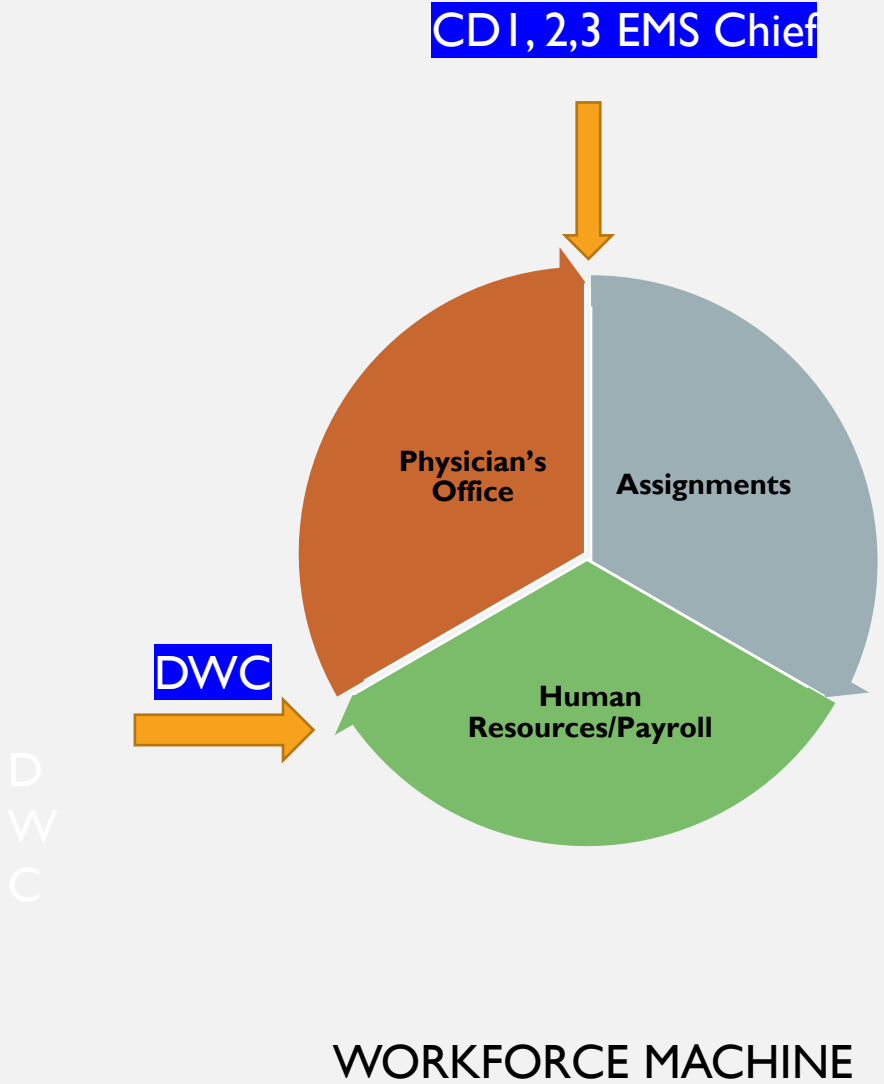


THE PHYSICIAN'S OFFICE AT SFFD

HISTORIC ROLE IN THE DEPARTMENT



PHYSICIAN'S OFFICE ROLE IN WORKFORCE MACHINE

New Hire Medical Screen

Promotion Medical Screen

Injury/Illness Liaison: Claims Management

- Return to Duty Eval

Modified Duty Liaison

WELLNESS AND COMPLIANCE

Infectious
Disease
Notification

Immunization

OSHA
Compliance
(Hearing
and TB)

Screenings
(Know your
Numbers
eg)

Know Your Numbers Health Screening



TIMES/LOCATIONS:

Training Division- 2300 Folsom

St:

9/21, 9/22, 9/23, 10/5, 10/6, 10/7

9:00am-4:30pm

Station 49, 2241 Jerrold:

9/21, 10/6, 10/7

3:00pm -7pm

St 48 at TI, 800 Avenue, at 10th Street, Treasure Island:

9/22, 9/23

6:00am-10am

SFO Airport Station 3, Building #12, South McDonnell Road:

9/28, 9/30

9:00am-11am

FREE & CONFIDENTIAL health screening to measure your glucose, blood pressure, body mass index and body fat percentage. With this information, you can calculate a **10-year cardiovascular risk score**. Fasting is not required for this screening.

We encourage you to follow up with your personal provider for your annual FREE preventative medicine/wellness exam to further discuss your results.

Participate and enter to win a raffle prize! Prizes include foam rollers, exercise bands, yoga mats, water bottles, backpacks, wireless speakers, Fit Bits, lunch bags, totes, lumbar support pillows, phone chargers & canvas totes.

