

# FIREFIGHTER CANCER INITIATIVE



## FEMALE FIREFIGHTER'S HEALTH SCREENING PASSPORT

Firefighters are exposed to a range of cancer-causing toxins on the job. Sufficient evidence exists for these exposures and as a result, in June 2022 the World Health Organization's (WHO) International Agency for Research on Cancer (IARC) reclassified firefighting as a carcinogenic profession and an IARC Group 1 designation (Carcinogenic to humans) was given. Ongoing research by the Center for Disease Control and Prevention's (CDC) National Institute for Occupational Safety & Health (NIOSH) has demonstrated that U.S firefighters are 9% more likely to be diagnosed with cancer and 14% more likely to die from cancer when compared to the generally population. Specific cancers firefighters are at greater risk for include:

- |                      |                            |                    |
|----------------------|----------------------------|--------------------|
| ⚠️ Bladder Cancer    | ⚠️ Melanoma of Skin        | ⚠️ Thyroid Cancer  |
| ⚠️ Mesothelioma      | ⚠️ Non-Hodgkin's lymphoma  | ⚠️ Brain Cancer    |
| ⚠️ Multiple myeloma  | ⚠️ Cancer of the esophagus | ⚠️ Breast Cancer   |
| ⚠️ Colon Cancer      | ⚠️ Leukemia                | ⚠️ Cervical Cancer |
| ⚠️ Prostate Cancer   | ⚠️ Kidney Cancer           |                    |
| ⚠️ Testicular Cancer | ⚠️ Lung Cancer             |                    |

Therefore, regular annual well visits with screenings for occupational related cancers and health conditions and prompt work up of any abnormal symptoms or abnormal test results should be conducted to support prevention and early detection of malignancies or other associated health alterations. This guide is intended to assist in providing comprehensive and early screening recommendations to firefighters and their health care providers.

*This tool is intended to help you track your general health and cancer screenings so you can make sure you are getting the right screenings for your age and risks. Disclaimer: This is not intended to be taken as personal medical advice, recommendations are based on current published screening recommendations and firefighter cancer research. Always, consult your medical provider for personalized recommendations and care.*

		Age ►	All 18>	21-34	35-39	40>
GENERAL HEALTH	Annual well visit/examination		✓	✓	✓	✓
	Annual laboratory testing		✓	✓	✓	✓
INFECTIOUS DISEASE	TB testing/screening		✓	✓	✓	✓
	Hepatitis B titer/immunity		✓	✓	✓	✓
	HIV testing/screening		✓	✓	✓	✓
OCCUPATIONAL HEALTH	Hearing screening		✓	✓	✓	✓
	Vision screening		✓	✓	✓	✓
	Lung health/Spirometry testing		✓	✓	✓	✓
MENTAL HEALTH	Occupational stress self-awareness		✓	✓	✓	✓
	Annual screening for PTSD, depression & anxiety		✓	✓	✓	✓
REPRODUCTIVE HEALTH	Reproductive symptom self-awareness		✓	✓	✓	✓
	Testing: Pelvic ultrasound and/or hormone panel (blood tests) <i>*according to symptoms</i>		✓	✓	✓	✓
	Urinary/Vaginal symptom self-awareness		✓	✓	✓	✓
	Testing: Vaginal & urine testing <i>**according to symptoms</i>		✓	✓	✓	✓
CANCER SCREENINGS	Breast Cancer	Monthly self-exam	✓	✓	✓	✓
		Breast imaging <i>(according to symptoms/risk)</i>			✓	✓
		Annual mammogram				✓
	Skin Cancer	Monthly skin self-examination	✓	✓	✓	✓
		Annual full body skin examination by dermatologist				✓
	Cervical Cancer	Annual well women exam		✓	✓	✓
		Pap + HPV test <i>(according to history/risk)</i>		✓	✓	✓
	Colo-rectal Cancer	Colonoscopy				✓
		Annual FIT or Cologuard test			✓	✓

**OTHER TESTING:** According to personal, family, and occupational history, current symptoms and test results, and estimated risk (discuss with your health care provider)

**ANNUAL LAB PANEL** Testing should include: CBC w/diff, CMP, Lipid Panel, A1C, TSH, Free T3, Free T4, TPO antibodies, HSCRP, Vitamin D 25 OH, Urinalysis w/microscopy

\*Reproductive symptoms may include but not limited to: Irregular menses, period related symptoms (heavy/painful periods), post-menopausal bleeding, pelvic pain or sexual symptoms

\*\*Urinary/Vaginal symptoms may include but not limited to: Urinary frequency, urgency or discomfort, abnormal vaginal discharge, or vaginal odor