



WORLD
TRADE
CENTER
HEALTH REGISTRY



Spring 2024

A Message From the Director

Dear Registry Enrollees,

The year 2024 marks the 20th anniversary of the World Trade Center (WTC) Health Registry. We want to thank you all for your continued participation in our Wave surveys. Findings from these surveys allow our analysts to identify trends in physical and mental health among 9/11 survivors. Using the information from these surveys, the Registry has published more than 170 research papers, which have helped inform new policies and treatments.

Your help is greatly appreciated.

Sincerely,

Mark Farfel, ScD
Director

Getting Care



Do you experience 9/11-related health issues? The Registry can help enrollees get care for specific 9/11-related health conditions. Treatment is provided through the federal WTC Health Program at no cost.

If you think you have a 9/11-related health problem, contact the Registry's 9/11 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 by calling 888-982-4748 or emailing wtc@cdc.gov. For more information about the program, visit cdc.gov/wtc.

9/11 Exposure and Links to Alzheimer's Disease



Researchers have documented an increased risk of cognitive impairment among people who were exposed to the 9/11 disaster. This increase has been associated with both exposure to airborne materials and chronic post-traumatic stress disorder (PTSD).

We are still learning about the long-term effects on the brain and the potential for neurodegenerative disease, including Alzheimer's disease, among people who were exposed to 9/11. To watch a video on this topic, visit nyc.gov/site/911health/updates/news-videos.page.

The Art of Remembrance

The events of 9/11 were seen and remembered around the world, and many countries have constructed memorials to honor those who lost their lives. Here are four of the many memorials found thousands of miles from the sites of 9/11.



Image credit: Seth Aronstam / Shutterstock.com

9/11 Living Memorial Plaza – Israel

Nestled on the outskirts of Jerusalem, the 9/11 Living Memorial Plaza stands in a secluded spot, with views of hills and Israel's bustling highway in the background. Crafted by Eliezer Weishoff, the 30-foot sculpture is a bronze American flag shaped into a fluttering memorial flame. It is the only memorial outside the U.S. that lists the name of every person lost on 9/11.



Image credit: Dominick Corrado / Shutterstock.com

Kinsale 9/11 Garden of Remembrance – Ireland

Kathleen Cait Murphy created a memorial to 9/11 on her property in Kinsale, Ireland. The memorial is now known as the Kinsale 9/11 Garden of Remembrance.



Image credit: Tony Baggett / Shutterstock.com

September 11 Memorial Garden – England

The September 11 Memorial Garden in Grosvenor Square pays homage to the 67 U.K. citizens who died on 9/11. It stands as a reminder of the shared grief and solidarity between England and the U.S.



Image credit: Mateo711 at Polish Wikipedia

Homo Homini Memorial – Poland

A memorial to the people who lost their lives on 9/11 stands in a serene park in Kielce, Poland. It is titled "Homo Homini," which is Latin for "Man to Man." The memorial also includes the names of other major attacks placed as reliefs on a brutalist sculpture representing the WTC. Completed in 2006, it was the first 9/11 memorial to be built outside the U.S.

Were You Impacted by 9/11?

The September 11th Victim Compensation Fund (VCF) provides compensation to eligible people who were affected by 9/11 and eligible representatives of people who died on 9/11. Eligible people may include those who were at any of the three 9/11 sites (the WTC or surrounding exposure zone, the Pentagon site, or the site in Shanksville, Pennsylvania) between September 11, 2001, and May 30, 2002, and those who have been diagnosed with a 9/11-related illness. The VCF is not limited to first responders. Compensation is also available to people who worked or volunteered in construction, cleanup or debris removal, or lived, worked or went to school in the surrounding exposure zone.

To learn more about the VCF, call 855-885-1555, visit vcf.gov or scan the QR code. You may need to meet specific registration and filing deadlines to submit a claim.



Survivor Grief Study

Studies have examined traumatic effects of 9/11 on survivors, but few have focused on the impact of bereavement on people who lost loved ones on or after 9/11. Survivors who lost loved ones on or after 9/11 likely face additional challenges. The Center for the Study of Traumatic Stress, part of the Uniformed Services University of the Health Sciences, is conducting the World Trade Center Survivor Grief Study to examine the effects of bereavement and trauma on Registry enrollees who were not rescue or recovery workers.

If you are a 9/11 survivor who lost a loved one on or after 9/11 and have participated in Registry surveys, you may be eligible to join the study. If interested, contact the Registry at 866-692-9827 or wtdhr@health.nyc.gov.

