



WORLD
TRADE
CENTER
HEALTH REGISTRY



9/11 and Beyond

Fall 2024

Meet Robert Brackbill: A Registry Founder

This unique testimonial video comes from Robert Brackbill, one of the founders of the World Trade Center (WTC) Health Registry. Robert gives us a firsthand account of his experiences on 9/11 and his contributions to the inception and development of the Registry. He provides insights into the Registry's



setbacks and successes as its founders worked with the Centers for Disease Control and Prevention, private organizations and community groups to establish itself. Robert is a 9/11 survivor and Registry enrollee.

See Robert Brackbill's testimonial and testimonials from other enrollees at nyc.gov/site/911health/enrollees/testimonial-videos.page.

Air Pollution and Asthma Control Among People Exposed to 9/11



The Registry examined the relationship between air pollution and asthma control and the ways asthma control affects perceived well-being. Our study suggests that reducing air pollution exposure may improve the

health of Registry enrollees with asthma.

To watch a video on this topic, visit nyc.gov/site/911health/updates/news-videos.page.

Ready To Quit Smoking? We Can Help

Smoking is a leading risk factor for many conditions, including heart attack, chronic obstructive lung disease and lung cancer. The good news is that quitting smoking — at any age, at any time — can improve your health. The best time to quit is today.

Medications can help you quit smoking. One effective medication is varenicline (brand name Chantix). Other options include nicotine replacement therapy, such as patches or gum. Often, a combination of treatments is most helpful. Using medication can help you feel more confident in your ability to quit.

It is normal and even expected to try to quit several times before succeeding. Each attempt is a learning experience for the next time. It can be helpful to think: How would my life be better if I quit smoking? How would it affect my relationships? My health? My finances? Reminding yourself of these reasons can help motivate you to stay smoke-free.

If you are a member of the WTC Health Program, program-specific smoking cessation clinics and resources are available to you. If you are not part of the Health Program, you can contact the New York State Smokers' Quitline at 866-NY-QUITS (866-697-8487) for more information and to get a starter kit of nicotine replacement therapy. Appointments are also available at tobacco treatment programs throughout NYC.

To learn more, visit nyc.gov/nycquits or scan the QR code.



The Art of Remembrance

In the aftermath of 9/11, musicians and songwriters had unique ways of reacting to the tragedy. They wrote and performed as a way of expressing their grief. Decades later, musicians continue to create moving works commemorating and commenting on the events of 9/11.



Image credit: Jack Fordyce / Shutterstock.com

Bruce Springsteen, “Into the Fire”

The song is a heartfelt tribute to the firefighters who heroically responded to the 9/11 disaster. Released in 2002, the song is part of his album “The Rising,” which addresses the impact of 9/11. Through evocative lyrics and solemn tones, Springsteen honors the sacrifice and courage of those who rushed “into the fire,” encapsulating their selflessness and the profound grief felt by a nation in mourning.



Image credit: Igor Bulgarin / Shutterstock.com

Eric Ewazen, “A Hymn for the Lost and the Living”

This instrumental is an orchestral elegy commemorating those who were lost and the survivors of 9/11. Premiered in 2002, it conveys profound sorrow and reflection through its solemn, lyrical melodies. The piece serves as a poignant tribute, capturing the somber mood of the days following the tragedy while also expressing hope and the resilient spirit of collective healing and remembrance.



Image credit: Brian Friedman / Shutterstock.com

Jay-Z and Alicia Keys, “Empire State of Mind”

The song stands as an iconic anthem celebrating the resilience and enduring spirit of NYC post-9/11. Released in 2009, the song embodies New York’s capacity to rebuild and thrive despite the profound tragedies of September 11. Through its uplifting melody and powerful lyrics, it emphasizes New York as a beacon of hope and a place where dreams are made, echoing the city’s recovery and renewal following the devastation.



Image credit: Lev Radin / Shutterstock.com

Imagine Dragons, “America”

Exploring the collective identity and diverse experiences of the American people post-9/11, the track reflects on unity and patriotism amidst adversity, questioning societal values and the meaning of freedom. Released in 2011, it uses stirring lyrics and robust melodies to encourage reflection and resilience, encapsulating the nation’s journey through healing and rebuilding after the tragedy.

