

Boston

Dear Primary Care Physician,

The City of Boston and Harvard Pilgrim Healthcare have mutually agreed upon a program to improve the health and wellness of Boston Fire Department members through increased testing and a more thorough regimen of preventive medicine. A key part of this program is the annual physical provided for our members.

Chronic exposure to heat, smoke and toxins cause numerous adverse physiological changes in firefighters. Evidence suggests that firefighters have a greater risk of developing coronary artery disease and cancer than other city residents. Comprehensive firefighter physical exams and screening tests focusing on primary prevention of cardiovascular disease and cancer should be done annually.

The following is a list of suggested areas for your focus.

Areas for screening and specific risk factors for heart disease to be addressed include:

Diabetes	Smoking
Hypertension	Alcohol and Substance Abuse
Obesity	Family History of Coronary Artery Disease
Sedentary Lifestyle	High Cholesterol

Prevalent cancers in firefighters that need to be screened for ten years earlier than the general population, where applicable, include:

- Skin	- Kidney	- Brain
- Lung	- Prostate	- Leukemia
- Colon	- Bladder	- Lymphoma

The annual exam should include:

• Blood pressure, pulse, respiratory rate, and temperature
• Oxygen saturation
• Weight and body fat index
• Thorough skin exam
• Eye exam and hearing testing
• Oral exam
• Heart and lung exam
• Abdominal and testicular exam
• Prostate and rectal exam with fecal occult blood testing
• Pelvic and Pap exam for female firefighters
• Vascular, neurological and mental status exams



Thomas M. Menino, Mayor/FIRE DEPARTMENT/115 Southampton Street 02118

Necessary lab tests include:

• Comprehensive metabolic and chemistry panel
• Liver function tests
• Hepatitis profile
• Complete blood count
• Thyroid panel
• Hemoglobin A1c (for diabetes monitoring)
• Fasting lipid profile and blood glucose
• Urinalysis
• EKG
• PSA (Prostate specific antigen begin at age 40 for prostate cancer screening)
• Pulmonary function test every three years
• Chest x-ray every three years
• Colonoscopy (begin age 40 and every five years)
• Exercise stress test (begin age 40 and every three years)
• Mammograms for female firefighters (begin age 35 and then every year)

Boston firefighters deserve to live longer and healthier lives and enjoy more time with their families and co-workers. As they work to protect us, we must work together to implement a health and fitness program to protect them.

If you have any questions, please call me, Dr. Michael Hamrock, at the Boston Fire Department Medical Examiner's Office (617) 343-3305 or email Michael.Hamrock.BFD@Cityofboston.gov

Sincerely,



Michael G. Hamrock, MD