



We hope this email finds you well. The First Responder Center for Excellence (FRCE) is pleased to provide this quarterly communication to keep you informed about the work of the Alliance.

Visit [the FRCE website](#) for cancer information related to the fire service, including links to the most up-to-date resources, research and best practices.

FIREFIGHTERS HAVE INCREASED RISK FOR SKIN CANCER

With the warmer months here, outdoor activities become more common. As we spend more time outdoors, it is important to consider the negative impact the sun can have on unprotected skin. This is especially important for firefighters, as firefighters have an increased risk of skin cancer (1.39 times greater according to the Firefighter Cancer Support Network). For firefighters, it is more than sun exposure that attributes to their higher risk. See resources below related to skin cancer specifically geared toward firefighters and their increased risk.

ARTICLES



Firefighter Diagnosed with Melanoma Spreads Awareness to Save Lives

By Vallerie A. Malkin Like most public safety personnel, firefighter Seth Bice is used to

Can Working as a Firefighter Increase Your Risk of Skin Cancer?

Recent studies have suggested some surprising things (not beaming from the center of our solar system) that might increase your risk for skin cancer. We delved into the research on several of these, which we are sharing in a series of articles here. The first looked at drinking white wine.



Response Time Matters



Occupational Cancer in the Fire Service

The Firefighter Cancer Support Network (FCSN) developed this 3-hour course. Firefighters can take the course at their department or virtually. To sign up for the online program, use the LMS. For an in-person program, contact our coordinator. This course provides three (3) OEMS

taking charge of a situation so he can save lives. So when a trip to the dermatologist to see about a bleeding mole turned up melanoma, he admits he was knocked off his feet.



Mollies Fund - What is Melanoma?



YOU PROTECT OTHERS. PROTECT YOURSELF.

In Texas, 1 in 3 non-firefighters will develop some form of skin cancer. Texas ranks 3rd in the nation for malignant melanoma.

Every hour 1 person dies of melanoma.

**Firefighters have a
30-60% Higher Risk
of Developing Melanoma
than non-firefighters.**

Skin Cancer is preventable, and melanoma, if caught early, can be cured!

It's not too late to prevent skin cancer:

- Shower and change into clean station wear clothing within an hour after fire exposure to prevent synergistic effect of what is burning in today's fires and dermal exposure
- Apply and reapply SPF 30+ sunscreen regularly (even in cloudy weather)
- Stay away from tanning beds
- Wear sunglasses and sun protective clothing
- Where possible, limit time in mid-day sun
- Examine your skin monthly for changing moles or a new skin lesion and if something is suspicious, follow up with a dermatologist
- Get an annual full body check



MOLLIESFUND.ORG

San Antonio Fire Department and Mollie's

credits, two (2) FCC credits, and one (1) FPO credit.

Fund Work Together for Skin Cancer Prevention

NEW YORK, Feb. 2, 2023 /PRNewswire/ -- With the support and guidance of Rachelle Hamblin, MD, MPH, the Mollie Biggane Melanoma Foundation and the San Antonio Fire Department announce a partnership to promote skin cancer prevention among the city's 1,800 uniformed fire fighters. Running into burning buildings and battling out of control fires aren't firefighters only risk.



An Erie firefighter beat melanoma. He and his doctor want to help others avoid skin cancer

Erie firefighter Bryan Delio was stunned in 2015 when Dr. Scott Lim handed him a card of melanoma lesions and a photo he'd just taken of Delio's right ear. Delio, now 50, was visiting the Millcreek Township dermatologist to have a skin tag removed from near his nose.

TIPS FROM TRAINING



Tips from Training

Skin Cancer and Firefighters



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Scan QR or click link to
<https://molliesfund.org>

Sunscreen dispenser located at the Fire Academy
[FDNY and Mollie's Fund Partnership](https://molliesfund.org)

Skin cancer is a common cancer in the general population and therefore requires a greater educational push to market the message and decrease skin cancer rates. For firefighters, the risk is even greater. **Like so many other cancers, firefighters have an increased chance of developing skin cancer, a 1.39 times greater risk.** All FDNY training locations contain sunscreen lotion dispensers complete with an attached message of skin cancer awareness. These are the same type of sunscreen dispensers that you may find at your local beach or park.

- **The American Cancer Society reports that more skin cancers are diagnosed than all other cancers combined.**
- Skin cancer is the most prevalent cancer in America, but it is also one of the most curable if detected and treated early. It develops when unchecked DNA damage triggers cells to grow uncontrollably and form cancerous tumors.
- While skin cancer lesions typically occur on sun-exposed areas of the skin, such as the face, hands, neck, ears, scalp, shoulders, and back, they can also appear on unexposed areas of the body.
- Lesions take on a different appearance depending on the type of skin cancer present—basal cell carcinoma, squamous cell carcinoma, or melanoma.
- **Melanoma is one of the most common cancers for FDNY members. Melanoma cancer rates for firefighters are significantly elevated when compared to non-firefighters.**
- Skin tone: Lighter-skinned individuals have a greater risk of developing melanoma than those with darker skin tones. The risk is also higher for individuals with blond or red hair, blue or green eyes, and skin that burns or freckles easily.
- Use a broad-spectrum (UVA/UVB) sunscreen (SPF 15 or higher) every day. For extended outdoor activity, use a water-resistant, broad-spectrum (UVA/UVB) sunscreen (SPF 30 or higher).
- Sunscreen must be used year-round and on days with cloud cover; UV rays are **always** present.
- Examine your skin head-to-toe **every month** and **see a dermatologist at least once a year** for a professional skin exam.

*As a sophomore in college, Mollie Biggane discovered a mole on her thigh. In the following six months, she underwent surgery, chemotherapy and radiation. **The Mollie Biggane Melanoma Foundation was created in her memory after her tragic death at the age of twenty.** The mission of Mollie's Fund is to increase awareness for melanoma prevention, provide information and services on skin cancer detection, and support melanoma patients through education of the latest treatments: **The FDNY has partnered with this organization to raise awareness.***

Submit a potential Training Tip via email to: TrainingTips@fdny.nyc.gov

DISTRIBUTION: FOUO: This document is provided for your information and use. It is intended for firefighting, EMS, law enforcement, security, antiterrorism and intelligence personnel.

<https://www.firefighterclosecalls.com/download/243/tsl-files/375995/78-of-21-tips-from-training-skin-cancer-and-firefighters-1.pdf>

Please let us know if you or your organization have any information you would like us to share in the next quarterly newsletter by sending an email to ljacobs@frcmail.org.

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