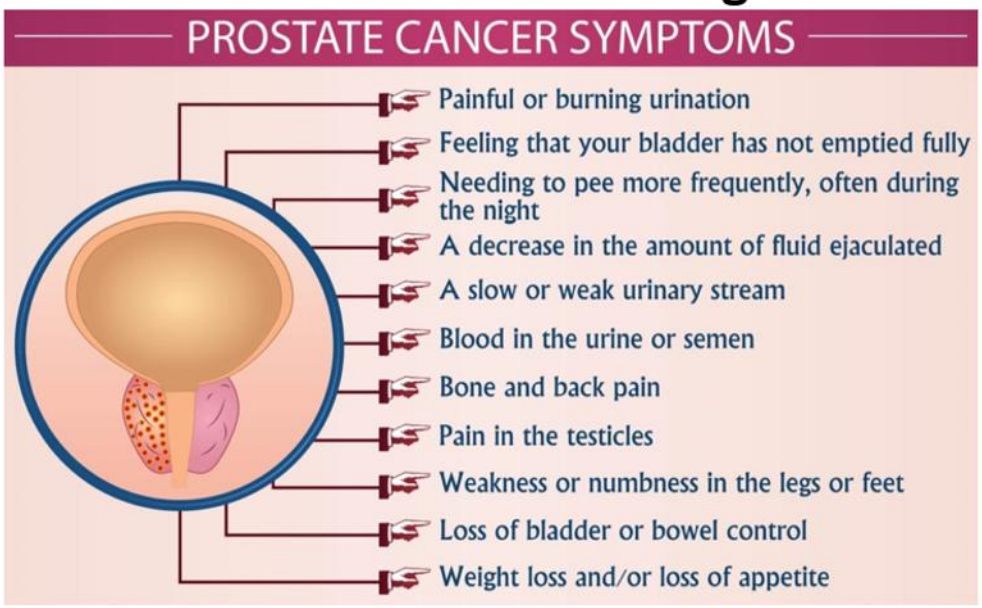
Tips from Training & Safety

Prostate Cancer and Firefighters



First Responder Center for Excellence.

Prostate cancer is one of the most common cancers affecting men in the United States. **Firefighters face an increased risk of developing certain cancers due to occupational exposure to carcinogens encountered during firefighting operations.** Recognizing the importance of early detection, understanding individual risk factors, and undergoing appropriate screening can significantly improve treatment outcomes. All members are encouraged to take a proactive approach to their health and discuss prostate cancer screening with their healthcare provider.

- **Firefighters have been found to have approximately a 28% increased risk of developing prostate cancer compared to the general population**. Occupational exposure to carcinogens reinforces the importance of regular medical evaluations.
- Early detection is critical. The five-year relative survival rate for men diagnosed with localized or regional prostate cancer in the United States is greater than 99%.
- **Prostate cancer often develops without noticeable symptoms in its early stages**. Members should not wait until symptoms appear to discuss screening with their healthcare provider.
- The risk of developing prostate cancer increases with age, particularly after age 50. However, younger men can also develop the disease.
- Approximately 20% of prostate cancer cases occur in men with a family history of the disease. Members with a father, brother, or other close relative diagnosed with prostate cancer may face an increased risk.
- **Prostate-specific antigen (PSA) testing is a blood test used to help detect prostate cancer.** Members should discuss the potential benefits and limitations of PSA screening with their healthcare provider, particularly if they have additional risk factors.
- Possible symptoms include difficulty urinating, a weak urine stream, frequent urination (especially at night), blood in the urine or semen, and persistent pain in the back, hips, or pelvis. These symptoms can also be caused by conditions other than prostate cancer.

Early detection can save lives. Take responsibility for your health, know your risk factors, and speak with your healthcare provider about appropriate prostate cancer screening.

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