

Register: www.firstrespondercenter.org/events



FIRST RESPONDER
Center for Excellence

FIRE SERVICE

OCCUPATIONAL CANCER

Regional Seminars

A dramatic increase in the incidence of occupational cancers is one of the most important problems facing the fire service today. The First Responder Center for Excellence coordinates the activities of the Fire Service Occupational Cancer Alliance (FSOCA), a collaborative effort among all fire service constituencies to educate personnel about cancer prevention, provide resources for those who have been diagnosed with an occupational cancer, and support research to address the disease.



Regional Cancer Seminars

- February 6, 2020 - Kentucky
- March 5, 2020 - North Carolina
- April 4, 2020 - Alaska
- June 20, 2020 - Vermont
- July 27, 2020 - Ohio
- August 25, 2020 - Mississippi
- September 24, 2020 - Oregon
- October 10, 2020 - New Jersey
- November 2020 - Maryland

Seminar Presenters

- Jefferey L. Burgess, MD, MS, MPH
- Alberto Caban-Martinez, DO, PhD, MPH, CPH
- Bryan Frieders, MPA
- Gavin Horn, PhD
- Sara A. Jahnke, PhD
- Deputy Chief Frank Leeb
- Brice Long
- Chief Mario H. Trevino

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FIRE SERVICE OCCUPATIONAL CANCER *Regional Seminars*

Topics

How Did We Get Here and Where Are We Going?

An overview of research studies to date, including a discussion of under-represented groups and research needs. This session will also provide an overview of dermal and inhalation carcinogen exposures to firefighters.

Modifiable Risk Factors and Healthy Lifestyle

This session will address reducing risk, increasing protective factors, and building resilience through a healthy lifestyle. Wellness best practices regarding diet, exercise, smoking cessation, and sleep, as well as successful programs.

Exposure Reduction and Implementation Strategies

This session will look at procedures that can be implemented by departments and personnel to reduce exposure at the fire scene, in apparatus and at the fire station. This session will also discuss current advances in PPE development to reduce exposure as well as best practices for fire fighter decontamination processes.

Support After the Cancer Diagnosis

This session will provide an overview of the FCSN tool kit and key steps in the cancer treatment process.

Concluding Remarks

Final remarks will touch on presumptive legislation as well as how an organizations overall culture fits in with implementing change.





Fire Service Occupational Cancer Regional Seminars



The dramatic increase in the incidence of occupational cancers is one of the most important problems facing the fire service today. The First Responder Center coordinates the activities of the Fire Service Occupational Cancer Alliance, a collaborative effort among all fire service constituencies to educate personnel about cancer prevention, provide resources for those who have been diagnosed with an occupational cancer, and support research to address the disease.

In September 2017, the FSOCA hosted a national symposium focusing solely on fire service occupational cancers, the first event of its kind. Over two days, presentations and workshops covered current research, prevention strategies, presumptive legislation, benefits, and other relevant topics. Based upon the overwhelming positive feedback we are taking the show on the road and conducting regional one day seminars based upon some of the key topics from the symposium.

For more information please visit firstrespondercenter.org/events

2020 Regional Cancer Seminar Dates and Locations:

- Kentucky February 6
- North Carolina March 5
- Alaska April 4
- Vermont June 20
- Ohio July 27
- Mississippi August 25
- Oregon September 24
- New Jersey October 10
- Maryland November

Regional Cancer Seminar Topics Include:

- An overview of research studies to date, including a discussion of underrepresented groups and research needs
- Modifiable Risk Factors and Healthy Lifestyle
- Exposure Reduction and Implementation Strategies
- Support After the Cancer Diagnosis

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FIRE SERVICE OCCUPATIONAL CANCER SEMINAR AGENDA



0800 – 0815 **Overview**

Welcome from Host Department/Agency

0815 – 1000 **How Did We Get Here and Where Are We Going?**

An overview of research studies to date, including a discussion of underrepresented groups and research needs. This session will also provide an overview of dermal and inhalation carcinogen exposures to firefighters.

1000 – 1015 **Break**

1015 – 1200 **Modifiable Risk Factors and Healthy Lifestyle**

This session will address reducing risk, increasing protective factors, and building resilience through a healthy lifestyle. Wellness best practices regarding diet, exercise, smoking cessation, and sleep, as well as successful programs.