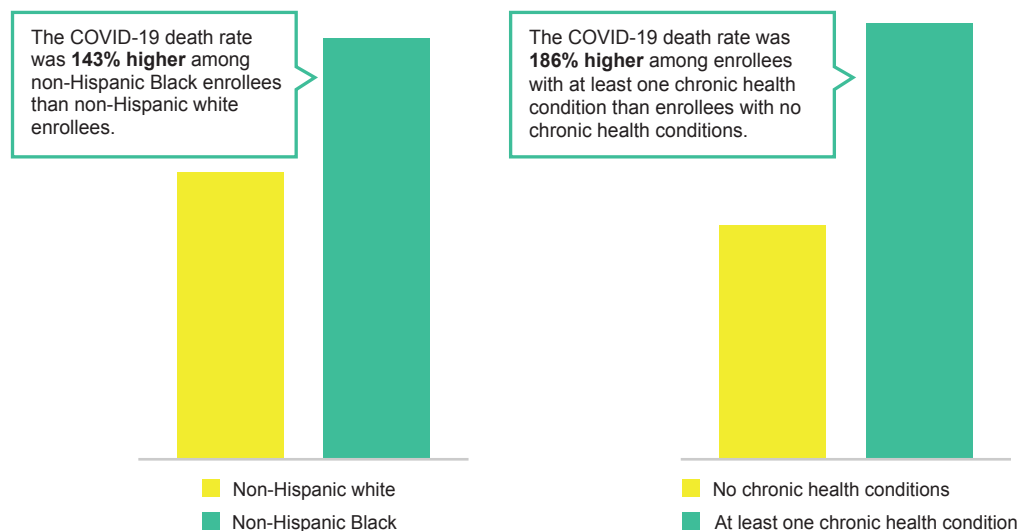
Our Latest Research Results

COVID-19-Specific Mortality Among Enrollees Who Lived in New York City (NYC)

A study conducted by the Registry on COVID-19-related mortality (deaths) among enrollees who lived in NYC revealed notable trends in March and April 2020 compared with before the pandemic. Despite an increase in all-cause mortality (deaths from all causes), the mortality rate among enrollees remained lower than that among the broader NYC population.

The study explored the risk factors that caused COVID-19-specific deaths among enrollees and revealed similar risk factors to those that affected other groups of people. Notably, people with at least one chronic health condition had a significantly increased risk of COVID-19 death. The study also revealed a high risk of death among non-Hispanic Black people, who had disproportionately higher rates of COVID-19-specific deaths. The racial disparity in COVID-19 death rates may reflect how structural inequality creates negative health outcomes among people of color.

COVID-19 Death Rates Among Enrollees



Yung J, Li J, Kehm RD, et al. COVID-19-specific mortality among World Trade Center Health Registry enrollees who resided in New York City. *Int J Environ Res Public Health*. 2022;19(21):14348. doi:10.3390/ijerph192114348

Wen Gu: A Teen During 9/11

The 9/11 disaster affected 410,761 people south of Canal Street in Lower Manhattan during and shortly after the events. Out of these people, about 14,000 were younger than age 18. Wen Gu, a 15-year-old student attending Stuyvesant High School on 9/11, was enrolled in the Registry by his parents in 2001. He now holds a PhD and a Certified Clinical Trauma Professional credential. In his testimonial video, he shares his perspective on PTSD and being a young person during 9/11.



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

Migraine Headaches

A collaborative study worked on by Registry researchers has linked cluster, tension and migraine headaches experienced by some enrollees to 9/11 exposure.

To learn more about the symptoms, triggers and risk factors associated with these headaches and other 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**. These informative handouts are our most popular way of getting important health information to our enrollees.

Cluster, Tension and Migraine Headaches

A headache is a pain felt inside of the head, near the eyes or at the bottom of the skull. There are three common types of headaches: cluster, tension and migraine.

Cluster Headaches	Tension Headaches	Migraine Headaches
Who They May More Likely Affect: <ul style="list-style-type: none">Men ages 20 to 30Men and children	Who They May More Likely Affect: <ul style="list-style-type: none">WomenMen and children	Who They May More Likely Affect: <ul style="list-style-type: none">People ages 30 to 50Women especially during menstruation
Why They Occur: <ul style="list-style-type: none">Probably due to a release of histamine (the hormone responsible for allergic reactions) in the brain	Why They Occur: <ul style="list-style-type: none">Probably due to a sensitivity to pain	Why They Occur: <ul style="list-style-type: none">Probably genetic or the environment in which a person lives
Symptoms: <ul style="list-style-type: none">Pain, usually once or several times on one side of the headSwelling, tearing, redness, pain or discharge from the eye	Symptoms: <ul style="list-style-type: none">Out pain in the headTension, neck, or shoulderStress	Symptoms: <ul style="list-style-type: none">Steady, throbbing or pulsing pain on one side of the headSensitivity to light and soundNausea and vomitingBlurred vision or other vision changes
Risk Factors and Triggers: <ul style="list-style-type: none">Headache or sinus in the pastHypertension (an enlargement of the blood vessel products hormones)	Risk Factors and Triggers: <ul style="list-style-type: none">StressStrenuous activityStress and other mental factorsBright light, loud sounds and unusual smells	Risk Factors and Triggers: <ul style="list-style-type: none">Certain foods such as baked goods, processed meat, hard cheeseStrenuous activityStress and other mental factorsBright light, loud sounds and unusual smells

Health Materials: Visit nyc.gov/911health and search for "Health Materials" to find more information about these conditions.

Stay Connected

Take Our Surveys
Many Registry enrollees have responded to our surveys. The information enrollees provide helps us respond to their health needs and conduct research on 9/11-related health conditions. Registry 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 enrollee profiles. For more information, email wtchreletter@health.nyc.gov.

Update Your Contact Information
Go paperless and receive Registry communications by email. 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.

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, then choose **Publications** from the top menu, and select **e-Newsletter** from the drop-down. To contact the Registry, email wtchr@health.nyc.gov.