

BEST PRACTICE #9



#9

Get an annual physical, as early detection is the key to survival. The NVFC outlines several options at www.nvfc.org. "A Healthcare Provider's Guide to Firefighter Physicals" can be downloaded from www.fstaresearch.org/resource/?FstarId=11591.

Download the *Lavender Ribbon Report: 11 Best Practices for Preventing Firefighter Cancer*, and more cancer prevention resources by visiting these websites. www.nvfc.org/cancer | www.vcos.org/BeatFFCancer