1200 – 1300 **Lunch**

1300 – 1445 **Exposure Reduction and Implementation Strategies**

This session will look at procedures that can be implemented by departments and personnel to reduce exposure at the fire scene, in apparatus and at the fire station. This session will also discuss current advances in PPE development to reduce exposure as well as best practices for fire fighter decontamination processes

1445 – 1500 **Break**

1500 – 1600 **Support After the Cancer Diagnosis**

This session will provide an overview of the FCSN tool kit and key steps in the cancer treatment process.

1600 – 1630 **Concluding Remarks**

Final remarks will touch on presumptive legislation as well as how an organizations overall culture fits in with implementing change.

Presenters Include:

Jefferey L. Burgess, MD, MS, MPH
Associate Dean for Research and Professor
University of Arizona Mel and Enid Zuckerman College of Public Health



Dr. Burgess has been collaborating with firefighters on health and safety research for over 25 years, encompassing respiratory protection, injury prevention, cardiovascular disease, and cancer. Regarding firefighter cancer prevention, he is the Principal Investigator of the Federal Emergency Management Agency (FEMA) grant, "The Firefighter Multicenter Cancer Cohort Study: Framework Development and Testing," better known as the Fire Fighter Cancer Cohort Study, and he also led the recently completed FEMA grant "Cancer Prevention in the Fire Service: Exposure Assessment, Toxic Effects and Risk Management." These studies are identifying epigenetic markers as potential links between firefighting exposures and the development of diseases such as cancer, and also measuring the effectiveness of interventions to reduce exposures among firefighters. In relation to per- and polyfluoroalkyl substances (PFAS), Dr. Burgess has measured elevated PFOS and PFHxS levels in Arizona firefighters compared to national averages, and he has ongoing research projects on PFAS exposures in firefighters in other parts of the United States and on potential associations between PFAS exposures and epigenetic markers in firefighters. In addition to firefighters, his translational occupational and environmental health research focuses on the evaluation and prevention of injurious exposures to miners, law enforcement officers, arsenic-exposed populations and American Indian populations. Dr. Burgess has worked as an Emergency Medicine physician, Medical Toxicologist, and Occupational and Environmental Medicine physician. He also serves as the co-chair of the National Institute for Occupational Safety and Health (NIOSH) National Occupational Research Agenda (NORA) Public Safety Sector Council and is a member of Fire Service Occupational Cancer Alliance, facilitated by the National Fallen Firefighters Foundation (NFFF).

Alberto Caban-Martinez, DO, PhD, MPH, CPH
Assistant Professor of Public Health Sciences
University of Miami, Miller School of Medicine



Dr. Alberto Caban-Martinez is an occupational epidemiologist, osteopathic physician board certified in public health and Assistant Professor of Public Health Sciences at the University of Miami, Miller School of Medicine and Deputy Director of the Firefighter Cancer Initiative at the Sylvester Comprehensive Cancer Center. He is also a Fellow of the National Academy of Sciences' Gulf Research Program. He currently serves as Principal Investigator of the FEMA-funded national Fire Fighter Cancer Cohort Study Expansion that includes fire investigators, fire trainers, volunteers, and wildland-urban interface firefighters.

Bryan Frieders, MPA
President
Firefighter Cancer Support Network



Bryan Frieders, a deputy chief with the Pasadena (CA) Fire Department, is president of the nonprofit Firefighter Cancer Support Network. He was elected in October 2014. Frieders previously served on the FCSN board as director of communications; he remains FCSN's liaison to the IAFC Safety, Health and Survival Section. Frieders has more than 20 years of fire/EMS experience, including training and emergency management assignments. He is an instructor for the Virginia Fire Officer Academy, conducted annually by the Virginia Fire Chiefs Association on the University of Richmond campus. He also is an instructor for the Northern Virginia Fire & Rescue Leadership Development Institute, held each year on the George Mason University campus. Frieders delivers training related to fire-service wellness, leadership, and cultural paradigm shifts. He earned a master's degree in public administration, a bachelor's degree in vocational education, and an associate's degree in fire science. Frieders is also an accomplished commercial instrument-rated pilot with 1,150 hours of flight time.

