

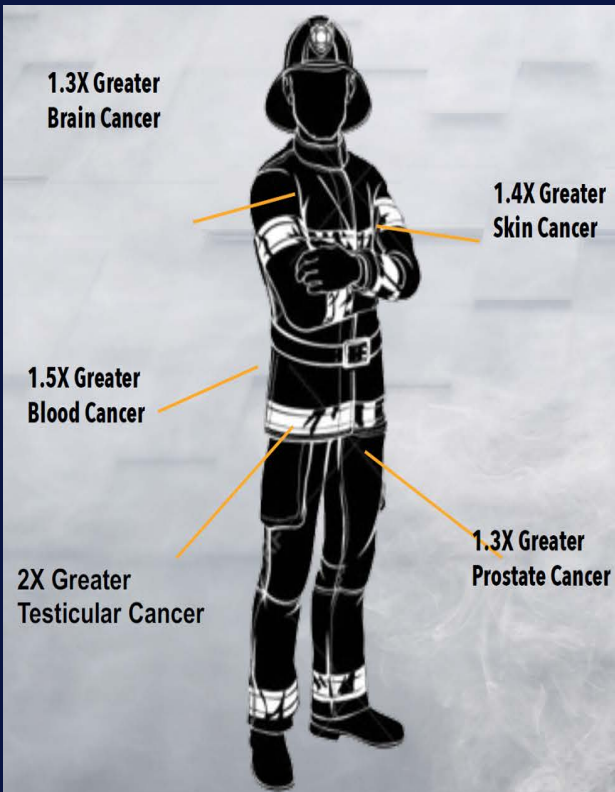
Know Your Risk

Due to repeated exposure to smoke and other carcinogens, fire fighters have an increased risk of developing cancer.

40% of the general population will develop cancer in their lifetime

Fire fighters have a 9% HIGHER cancer diagnosis rate.

Fire fighters have a 14% HIGHER risk of dying from cancer



MISSOURI FIRE FIGHTERS
CRITICAL ILLNESS POOL

Download the App!

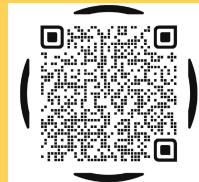
The MFFCIP Responder Wellness App is free to members and designed to assist you with maintaining good physical and mental health.

- Instantly connect with peer support!
- Stay current on upcoming training & events
- Access health and wellness resources, reading recommendations, and useful links.

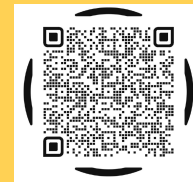
Your information is kept completely confidential! No personal information or assessments are shared or stored.

Use the appropriate QR code for your device to download the app.

iOS



Android



For more information and resources, connect with us!

Scan the QR code below for the MFFCIP website and follow us on Facebook



MISSOURI FIRE FIGHTERS
CRITICAL ILLNESS POOL

Supporting First Responder Wellness



A Guide to Reducing Fire Fighter Cancer

Cancer is the leading cause of death for fire fighters. Let us help.

MFFCIP provides benefits for member first responders diagnosed with one of the following:

Bladder	Multiple myeloma
Brain	Non-hodgkins lymphoma
Breast	Prostate
Colon	Rectal
Esophagus	Skin
Kidney	Stomach
Lung	Testicular
Melanoma	Thyroid
Mesothelioma	

Supplemental benefits are now available for members diagnosed with one of the following cancers: Bone, Buccal cavity/pharynx, Eye, Hodgkin's disease, Intestine, Larynx, Leukemia, Liver, Pancreas, and Soft tissue sarcoma.

- Benefit amounts are based on the type and stage of cancer.
- Payments are non-taxable, and issued twice monthly directly to the diagnosed individual following receipt of completed application.
- No investigation is required. Diagnosis is presumed to be occupationally related.

To learn more visit www.MFFCIP.org/cancer

Take Action to Reduce Your Risk When Exposed to Carcinogens:

Personal Decontamination - Use wet wipes or baby wipes to remove soot or other particulates while still on the scene. Shower thoroughly after exposure to smoke, hazardous materials, or biological agents.

Personal Protection Equipment - Conduct gross field decontamination of all PPE to remove as much soot, debris, and particulates as possible. Place in a large garbage bag before entering response apparatus. Keep all PPE out of living quarters and personal vehicles.

Clothing - Change clothes and wash them immediately after a response. Do not wash with other personal clothing items, take home or store them in your personal vehicle.

Respiratory Protection - Use SCBA from initial attack to the completion of overhaul.

Response Apparatus - Decontaminate response apparatus after each event involving fire, hazardous materials, or biological agents.

Do your part to further firefighter cancer research!
Register today with the National Firefighter Registry at www.cdc.gov/niosh/firefighters/registry/

Early Detection is Key!

An early cancer diagnosis increases treatment options and survivability. Practice these three steps for early cancer detection:

1. **Pay attention to your overall health - Recognize how you feel when you are at your best.**
2. **Use the 2-week Rule - Make a note of any unexplained health condition lasting two weeks or more.**
3. **Seek Timely Treatment - Contact your physician to discuss any unresolved health issues and request an occupationally appropriate exam.**

Detect Together is an excellent resource for early cancer detection education.

Visit www.DetectTogether.Org for additional training, videos, and posters.

Practice a Healthy Lifestyle and Reduce Your Cancer Risk

- ✓ Get plenty of sleep
- ✓ Maintain a healthy weight
- ✓ Exercise regularly
- ✓ Eat a healthy diet
- ✓ Limit alcohol and caffeine
- ✓ Refrain from tobacco use
- ✓ Use sun screen