



PREVENTING CANCER AND HEART DISEASE IN THE FIRE SERVICE

MEGAN LAUTZ, MS, RD, CSCS, TSAC-F

@Rescue.RD

CANCER

 **↑ 9%** in cancer diagnoses
↑ 14% in cancer related death

in firefighters relative to the general population. Know the risks and know your family history.



Wear full PPE through the duration of the incident

Wear full PPE through the duration of the incident. Always wear your SCBA including during salvage and overhaul. Reducing cumulative exposure is the key.



Immediate gross decon while on air

As soon as the incident is stable, complete gross decon of PPE with soap water and a brush while on air. Don't forget to wash your boots. After the incident, store PPE in a bag in an exterior compartment on the rig to protect passengers from off-gassing PPE.

Need more on decon? Check out FDNY's Clean 15 video →



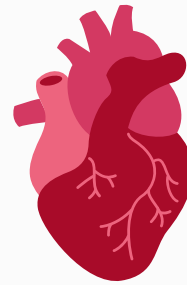
Shower within the hour

Shower as soon as possible after the incident. Make sure you lather up twice as this will remove more impurities. In the meantime, use wipes to remove soot from head, neck, jaw, throat, underarms and hands.

More tips? Check out FDNY's 8 Cancer Prevention Tips →



HEART DISEASE



45%

Sudden Cardiac Death is responsible for 45% of LODD



← Understand the cardiovascular strain of firefighting in this article



Stay hydrated! Aim for a minimum of 125 oz fluid/day

Staying hydrated throughout the day and rehydrating after strenuous activity reduces the workload on the heart. Reach out to Megan Lautz for more information on how to best hydrate.



Prioritize fitness

Staying physically fit is the best way to prevent a cardiac event (and cancer). If you're just getting started, begin with walking and gradually increase the intensity. Reach out to Jake Patten with workout questions.



If you need it, take medication

Blood pressure or cholesterol-lowering medication will not make you "feel better." Medication helps reduce the workload on the heart and prevents severe cardiac injury. A FF with HTN is 12x more likely to experience a severe cardiac event. A healthy diet and lifestyle has been shown to reduce the need for these medications.

GENERAL PREVENTION

Eat a variety of fruits & veggies

Produce is high in antioxidants and fiber. Aim for 3-5 servings of fruits and veggies per day. Fresh, canned, and frozen count!

Prioritize sleep

Shift work is considered a class 2A carcinogen by the IARC. Strive to hit 6-9 hours of sleep per day. Naps count, so rest when you can.

Visit the doctor regularly

If something feels off for 2+ weeks, do not put it off! Write down your symptoms and schedule an appointment with your physician.