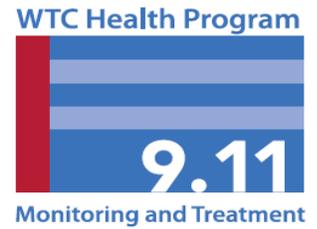




FDNY WTC Health Program



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Your Participation is as Important as Ever

A decade after 9/11, members continue to need ongoing care for WTC related illnesses. We are still learning about the long-term health impacts on FDNY members. Your participation helps to ensure that we have the health information we need to take care of you and other responders.

Program Updates

The Zadroga Act, passed in January of 2011 and administered by the National Institute for Occupational Safety and Health (NIOSH), guarantees five more years of funding for both monitoring and treatment of FDNY Rescue and Recovery Workers.

In accordance with the terms of the Zadroga Act, eligibility for WTC benefits is being re-confirmed.

For most, eligibility has been

established based on information given to FDNY at your initial WTC monitoring screenings.

Your eligibility allows you to receive treatment for all diagnoses submitted at the time that your eligibility was determined.

In the event you are diagnosed with a new condition related to WTC, your treatment provider will need to submit the necessary forms to ensure that treatment for the new diagnosis is covered under the Zadroga Act.

If for any reason you have not been deemed eligible, you can have your eligibility status reviewed at:

<http://www.cdc.gov/wtc/enroll>

There will be some prescription plan changes coming soon. Stay tuned for more information.

For questions about prescriptions, please contact 718-999-1937 or 718-999-0305.

For general questions, please call 718-999-1858.

Message from Dr. Kelly

Dr. Kerry Kelly serves as Chief Medical Officer of the FDNY, a position she has held since 1994. She oversees a staff of physicians, nurses and civilian personnel of the Bureau of Health Services(BHS), which is responsible for the evaluation and health and safety of all Fire and EMS personnel. Since 9/11/2001, she has published extensively on the health effects of the World Trade Center attacks on surviving responders.



Concerns about cancer have arisen day 1 due to the significant exposures at the WTC site. FDNY was there from the first moment, working at the deepest sites and remained there until the site closed. Currently cancer is under consideration to become a WTC covered condition.

The FDNY WTC Medical Monitoring and Treatment Program has been evaluating FDNY members who were exposed at the WTC since 2001. This program, through the efforts of Dr. Prezant and his data analysis team, has been able to identify members, active and retired, who have come down with cancer. The information gathered shows cancer trends on the increase in our exposed members. This study has been critical in informing the scientific community about this disturbing trend. The NIOSH Scientific and Technical Advisory Committee (STAC) for the WTC has met and reviewed several WTC studies, including the FDNY study. Based on this data, they have recommended that cancer be added as a WTC covered condition.

Currently, Dr. John Howard, the NIOSH WTC Program Administrator, is reviewing this recommendation and he will inform us of that decision in early June. This decision, if favorable, will recognize the link between cancer and the Trade Center exposure and provide funding for cancer treatment. The details of implementation will then be worked out by NIOSH. The partnership of FDNY BHS with our members and your unions has been critical in providing this recognition. We will continue to keep you updated.

WTC Data in Action: Your efforts make a difference!



1. **You** attend your Monitoring Exam, and **the doctor** flags symptoms of cancer. You receive a referral for confirmation and treatment.

2. **The data analysis team** includes anonymous information about your case with other cases to study the relationship between cancer and exposure to the WTC site.

Are people exposed to toxins from the WTC site more likely to get cancer? Why?

What types of cancer?

What puts people more at risk?

How can we improve screening and treatment?



3. Armed with knowledge, WTC Program presents its findings to **policymakers** to advocate for funding and treatment to benefit you, your family, and your fellow responders.



Did You Know? Sleep Apnea



Sleep Apnea occurs when a person's breathing is interrupted during sleep, sometimes hundreds of times in one night.

In order to get adequate rest a person needs to go through numerous cycles of light and deep (REM) sleep each night. Sleep Apnea disturbs this normal sleep pattern.

Having sleep apnea affects your quality of life by causing daytime sleepiness, feelings of depression, and memory problems.

1. *Sleep Apnea is another way of describing loud snoring.*

T__F__

2. *Sleep Apnea is a serious health condition.*

T__F__

It also disrupts relationships by causing sleep deprivation for partner and self, and may cause you and your partner to seek separate sleeping arrangements.

Other serious consequences of sleep apnea are: high blood pressure, other cardiovascular diseases and an increased risk of stroke.

