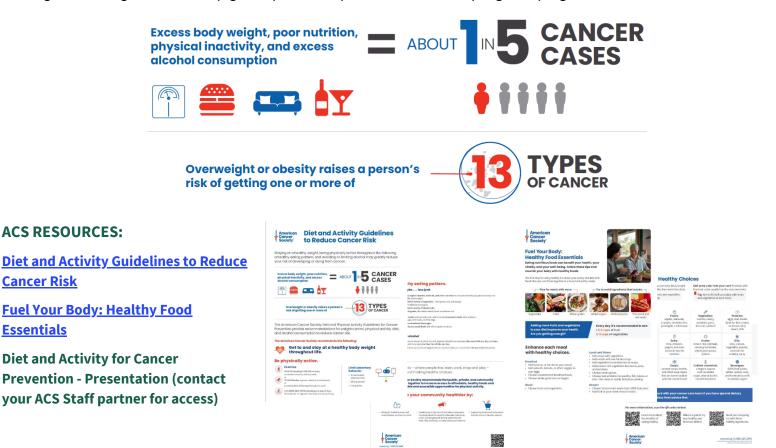
Living Healthy <u>IS</u> Cancer Prevention

Staying at a healthy weight, being physically active throughout life, following a healthy eating pattern, and avoiding or limiting alcohol may greatly reduce your risk of developing or dying from cancer.



Fire Fighter Awarness Month

Fire Fighters and Cancer Risk

Cancer is a leading cause of death among firefighters, and research suggests firefighters are at higher risk of certain types of cancers when compared to the general population. January is Firefighter Cancer Awareness Month. <u>Learn more</u> about firefighters' cancer risk and what can be done to reduce the risk.

The International Association of Firefighters and the American Cancer Society collaboration provides resources, tools, and prevention techniques to help protect fire fighters with the hope of preventing future disease while providing critical patient support services across the country to improve the quality of life for fire fighters living with cancer and advocating for improved access to care.

According to the CDC, firefighters are 14% more likely to die from cancer and have a 9% higher chance of being diagnosed than the general population.





Continued research on the possible links between firefighting and cancer is happening around the world. Here are two of the larger studies now examining this topic.

Fire Fighter Cancer Cohort Studies (FFCCS)

National Firefighter Registry