The algorithm provides guidance for diagnosis, treatment, management, and referral to a World Trade Center monitoring or treatment program, or to another specialist (e.g., otolaryngologist, pulmonologist, cardiologist, radiologist, or gastroenterologist). Often, two or more conditions coexist, and these conditions must be treated simultaneously to improve or resolve the respiratory symptoms.

**Management of WTC-Associated Illnesses**

Physical and mental health problems in people exposed to the disaster are often interrelated and require coordinated evaluation and treatment.

**Approach to the Patient with Chronic Respiratory Symptoms and a History of WTC-Related Exposure**

**HX & PE**

- **Step 1**
  - History (Table 1) & physical examination
  - Smoking cessation
  - Discontinuing ACE inhibitor

**Sx**

- **Step 2**
  - Cough alone, or wheezing or shortness of breath possibly made worse by URI, seasonal allergies, exercise, fragrances, cold air

- **Step 3**
  - Cough that worsens with meals or at night, dyspepsia, subcutaneous/papular itching, burning, acid regurgitation, hoarseness, sore throat

- **Step 5**
  - Spirometry
  - Evaluate cause of abnormality and treat

- **Step 6**
  - Rx trial for asthma/RADS (Table 3)
    - Inhaled steroids
    - Bronchodilators
  - Rx trial for chronic rhinitis and rhinosinusitis (Table 4)
    - Saline spray
    - Antihistamines & decongestants
    - Nasal steroids

**Follow-up**

- **Step 7**
  - If cough or condition persists: Pulmonary consult
  - If inadequate response, consult:
    - Sinus CT scan
    - ENT consult
    - Rx trial for GERD
    - Go to Step 4 of algorithm (CXR)
  - If inadequate response, consider:
    - Rx trial for chronic rhinitis and rhinosinusitis (Table 4)
    - Chest CT (high resolution)
    - Methacholine challenge
    - Pulmonary consult
    - Induced sputum for eosinophils
    - Cardiopulmonary evaluation, exercise test
    - Lung volumes, DLCO, ABG
    - Systemic steroids, antibiotics
    - Evaluation of distal airway function with impedance oscillometry

**Abbreviations:**

- ABG: Arterial blood gas
- ACE: Angiotensin-Converting Enzyme
- CT: Computed tomogram
- DLCO: Diffusion capacity of the lung for carbon monoxide
- ENT: Ear, nose, & throat
- GI: Gastrointestinal
- URI: Upper respiratory infection

**References**


**Mental Health Resources**

LIFENET

- NYC DOHMH 24-hour, 7-days-a-week crisis hotline and information and referral network
- English: 800-LIENET/800-543-3638
- Spanish: 877-71477/877-2983373
- Chinese (Asian American): 718-990-8885
- Other Languages: 800-LIENET/800-543-3638
- TTY hard of hearing: 212-982-5284
- www.nyc.gov/mental

NYC 9/11 Benefit Program for Mental Health & Substance Use Services

- An insurance-like benefit to help cover September 11 mental health and substance use treatment costs for NYC residents. Call 877-237-1164
- www.nyc.gov/9-11benefithealth

American Psychiatric Association, APA Answer Center

- Referral to a local psychiatrist 888-357-7924
- www.healthyminds.org/locateapsychiatrist.cfm

American Psychological Association

- Telephone and online psychologist locator service 800-964-2000
- www.apahelpcenter.org

New York State Office of Alcoholism and Substance Abuse Services

- IDASAS
  - 800-522-5333 or 518-485-1768
  - www.nysas.state.ny.us

Substance Abuse and Mental Health Services Administration

- National Drug and Alcohol Treatment Referral Routing Service 800-662-4357
- www.findtreatment.samhsa.gov

Alcoholics Anonymous (AA) World Services, Inc.

- 212-870-3400
- www.aa.org

National Institute on Alcohol Abuse and Alcoholism (NIAAA)

- 301-443-3860
- www.niaaa.nih.gov

**Medical Resources**

NEW YORK CITY 9/11 HEALTH INFORMATION

- www.nyc.gov/9-11healthinfo

TREATMENT PROGRAM

Offering free services and medications for people with WTC-related symptoms.

For residents, area workers, and students:

- WTC Environmental Health Center at Bellevue Hospital Center, Governor Health Care Services and Elmhurst Hospital Center. Call 877-982-0107

MEDICAL MONITORING AND TREATMENT PROGRAMS

For rescue and recovery workers and volunteers:

- Mount Sinai Consortium: WTC Medical Monitoring and Treatment Program 888-702-0630

For active and retired FDNY and EMS members who participated in the 9/11 rescue and recovery effort:

- FDNY WTC Medical Monitoring and Treatment Program: 718-990-1858

PEdiATRICS

For pediatric (but not WTC-specific) guidelines:

- American Academy of Pediatrics
  - www.aap.org/topics.html

WORkERS’ COMPENSATION

- www.wcb.state.ny.us
- Call 877-632-4996 to request a WTC-12 form or verify your registration.

REGISTRIES

NY State Cancer Registry

- The New York State Department of Health is phasing in physician reporting of cancers diagnosed and/or treated in ambulatory settings. Call 518-474-2225

NY State Occupational Lung Disease Registry

- For occupational lung disease reporting forms, call 866-807-2130 or go to:
  - www.health.state.ny.us/sid/lung/lung.htm

NY State Mortality Registry

- The New York State Department of Health is collecting data on all WTC responder deaths people who worked on the WTC site from 9/11 to 6/30/02, including Staten Island/long and margus workers. Contact Kitty Gabell, RN, at Flanigan Square Room 230, 547 River Street, Troy, NY 12180, 518-402-2900.

ANNUAL 9/11 RESOURCE GUIDE

Visit www.nyc.gov/9-11healthinfo or call 311.