Please Update Your Contact Information

We are launching the Wave 6 health survey in early 2025. To ensure you receive this important outreach, enrollees should update their mailing and email contact information. We encourage you to go green by providing your email address if you have not already. Your participation in the latest survey is very important! To update your contact information, call 866-692-9827, email wtchr@health.nyc.gov or visit our Enrollee Contact page at a816-healthpsi.nyc.gov/wtchr.

Mail's Here

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

I am a longtime Registry enrollee (I signed on in 2004) who was pleased to receive the COVID-19 survey. Many of us who experienced 9/11 have trouble dealing with major disruptions in our lives, and COVID was surely a disruption for everyone.

It was encouraging to see that the Registry realized that even 20 years later many enrollees may have unique obstacles to overcome as they live their lives battling the ups and downs that may come their way.

Regards,

Mr. Thankful

Our Latest Research: PTSD and Risk of Opioid-Related Hospitalizations Among Registry Enrollees

In 2021, about 220 people died of an opioid overdose every day in the U.S. New evidence suggests that having post-traumatic stress disorder (PTSD) might lead to more opioid misuse. This study included data on people who were directly exposed to the events of 9/11 and have a high rate of PTSD. We connected these data to New York State hospitalization records to find out if opioid-related hospitalizations (both first-time and repeated) are more frequent among people with PTSD compared with those without PTSD.

In a sample of 37,968 adults, 145 had at least one opioid-related hospitalization and 64 had repeated hospitalizations during the study. We found that in the 13 years after 9/11, people with PTSD were much more likely to have both first-time and repeated opioid-related hospitalizations compared with those without PTSD.

Better screening and treatment for PTSD might reduce opioid misuse, overdoses, hospitalizations and health care costs in this group.

The study concludes that people who were directly exposed to the events of 9/11 and:

- Had PTSD were **three times as likely** to have an opioid-related hospitalization than survivors without PTSD
- Had PTSD and a previous opioid-related hospitalization were **four times as likely** to have an opioid-related hospitalization than survivors without PTSD

Garrey SK, Locke S, Pollari C, Li J, Takemoto E. Post-traumatic stress disorder and risk of first-time and repeated opioid-related hospitalizations among World Trade Center Health Registry enrollees. *Psychiatry Res.* 2023;328:115462. doi:[10.1016/j.psychres.2023.115462](https://doi.org/10.1016/j.psychres.2023.115462)

Getting Care: Who, How and Where

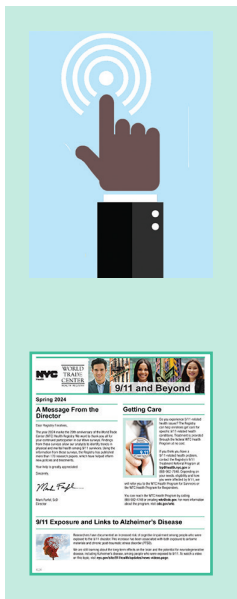
Do you experience 9/11-related health issues? The Registry cares about your health and would like to help you and other enrollees obtain care for specific 9/11-related health conditions. Treatment is provided through the WTC Health Program at no cost to you.

If you believe you have a 9/11-related health issue, contact the Registry's Treatment Referral Program at trp@health.nyc.gov or 888-982-7848. 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.

You can reach the WTC Health Program directly by calling 888-982-4748 or emailing wtc@cdc.gov. For more information about the program, visit cdc.gov/wtc.

You can also still submit a claim to the September 11th Victim Compensation Fund for your 9/11-related injuries or a loved one's death. You may need to meet specific registration and filing deadlines. For more information, visit vcf.gov or call 855-885-1555.

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 Previous e-Newsletters

Read our previous e-newsletters for research findings, past 9/11-related updates and interviews with enrollees. For more information, email wtchr@health.nyc.gov.



Use Our Health Data Tools

Data from our major and specialized surveys are publicly available. For confidentiality, personal information has been removed. To use our health data tools, visit nyc.gov/911health, click on 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

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