QUESTIONS? CONTACT:

Stephanie Phelps

stephanie.phelps@sfgov.org

HEALTH EDUCATION

EXPERTS IN THE HOUSE

Stephanie Phelps, NP PhD (Occupational Health)

Anthony Boone, Industrial Hygienist

Dr. Brokaw



San Francisco Fire *Health Monitor*

NEWSLETTER OF THE SFFD PHYSICIAN'S OFFICE

VOLUME 2 / ISSUE 6
JUNE 22, 2021



The C Word

It is most people's greatest fear about their health: Cancer. Cancer is a leading cause of death among firefighters (behind suicide and cardiovascular disease) and it is known that firefighters are at increased risk for certian types of cancers compared to the general population. Our Department is lucky to be affiliated with a leading Firefighter Cancer advocacy organization, [the San Francisco Firefighters Cancer Prevention Foundation](#).

The SFFD CPF facilitates the study of cancer and firefighting, navigates the medical system for firefighters with cancer and supports their families too. Currently, they are partnering with Stanford Medical School on a study of PFAS, a chemical used in turn-out gear, that is also present in drinking water and other household items.

Firefighters encounter more carcinogens than the average person, including people who only fight wildfires.

There are 3 Strategies to preventing death from cancer: 1. Limiting carcinogen **exposure**, 2. Optimizing health, and 3. Selective Screening.

Physician's Office

Barbara Morino 415-558-3446

Fax: 415-558-3448

Dr. Jennifer Brokaw 415-558-3447

Dr. Janie Bryant 415-558-3450

Stephanie Phelps, NP 415-558-3255

Limiting Exposure to Cancer Causing Agents (Carcinogens)

Here is a partial list of compounds found in the firehouse, fireground and in after-work lifestyles of firefighters that are linked to cancer and ways to prevent or limit exposure:

Compound	Tied To	Prevention
Diesel	Bladder, lung cancer	Switch to Bio Diesel,
Fire retardant Foam	PFAS related cancers (see below)	Immediate decon, PPE.
Smoke	Lung Cancer	Properly fitted PPE/SCBA
PFAS	Kidney, liver, breast, lymphoma	Wash turn-outs, skin wipe down, PFAS free clothing
Grilled Food	Pancreas, colon, digestive tract	Use lower temps, use gas, marinate
Chewing Tobacco	Oral, throat	Nicorette gum substitution.
Alcohol	Liver, pancreas, esophagus, breast	Limit intake to 2 drinks/session

This is an excellent article on carcinogenic compounds in the firehouse and strategies to limit risks to firefighters.

<https://www.iafc.org/i/CHIEFS/i/CHIEFS-article/cancer-in-the-fire-service>

Optimizing Health:

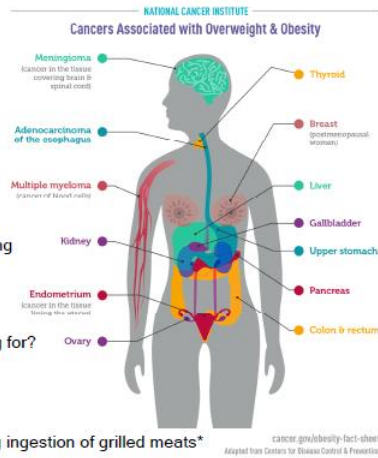
Keeping healthy throughout your life by paying attention to your diet, habits and environment can have a big impact on your cancer risk.

- For instance, did you know that obesity is linked to many cancers including esophagus, blood (multiple myeloma), colon and breast. Keeping a BMI 25 or under will lower your risk of these cancers.
- Smoking Cigarettes: A well-established risk of lung cancer, but did you know it is linked to bladder cancer, mouth cancer, pancreatic cancer and kidney cancer too? Nicotine patches and varenicline (Chantix) have been proven to help smokers give it up for good. What are you waiting for?



- Limiting ingestion of grilled meats*
- Cutting down on alcohol*

*see chart above



Getting Screened

Cancer screening is a tricky task. Patients and their doctors want to find cancers early for better outcomes, but they do not want to find cancers that were never going to cause trouble. At worst, someone who has a positive cancer screen must undergo unnecessary treatment, at best, they will learn of a treatable cancer before it is too late. The American Cancer Association has a good guide to Cancer Screening by Age for the general population. See it here. <https://www.cancer.org/healthy/find-cancer-early/screening-recommendations-by-age.html>

Cheat Sheet:

Exam/Frequency	Cancer	Age/Risks
Chest CAT Scan-Yearly	Lung	Former Smokers with 30-Pack Year history.
Mammogram/MRI (for dense breasts)	Breast	Every other year 40-50. Every year after.
Fecal Occult Blood or Endoscopy	Colon/Rectal	New recc, starting at 45 (not 50). Every year for fecal blood or every 10 for colonoscopy if normal.
PAP+/- HPV testing	Cervical	21-50 every 3 years. If HPV neg after 30, may go to every 5 years.
Urinalysis for Occult Blood	Bladder	If blood present in urine, a cystoscopy may be indicated for follow up.
PSA* area of controversy	Prostate	Shared decision about whether to check PSA at 40 for those at risk (Black men and fam Hx) or age 50 for baseline. Annual test to look for rapid increase which would cause concern.
Note: Digital rectal Exam no longer recommended.		