If you snore loudly, experience daytime sleepiness, or have observed episodes of breathing cessation during sleep you should see a doctor.

“You’re not going to wake up tired anymore”
WTC Nurse

Treatments include: oral devices to unblock airways, weight loss programs, decreased alcohol, sleeping pills and smoking.

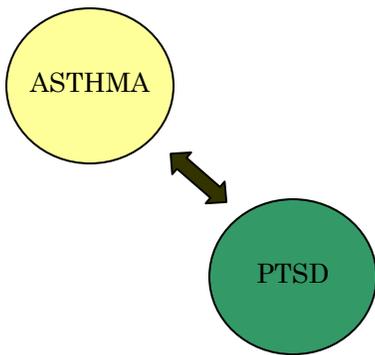
Answers:

1. False 2. True

Your Health and Mental Health:

Why It's Important to Take Care of Both

Many of you who responded to the WTC disaster suffer from more than one illness. For example, it is common for people with WTC-related asthma to also be coping with Post-Traumatic Stress Disorder (PTSD).



One recent study of FDNY rescue and recovery workers found that over 40% of those with symptoms of PTSD also had a diagnosis of obstructive airways disease, which includes asthma, bronchitis, or COPD/emphysema.

How do these conditions impact each other and your recovery?

At the WTC site, you were exposed to both harmful toxins that can cause asthma and traumatic experiences that can lead to PTSD. But there may be more to the link between PTSD and asthma. Several studies have shown that people with asthma are more likely to have a mental health condition such as PTSD, anxiety, or depression. Managing both illnesses can be a challenge.

Let's take the example of Bobby, who developed asthma in the weeks following 9/11, and was diagnosed with PTSD one year later.

Bobby goes to his doctor regularly to monitor his asthma and takes medications, but he spends a lot of time in front of the TV. Due to his PTSD symptoms, he doesn't sleep well, and usually doesn't feel like socializing. He is gaining weight, and feeling depressed and anxious.

Bobby used to keep fit and blow off steam by running and playing basketball, but now he does very little exercise. He is worried about having an asthma attack, and exercising just reminds him that he can't do all the things that he used to do. As a result, he doesn't really enjoy it anymore.

Bobby is only getting treatment for one of two serious conditions, and not feeling better. He does not realize that his PTSD symptoms can affect his asthma, and vice versa. For example, traumatic stress can affect the immune system, and a weak immune system is an important factor in asthma. Also, Bobby's PTSD symptoms may be contributing to his lack of enjoyment of exercise and other things in his life.

What can you do to make sure that you are taking care of yourself?

1. If you have any of the following symptoms, ask your doctor about PTSD:

- Nightmares, or feeling as though you are reliving the traumatic experience
- Irritability, anger, restlessness, or difficulty concentrating
- Avoidance of situations that remind you of the traumatic event
- Feeling numb

2. If you experience shortness of breath, chest tightness, coughing, or wheezing see your doctor to get an evaluation.

3. If you, like Bobby, suffer from asthma and have stopped exercising, ask your doctor what kind of physical activity you can do. Many people with asthma are able to live an active life when it is properly controlled. Physical activity not only improves your physical health, but it can also improve your mood.

FDNY WTC Health Program staff are experts in WTC-related conditions and how to treat them.

For more information, or to make an appointment, call 718-999-1858.

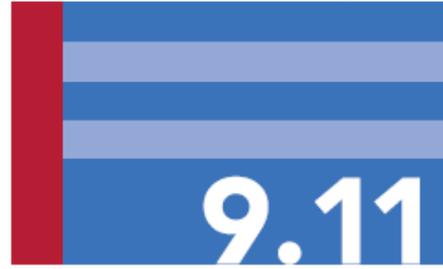
FDNY WTC HEALTH PROGRAM

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WTC Health Program



Monitoring and Treatment



FDNY WTC HEALTH PROGRAM

When was the last time you came for your WTC Medical?

Call **718-999-1858** to make your appointment.

For questions about prescriptions, please contact **718-999-1937** or **718-999-0305**.

WTC Medicals are available annually to active members in Brooklyn (MetroTech) and retired members at all 5 locations.

Not all testing is done On-Site at every location.

Retirees, please use table below to find your location and testing information:

	Brooklyn	Fort Totten	Middletown	Staten Island	Brentwood
Blood Tests	On-Site	On-Site	On-Site	Off-Site	Off-Site
X-Rays	On-Site	Off-Site	Off-Site	Off-Site	Off-Site

Referrals to nearby facilities for off-site tests will be given to you by a WTC nurse on the day of your appointment.