

## Stony Brook WTC Health & Wellness Program Purpose

The Stony Brook WTC Health & Wellness Program provides medical monitoring and treatment for emergency responders, recovery, cleanup workers, and volunteers who helped after the terrorist attacks on September 11, 2001, at the World Trade Center, the Pentagon, and the crash site in Shanksville, Pennsylvania.

We also provide health evaluations and treatment for eligible people who were present in the dust or dust cloud on 9/11 or who worked, resided, or attended school, childcare, or adult daycare in the New York City disaster area for a period of time on 9/11 and/or during the following months.

In addition to providing medical monitoring and treatment, the Stony Brook WTC Health & Wellness Program also provides:

- **Education** and outreach to people who may be eligible;
- **Collection** and analysis of physical and mental health data with members' permission;
- **Research** sponsorships to help us better understand health conditions related to the attacks.

<https://www.cdc.gov/wtc/faq.html>

## Research Opportunities

### COVID-19

Preliminary research of COVID-19 has shown a profound impact on physical and mental health. For some, symptoms continue long after diagnosis. The COVID-19 study focuses on the effects of illness on responders and variables that may have been involved in disease severity and long-term symptoms such as pre-existing medical conditions and WTC certifications.

### Cognitive Changes

There are several studies that look into changes in the brain that may occur as a result of exposure to the 9/11 attacks. The studies involve a screening visit at either Commack or Mineola location and potentially a MRI or PET/MRI scan. Participants must be between the ages of 45 & 70.

### Oral History

We need your help to document one of the most significant events in American history, and its consequences. The Remembering 9/11 Project has partnered with the Library of Congress so the story of 9/11, told in the words of those who responded and were affected, will never be lost for future generations to come. Not only are we looking for the unique recollections of first responders, we also deem it important to include the perspective of family members of 9/11 first responders & survivors.

If you are interested in learning more about these studies or any other studies we are conducting, please contact:

**Alicia Fels**  
**Research Program Coordinator**  
**(631)638-0723**

For more information:

<https://www.stonybrookmedicine.edu/WTC>

**Stony Brook WTC Health & Wellness Program**  
**WTC Health Program/LI-CCE**

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**Stony Brook**  
**WTC Health & Wellness**  
**Program:**  
***From Research to Care***



**Stony Brook**  
**Medicine**

## Welcome to your visit

Your annual monitoring visit with the Stony Brook World Trade Center Health and Wellness Program is essential. The care provided by our program uses an informed approach that is catered to the unique needs of our WTC responder community.

## You make a difference

Health data is collected at each monitoring visit and used by researchers to investigate links between World Trade Center (WTC) exposure and health trends in the responder community. As time goes on and the needs of the responders change, we adapt and continue to provide high-quality care.

## Your Annual Monitoring Visit

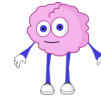
During your visit you can expect some of the following:

|                       |                             |
|-----------------------|-----------------------------|
| Health Questionnaires | Pharmacy Counseling         |
| Physical Examination  | Spirometry (Breathing Test) |
| Case Management       | Chest X-ray and/or EKG      |
| Blood & Urine Test    | Nutrition Counseling        |
| Member Services       | And more...                 |

## Research Informed Care

We also utilize research-based assessments to closely monitor health over time.

### Memory Screening



Memory is an important aspect of your health. To assess one's brain health, our program uses a tool known as The Montreal Cognitive Assessment (MOCA), which examines:

- Short-Term Memory
- Attention
- Concentration
- Language and more

### Physical Performance Assessment



The Short-Physical Performance Battery (SPPB) measures lower extremity function and handgrip strength. Low physical functioning and poor handgrip strength have been associated with poor health outcomes such as chronic illness, and functional (physical, cognitive, mental/emotional) disabilities.

*Performing these assessments during your annual visits will allow our health professionals to track your health overtime and provide intervention if needed.*

## Did you know?

Alongside blood pressure, handgrip strength is an effective way to assess muscle strength, ability to recover from hospital stays and quality of life.

Williams, J. (2018, April 25). Get a Grip on Sarcopenia and Aging. Retrieved from <https://www.nutritionnews.abbott/healthy-living/agingwell/get-a-grip-on-aging/>

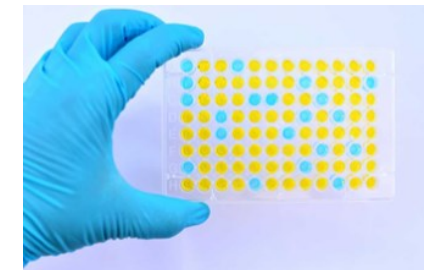
## One Step Further

### Blood Tests

Blood collected during your monitoring visit is used to test for abnormalities similar to a general annual physical. Additionally, blood samples contribute to research studies being conducted on the responder community.



These research studies take a look at biological markers, which are used to better understand various illnesses. The blood samples we collect will allow us to explore associations between environmental exposures (e.g. dust exposure) and epigenetic biomarkers (e.g. cognitive degeneration or stress), as well as assess disease risks in the responder community.



Our WTC research also focuses on biomarkers that occur in responders with mental health (depression, PTSD) and memory difficulties.