Gavin Horn, PhD
Firefighter and Director of Research
Illinois Fire Service Institute



Gavin Horn has served as the Director of IFSI Research since August 2004, immediately after receiving his PhD in Mechanical Engineering from the University of Illinois at Urbana-Champaign. Gavin's research interests focus on firefighter health and safety, First Responder technology development, material testing and design, and nondestructive evaluation. He has published over 60 peer-reviewed journal articles and given presentations at meetings, conferences, and symposia around the world. Gavin also serves as a firefighter/engineer with the Savoy Fire (IL) Department.

Sara A. Jahnke, PhD
Director, Center for Fire, Rescue, and EMS Health Research
National Development and Research Institutes



Dr. Jahnke is the Director of the Center for Fire, Rescue, and EMS Health Research at the National Development and Research Institutes, Inc. She completed her doctorate in Psychology with a Health Emphasis at the University of Missouri – Kansas City and the American Heart Associations' Fellowship on the Epidemiology and Prevention of Cardiovascular Disease. Dr. Jahnke has served as the Principal Investigator of several large-scale studies of the health and readiness of the U.S. fire service. She serves as a consultant to fire service organizations including the National Volunteer Fire Council and the National Fallen Firefighters Foundation and is an active member of the Safety, Health, & Survival Section of IAF

Frank Leeb
Deputy Chief
Fire Department of New York (FDNY)



Frank Leeb's previous work assignments include Battalion 46, Engines 76, 323, 324, and Squad 270. He holds a master's degree in Homeland Securities Studies from the Naval Postgraduate School and a degree in Fire Service Administration. He is a member of the East Farmingdale (Long Island, NY) Volunteer Fire Department. He serves as an advisory panel member for the UL Firefighter Safety Research Institute's (FSRI) "Study of Coordinated Attack in Acquired Structures" and is a principal on the NFPA Technical Committee Fire and Emergency Service Organization and Deployment-Career (NFPA 1710).

Brice Long
Director of Human Performance
O2X



Brice Long is the Director of Human Performance Experience at O2X, where he works alongside a team of US/UK Special Operations veterans; Olympic, professional and all-American collegiate athletes; and a network of more than 100 human performance experts to provide education and training to help tactical athletes finish their careers as strong as they started.

Before joining the O2X team, Brice was a career firefighter in Northern Virginia. Brice spent several years assigned to a busy truck company before a transfer to the training division placed him in charge of recruit academies, company officer development programs and field training, as well as conditioning programs for the academy and for firefighters in the field. His work there has been recognized by national fire service organizations and published in the National Strength and Conditioning Association's (NSCA) peer-reviewed *Tactical Strength and Conditioning Journal*.

Mario H. Trevino
Fire Chief (Ret.)



Mario H. Trevino is a forty-three-year veteran of the fire service. He rose through the ranks in the Seattle Fire Department to Deputy Fire Chief over 24-years, holding such assignments as EMS Chief, Arson Squad Commander, Marine Fire Response Commander, and various fire suppression posts. He went on to serve as Fire Chief in Las Vegas, San Francisco, and Bellevue, Washington. He co-founded Washington USAR Task Force 1, serving as Task Force Leader at the Northridge Earthquake in Los Angeles and later as Program Manager for Nevada US&R Task Force 1. His consultancy assignments include executive search in the U.S.A. and airport fire protection in the United Arab Emirates. He has served on dozens of boards and commissions, including being elected President of the Metropolitan Fire Chiefs and serving as a member of the NFPA Urban Fire Forum. He has testified before U.S. Congressional Committees on four separate occasions and has spoken at fire service

conferences across the United States, Vancouver, B.C., Hong Kong, Hanoi, Ho Chi Minh City, London, and the United Arab Emirates. He holds a Master of Public Administration degree from the University of Washington, a Bachelor of Public Administration degree (*summa cum laude*) from Seattle University, and participated in a Harvard University fellowship on State and Local Government in 1998. He served as a guest lecturer at the University of Washington's Master of Public Administration Program for three years, and as an Executive Fire Officer Instructor at the National Fire Academy. He is happily married and a proud father, and lives with his family in Las Vegas. He is also a line-of-duty cancer survivor and is committed to helping educate fellow firefighters about cancer prevention.