



Firefighter Cancer Screening Recommendations

The following is a list of some cancer screenings we recommend you request when seeing your primary care physician for your annual physical checkup. Be advised these may or may not be covered by your insurance provider.

- Lab work: SMAC20, CBC with differential, C-reactive protein, A1c, Vit D 25-Hydroxy, Urinalysis
- Skin: annual head to toe skin exam by dermatologist
- Oral: regular dental exam of mouth and throat
- Thyroid: physical exam
- Lung: 55 y.o. and up, with smoking history, annual screening
- Cervical: 21 y.o. and up, annual exam, with Pap smear every 3 yrs
- Breast: 40 y.o. and up, annual mammograms, discuss earlier screenings if family history
- Colorectal: 40 y.o. and up, screening to begin, follow up based on results and history
- Bladder: annual exam for presence of blood in urine
- Prostate: 45 y.o. and up, PSA test, digital exam by PCP annually
- Testicular: 40 y.o. and up, baseline exam by PCP

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