



# San Antonio Fire Department Inaugural Wellness Fair Report (2023)



Thank you for participating in SAFD's Inaugural Wellness Fair (January 2023) in honor of Firefighter Cancer Awareness Month. Skin cancer screening and esophageal pre-cancer screening were brought to you through SAFD and its Occupational Cancer Committee and partnerships with the local healthcare community, Mollie's Fund, and Lucid Diagnostics. Please find below generalized results from our Inaugural Wellness Fair. To protect privacy, all results are de-identified and presented as a group to represent SAFD.

## Why a Health Fair?

- Firefighting is a **KNOWN** human carcinogen (Group 1)
  - **Cancer is the #1 cause of death in firefighters**
  - Cancer caused 66% of line of duty deaths (2002-2019)
- Firefighters have a **9% greater risk of getting** and **14% greater risk of dying from cancer**
- Firefighters are at risk for over 26 different types of cancer, including skin and esophageal cancer
  - **Our goal is to #Extinguish Firefighter Cancer through prevention and early detection**

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### **At a Glance...**

- Over 800 firefighters from 53 stations participated
- 1 in 2 firefighters had skin lesions of concern requiring follow up
- 7% of firefighters screened positive for abnormal esophageal cells, requiring further follow up
- Skin pre-cancers, skin cancers, and esophageal pre-cancers were found

**If you have a pre-cancer or cancer diagnosis, please contact the Occupational Cancer Committee (OCC) ASAP**

## Skin Cancer Screening Results

January 2023:

- > 800 firefighters were screened for skin cancer
- > 400 skin lesions of concern were found that required further follow up
- 1 in 2 firefighters had skin lesions of concern

→ Some skin pre-cancers and skin cancers were found early and able to be followed and treated

Due to privacy reasons, we cannot share further numbers or details of cancer cases.



## **Esophageal Pre-Cancer Screening Results**

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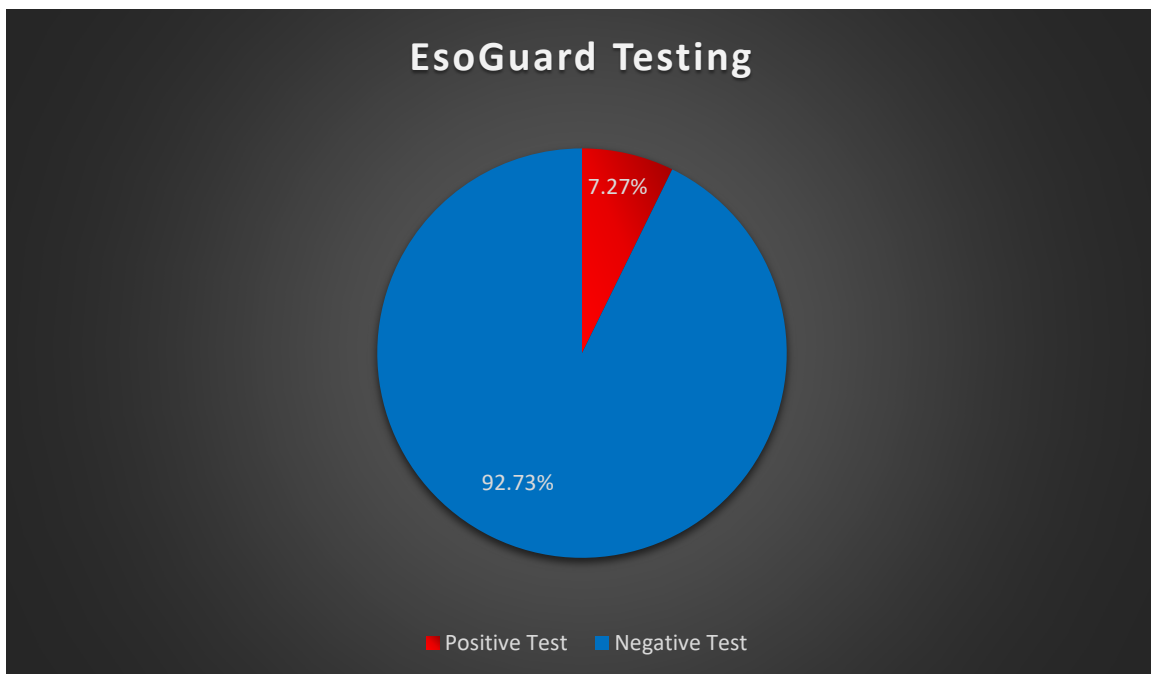
January 2023:

- 385 firefighters were screened with EsoGuard from Lucid Diagnostics
- 7.27% of firefighters had a positive EsoGuard test, meaning abnormal esophageal cells were found and referral to a specialist and endoscopy were needed
- >200 additional firefighters were screened during the makeup weekend (April 2023)

In high-risk individuals, the incidence of Barret's esophagus (esophageal pre-cancer), is estimated in the literature as approximately 5-15%

→ Some pre-cancerous esophageal cells were found early and able to be followed and treated

Due to privacy reasons, we cannot share further numbers or details of cancer cases.



## Feedback from the Field

This feedback was provided by SAFD firefighters who participated in the Inaugural Wellness Fair



Figure 1: A Word Cloud with larger font signifying higher frequencies of use.

Great! Quick and Easy! A must for SAFD personnel	It was great and learned a bunch
Amazing, thank y'all so much	The medical staff was very nice. I will recommend and return in the future
Great. Everyone was every helpful and informative.	Great! Very thorough and informative
Very pleasant and thorough	The team was very professional and friendly!
Really good awesome job	

Figure 2: Featured personalized firefighter comments that were not included in the word cloud.

Table 1: Word count of words used to describe skin screening experience

## Follow-Up

- See your primary care physician at least annually for a wellness visit/occupational cancer screening
- See your primary care physician or dermatologist at least annually for a whole body skin exam
- Perform monthly whole-body self-skin exams at home. If you have concerns, please see a physician immediately
- If you have GERD/acid reflux and have new or worsening symptoms, please see your primary care physician or gastroenterologist (GI doctor) immediately

### \*\*\*Important Information\*\*\*

Firefighters are protected under Texas presumptive law, The Texas government code Sec. 607.055 entitled "Cancer".

**If you have a pre-cancer or cancer diagnosis, please contact the Occupational Cancer Committee (OCC) ASAP. If you have any questions or concerns, please direct any communications to the Occupational Cancer Committee.** LT Dan Barto ([daniel.barto@sanantonio.gov](mailto:daniel.barto@sanantonio.gov)) and Eng. Hoyt Allen ([hoyt.allen@sanantonio.gov](mailto:hoyt.allen@sanantonio.gov)). The OCC can help you and can direct you to cancer resources and workman's comp.