

Comprehensive Annual Medical Exam for First Responders



Roswell Park Comprehensive Cancer Center recommends that all first responders undergo a comprehensive medical exam each year with their primary care physician at the medical office or healthcare facility. This is important because your personal healthcare provider collects data about your medical and family cancer history and your health behaviors. Be sure to tell your provider you are a first responder and how many years you served.

This yearly examination with your physician should include the following:

- Detailed history of any health symptoms.**
- Physical exam**
- Vital signs and measures**
- Laboratory tests**
- Pulmonary function**
- Stress electrocardiogram (EKG)**
- Chest x-ray every 5 years**
- Cancer screenings that may include:**

Everyone

- Stool test
- Colonoscopy
- Low dose CT (LDCT)

Women Only

- Cervical exam & Pap test
- Breast exam
- Mammogram

Men Only

- Digital rectal exam

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DETAILS →**



- ✓ **Detailed history of any health symptoms.** Be sure to tell your provider about any head-aches, skin rashes, weakness, cognitive dysfunction or intestinal or respiratory problems.
- ✓ **Physical exam** that's a complete head-to-toe assessment of your cardiovascular, pulmonary, intestinal, urinary, neurological and musculoskeletal systems as well as checks of your skin, thyroid, mouth, breasts, testes and lymph nodes.
- ✓ **Vital signs and measures** including your weight, height, body fat, blood pressure, oxygen saturation, and heart and respiratory rate.
- ✓ **Laboratory tests that include:**
 - Blood tests such as CMP, CBC with differential, lipid panel, TSH, hCRP and HbA1c.
 - Urinalysis for pH, glucose, ketones, protein, blood, bilirubin and microscopic assessment for WBC, RBC, WBC casts, RBC casts and crystals
 - Serum and urine immunofixation
- ✓ **Pulmonary function** testing with spirometry
- ✓ **Stress electrocardiogram (EKG)** with the V02 calculated
- ✓ **Chest x-ray every 5 years**
- ✓ **Cancer screenings that may include:**



EVERYONE

- Stool test such as fecal Immunochemical test (FIT)
- Colonoscopy at age 45 or earlier depending on family history
- Low dose CT (LDCT) scan depending on your age, smoking history, FEV1 measurement, history of obstructive lung disease and pneumonia and family history of lung cancer. For first responders, your occupational exposures combined with risk factors, symptoms and a change in lung function can warrant a LDCT.

WOMEN ONLY

- Cervical exam and Pap test
- Breast exam
- Mammogram at age 40 or earlier depending on family history

MEN ONLY

- Digital rectal exam