health Registry (WTCHR) enrollee. Jay has also gone deaf. The Registry has found that 9/11-related exposures are associated with hearing problems. Here is one man's inspiring story. [Watch the video.](#)

## The Art of Remembrance

### The 9/11 Memorial Glade Opens to the Public

Photographs by Jin S. Lee / Monika Graff

On May 30, 2019, the National September 11 Memorial & Museum and its board chairman Michael R. Bloomberg joined 9/11 community members and advocates to dedicate the 9/11 Memorial Glade, an addition to the 9/11 Memorial Plaza that honors all who are suffering or have died from 9/11-related illness.

The opening occurred at the same time as the 17th anniversary of the formal end of rescue and recovery operations at Ground Zero. The Glade's design includes a pathway bordered by six large stone monoliths, ranging from 13 to 18 tons, that are inlaid with World Trade Center steel. An inscription appears at either end of the pathway, just west of the Survivor Tree, and roughly where the primary ramp once stood that was used during rescue and recovery.

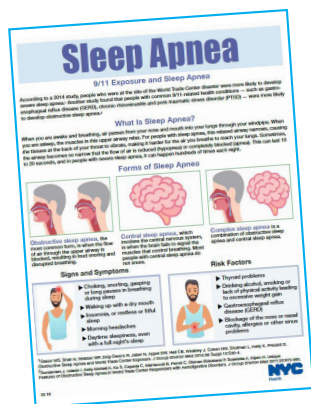
"The completion of the 9/11 Memorial Glade is a significant milestone and it recognizes the continued impact of 9/11 on rescuers, recovery workers, survivors, our city's residents, and others," Bloomberg said at the dedication ceremony. "They continue to fall ill and many have died from exposure to Ground Zero toxins. This tribute honors them and helps us all remember them and their stories."

Caryn Pfeifer, the widow of FDNY firefighter Raymond J. Pfeifer who died from cancer caused by exposure to Ground Zero dust, said, "Like so many of you here today, Ray spent nine months searching and digging at Ground Zero, without being asked, without being told, and without thinking of the consequences. But there were consequences. There was illness, and pain, and death."



Architect Michael Arad, who designed the tribute with Peter Walker, said, “I’m incredibly grateful for the opportunity that was given to us to rectify the design of the 9/11 Memorial to include a long overdue tribute to those affected by 9/11 illnesses. I feel proud and privileged that we have been able to add to and deepen the meaning of the 9/11 Memorial. Its rough-hewn monoliths convey the strength and determination shown by this remarkable group, and the World Trade Center steel that is embedded in these monoliths alludes to the sinewy strength and determination they displayed in the face of adversity. As Hemingway wrote, ‘We are stronger in our broken places.’”

## The Continued Health Impacts of 9/11



The Registry’s health materials describe symptoms and treatments for some of the 52 conditions covered by the WTC Health Program. In case you missed one or all of them, visit [here](#).

## Go Paperless!

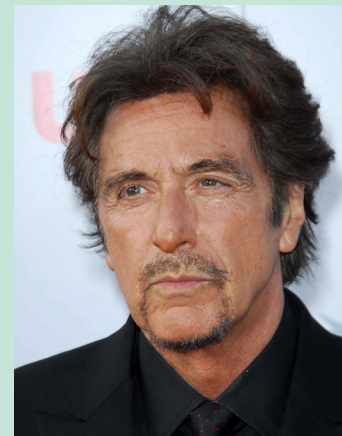
Receive Registry communications via email. You can provide an email address by calling **866-692-9827**, emailing [wtchr@health.nyc.gov](mailto:wtcchr@health.nyc.gov), or visiting [nyc.gov/911health](http://nyc.gov/911health) and clicking on the **Enrollees** tab, then **Update Contact Information** in the left sidebar.



## Hollywood Remembers

On the anniversary of 9/11, the online pop culture magazine *The Wrap* asked Hollywood’s elite, “Where were you on 9/11?”

“It was the most terrifying, the most heartbreaking day. I was on a plane the evening before it happened, September 10. I was in Los Angeles, and all I wanted was to get back to my home: New York.”—Al Pacino



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We welcome your input! Please reach out to us at [WTCHRELetter@health.nyc.gov](mailto:WTCHRELetter@health.nyc.gov). Here’s a reader’s letter, responding to our Spring 2019 E-newsletter:

As a survivor of 9/11, a Vietnam War veteran and a WTCHR enrollee, I have channeled any negative energy I had into being a volunteer tour guide at the 9/11 Tribute Museum at 92 Greenwich Street. I never had any desire in my life to speak publicly. However, you would be hard-pressed to stop me now. I have committed to speaking about my experience for over 12 years and over 500 tours. It has made me a better person. I advise and welcome others to do the same.

—James K., NYC



## Need Care?

If you’re a WTCHR enrollee and think you may have a 9/11-related health condition, email the Registry’s Treatment Referral Program at [trp@health.nyc.gov](mailto:trp@health.nyc.gov). When you reach out, one of our multilingual staff members will respond with questions about your health conditions. Depending on your needs, eligibility and how you were affected by 9/11, we will refer you to the WTC Health Program for Survivors or the WTC Health Program for Responders.

## Resources

The federal [WTC Health Program](http://www.wtchealthprogram.gov) 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. Apply online at [cdc.gov/wtc](http://cdc.gov/wtc) or call **888-982-4748** and we will mail you an application.