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

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### 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

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For more Information:
https://www.stonybrookmedicine.edu/WTC
Stony Brook WTC Health & Wellness Program
WTC Health Program/LI-CCE
500 Commack Rd, Suite 160 | Commack, NY 11725 |
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.