TAKE 5 FOR SAFETY

5-MINUTE SAFETY DRILL

Wellness: Prostate Cancer Can be Beaten!

Date:_____

Student:_____

Dept:_____

Station:_____

Training Code:_____

NOTES:

There's Nothing To Fear Here!

CHALLENGE

Prostate cancer is the most common non-skin cancer in America today. Studies indicate 1 in 6 men will have problems with the prostate. The older you are the more likely you are to be diagnosed. Early screening can save your life!

The purpose of screening for cancer is to detect the cancer in its earliest stages before any symptoms have developed. Screening for prostate cancer can be performed quickly and easily in a physician's office using two tests: the PSA (prostate specific antigen) blood test and the digital rectal examination.

DISCUSSION

- Do you know your risk factors for prostate cancer?
- Have you investigated the impact of diet as a prevention technique?
- What lifestyle issues can impact prostate cancer?
- Does our wellness program adequately provide education about prostate cancer?
- What changes are you willing to make to reduce your probability of getting prostate cancer?

The greatest asset of the fire service is our people; protect them!

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