



Protecting Our First Responders

Dear Primary Care Provider:

We are grateful for your interest in caring for our firefighter population. You will play a vital role to help prevent the disturbing high incidences of cancer, heart disease and metabolic disorders.

The current statistics for the fire service show that 1:2 will be diagnosed with cancer by the end of their career. The cardiac risk factors for firefighters begins about 15 years younger than the average population.

Firefighting places tremendous demands on the cardiovascular system and firefighters face chronic exposure to heat, smoke, diesel exhaust and toxic flame retardants. These carcinogenic chemicals are absorbed, inhaled and ingested into the skin, airways and gastrointestinal system. Carcinogens also accumulate in their gear, the fire trucks and the fire stations.

Firefighters have elevated rates of cancers in the brain, lungs, colon, prostate, bladder, kidneys and skin.

Every firefighter should obtain a thorough and confidential physical exam and undergo screening tests listed below for prevention and early detection of cancer and heart disease annually.

Recommended Firefighter Physical Exam and Screening Tests

• Blood pressure and pulse rate	• CMP
• Respiratory rate and temperature	• LFT
• Oxygen saturation	• Hepatitis Profile
• Weight and Body Fat %	• CBC
• Thorough skin exam	• Hemoglobin A1c
• Vision and Hearing exam	• Fasting Lipid Panel
• Oral, Throat and Thyroid exam	• Urinalysis
• Heart and Lung exam	• EKG
• Abdominal and Testicular exam	• PSA (begin at age 40)
• Prostate and Rectal exam	• PFT (every 3 yrs)
• Fecal occult testing	• Low dose Chest CT (age 50+ every 3yrs)
• Pelvic and Pap for females	• Colonoscopy (age 40, every 3-5yrs)
• Vascular and Neurological exams	• Exercise Stress Echocardiogram (40+ every 3yrs)
• Musculoskeletal exam	• Mammograms (females age 35+)