TAKE 5 FOR SAFETY

5-MINUTE SAFETY DRILL

Wellness: Prostate Cancer Can Be Beaten!

Date:_____

Student:_____

Dept:_____

Station:_____

Training Code:_____

NOTES:

CHALLENGE

Studies indicate 1 in 6 men will have problems with the prostate. The older you are the more likely you are to be diagnosed. 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. Early screening can save your life! This is a race that can be won!!!

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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