

# Checklist



FRED & PAMELA  
BUFFETT CANCER CENTER

## Primary Care Provider

Thank you for providing medical care for a firefighter. Firefighters should be considered "high-risk" patients because of their exposure to toxic environments. We recommend an annual comprehensive physicals and screening tests for prevention and early detection of diseases.



## CANCER AT THE DOOR

### RECOMMENDED FIREFIGHTER PHYSICAL EXAM AND SCREENING TESTS

Blood pressure & pulse

Waist circumference for metabolic syndrome

Respiratory rate

Weight and body-fat index

Oxygen saturation

Thorough skin exam

Musculoskeletal exam

Eye exam and hearing test

Vascular exam

Heart and lung exam

Neurologic exam

Abdominal exam

Thyroid exam



## RECOMMENDED FIREFIGHTER PHYSICAL EXAM AND SCREENING TESTS

- |   |  |
|---|--|
| <input type="checkbox"/> <u>Comprehensive Metabolic Panel</u> | <input type="checkbox"/> <u>Liver function tests</u>             |
| <input type="checkbox"/> <u>Complete Blood Count</u>          | <input type="checkbox"/> <u>Thyroid panel</u>                    |
| <input type="checkbox"/> <u>Hemoglobin A1c</u>                | <input type="checkbox"/> <u>Fasting lipids and blood glucose</u> |
| <input type="checkbox"/> <u>Urinalysis</u>                    | <input type="checkbox"/> <u>EKG</u>                              |

## OTHER EXAMS AND SCREENING TESTS

- |  |  |
|--|--|
| <input type="checkbox"/> Colonoscopy (begin age 40) and stool-based colon cancer screening every five years if no symptoms | <input type="checkbox"/> Annual head-to-toe skin exam with/without dermatologic consultation   |
| <input type="checkbox"/> Exercise stress echocardiogram test begin age 40 and every three to five years                    | <input type="checkbox"/> Coronary Artery Calcium (CAC) Scan at age 40 or earlier based on risk profile and clinical concern  |
| <input type="checkbox"/> Pulmonary function test every three years if clinically indicated                                 | <input type="checkbox"/> Baseline chest x-ray. Low-dose chest CT scanning (begin age 50 for those with at least a 20-pack-per-year history and currently smoke or quit within the past 15 years) |

## MEN SPECIFIC EXAMS AND TESTS

- Prostate and testicular exam and instruction on self-exam
- PSA (begin at age 40)

## WOMEN SPECIFIC EXAMS AND TESTS

- Annual Pelvic exam and cervical cancer screening every 1-3 years
- Annual mammogram (begin at age 35)