Source: International Association of Firefighters

*There are no recommended screening tests for Ovarian, Uterine or Brain cancers, unless someone is exhibiting symptoms.

Bonus: Did you know there is a vaccine for cancer? Likely the first of many. The HPV vaccine, offered to children 11-12 has been shown to prevent cervical cancer, mouth and throat cancers and anal cancers. It is a two-dose regimen given 6 months apart, but if given after age 15, 3 doses need to be given in 6 months. People up to age 26 years old can receive this vaccine.

As first responders, we are at increased risk for cancer because of our occupational exposures and because of our lifestyle choices. As you move through your years of service, keep these important actions in mind to prevent an early death from cancer, and consider getting your kids vaccinated against HPV!

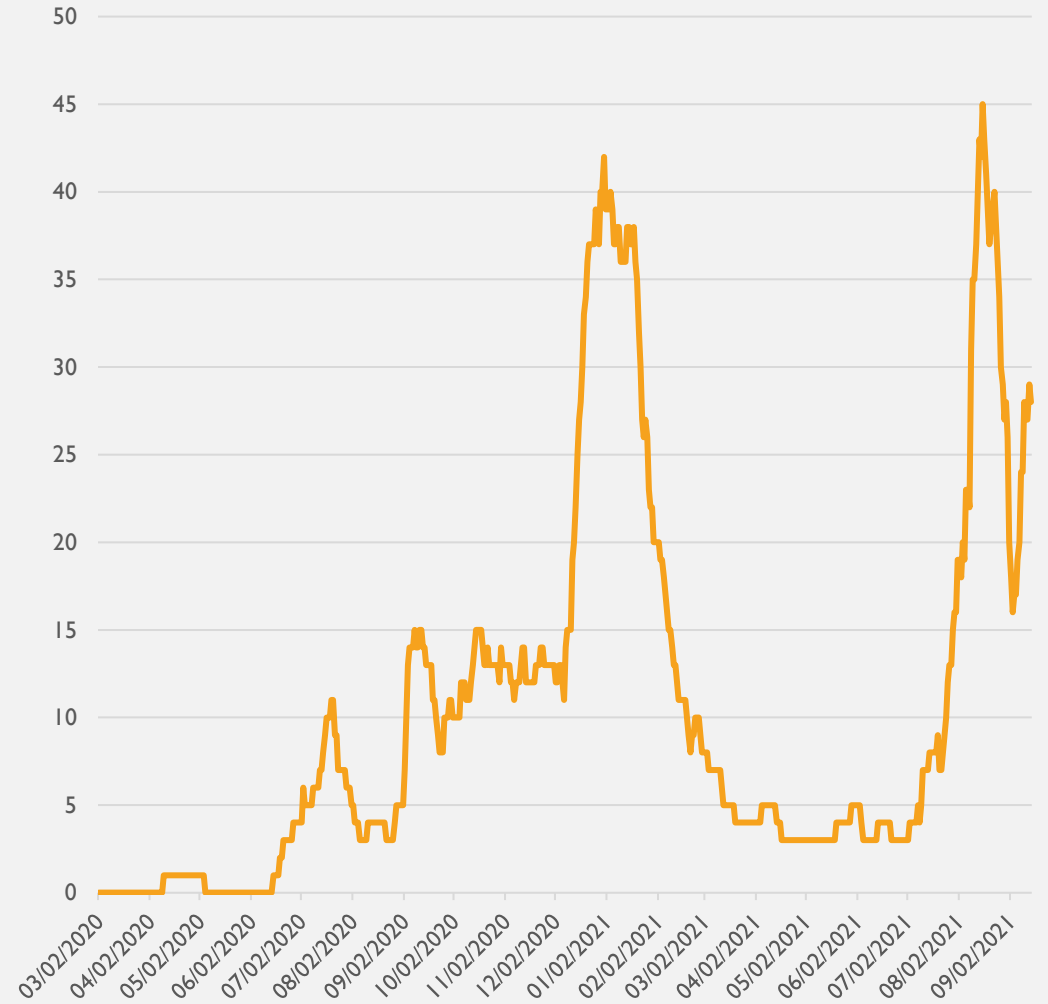


SARS-COV-2 RESPONSE

- Education
- Notification of Exposure
- Injury/Illness Worker's Compensation Filing and Facilitation
- Rapid Antigen Testing
- Vaccination

COVID AT SFFD 2020/21

Positive Quarantined Employees By Day



SFFD VACCINATION RATE

December '20-June '21	June '21-September 15 '21
75%	82-85%



FUTURE
ROLES FOR
PHYSICIAN
OFFICE AT
SFFD

- Expanded Health Screenings and Education in partnership with Health and Safety
- Expanded Health Surveillance and Mental Health Offerings