

# Dear Firefighter,



The partner document for this letter (the Provider's Guide to Firefighter Medical Evaluations) is designed to be taken to your primary care provider to let them know what unique occupational risks you face as a firefighter.

**Firefighters are at increased risk for:**

- Several types of cancers
- On-duty cardiovascular events
- Sleep disorders
- Behavioral health concerns such as -
  - ▶ depression
  - ▶ suicidal thoughts
  - ▶ anxiety
  - ▶ post-traumatic stress



**THIS IS WHERE YOU COME IN.**

Every firefighter needs to take control of their own health care and ensure their providers are aware of the physical and mental health stress common for firefighters.

The US Preventative Services Task Force (USPSTF) provides recommendations for exams and screenings for the general population. While these should be used as a baseline, they are not designed for an occupational group with increased risk. Providers should be aware of the unique exposures and consider this when weighing timing and frequency of screenings.

The attached document provides recommendations on screenings that experts in firefighter health believe are appropriate for firefighters.

This document is not meant to be prescriptive for your primary care provider, but rather to raise his/her awareness as they weigh your occupational and personal risk factors in making clinical decisions about screenings and treatment.

If your department has medical evaluations to clear you for duty, GREAT! However, occupational medicine/department exams are focused on clearing you for duty for your department.

**YOUR** primary care provider is focused on managing **YOUR** health.

If your department does NOT provide an annual exam, it is even more important for you to work with a primary care provider to ensure your health is protected.