

# WASHINGTON INSTITUTE OF SPORTS MEDICINE & HEALTH

NAME \_\_\_\_\_

DATE \_\_\_\_\_

## FIREFIGHTER CANCER QUESTIONNAIRE

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Most of these listed cancers are recognized under Washington State Administrative Code as Presumptive Occupational Diseases for Fire Fighters (noted by \*\*). Additional cancers have been added herein, because of research data which indicate that there may also be a relationship between Fire Fighter Exposures and these additional cancers, as well. There are certainly other cancers that are not listed herein, which may or may not have other symptoms than described on this questionnaire.

*These symptoms certainly may be caused by other conditions which are non-cancerous but still may have serious causes, and they should not be ignored. Further evaluation, follow-up and diagnosis may be required.*

Studies have shown that Fire Fighters are at high risk for certain cancers, because of their occupational exposures. Dealing with Cancer Lifestyle Risk Factors, is essential in not adding to your already high Fire Fighter Cancer Risk. Early detection and diagnosis of cancer is essential and your annual exam is a large part of that. Between exams, however, your lifestyle will also dictate cancer risk. You need to be cognizant of any symptoms that are not normal, because this is critical to your health. The following questionnaire may help to identify symptoms of cancer, once cancer is evident. *(Remember, these symptoms may not be related to cancers, but for other reasons require medical follow-up.)*

**Check NONE Box if no symptoms**

**Check YES Box and circle symptoms if symptoms apply to you**

Do you frequently or regularly experience any of the following?

### **BRAIN CANCER\*\***

- ☐ NONE  
☐ YES

Speech problems, confusion, memory issues, headaches, nausea/vomiting, loss of motor skills, vision changes, seizures, weakness/numbness

### **BLADDER CANCER\*\***

- ☐ NONE  
☐ YES

Blood in urine – pale yellow or red (blood may be present one day and not the next). Changes in urination, pain / burning during urination, weak urination stream, urge to urinate when bladder not full, lower back pain

### **BREAST CANCER**

- ☐ NONE  
☐ YES

Symptoms may vary between the type of breast cancer and also among individuals. The most frequent symptom is the discovery of a lump or mass. There may be other changes as well. Common symptoms are: changes in appearance between breasts, thickening, hard area, swelling, skin redness or pitting, size or shape changes, nipple changes, nipple discharge, pain in a part of the breast, short term breast size or shape changes.

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## **COLORECTAL CANCER\*\***

- ☐ NONE
- ☐ YES

Early stages of colorectal cancer may not have symptoms. Symptoms may include: changes in bowel habits (not normal), constipation/diarrhea, blood in stool, rectal bleeding (blood can be seen as dark back stools or red blood), feeling that bowel does not empty completely

## **ESOPHAGEAL CANCER**

- ☐ NONE
- ☐ YES

Difficulty swallowing, reflux (GERD), heart burn, indigestion, pain in throat or chest, vomiting, abdominal discomfort or pain, regularly occurring episodes of hiccups

## **KIDNEY CANCER\*\***

- ☐ NONE
- ☐ YES

Blood in urine, mass in abdomen, lower back pain, pain on lower side of trunk

## **LEUKEMIA CANCER\*\***

- ☐ NONE
- ☐ YES

Fatigue/weakness, shortness of breath, general muscle/bone/joint/abdominal bloating or pain, headaches, fever/chills, easily bruises or bleeds, loss of appetite, lymph node swelling/pain sometimes noticeable in neck or armpits

## **LUNG CANCER**

- ☐ NONE
- ☐ YES

Chronic cough, blood in sputum (red or rusk colored), chest pain, breathing difficulties, fatigue, recurring bronchitis or pneumonia

## **MULTIPLE MYELOMA\*\***

- ☐ NONE
- ☐ YES

Low bone density, frequent bone fractures, spinal bone fractures, bone pain (frequently in back or ribs), fatigue/weakness, frequent infections, fevers, shortness of breath, frequent nausea and/or constipation, increased thirst/urination

## **NON-HODGKIN LYMPHOMA\*\***

- ☐ NONE
- ☐ YES

Swelling/pain in lymph nodes in neck, arm puts, groin, fever/chills, night sweats, chronic fatigue, weakness, abdominal bloating, shortness of breath, headaches, chest pain, abdominal pain, bone pain, loss of appetite, vomiting, feeling full after only a small amount of food, unexplained weight loss, skin color changes, skin rash or itchy skin

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## **OVARIAN CANCER**

- ☐ NONE
- ☐ YES

There are no comprehensive data compilations or studies on female fire fighters which indicate increased ovarian cancer risk, but with a long study history on male fire fighters, studies do indicate higher reproductive organ cancer risk. Further studies on female fire fighters need to be done in this area. There are no routine screening tests that are typically performed for ovarian cancer. Typical warning signs and symptoms are: abdominal bloating or swelling – increased abdominal girth, pressure/pain in abdominal/pelvic area, more frequent urges to urinate, persistent indigestion, nausea, changes in appetite, feeling full even after low volume eating. Pain before, during, and beginning of your period, also pain during intercourse, abnormal bleeding. Many symptoms may indicate gastrointestinal issues or ovarian cysts. You need to see your physician for abnormal symptoms.

## **PROSTATE CANCER\*\***

- ☐ NONE
- ☐ YES

The symptoms of prostate cancer are not usually evident in the initial stages of the disease, if there are symptoms, they may differ among men. The early symptoms that may appear are: change in urination habits, more frequent urination, difficulty beginning and stopping urination, loss of control, low/weak stream flow, blood in urine or semen

## **SQUAMOUS CELL AND BASAL CELL SKIN CANCERS**

- ☐ NONE
- ☐ YES

Basal Cell and Squamous Cell Carcinoma symptoms vary, but include unusual growths or lesions on skin, a bump or sore that does not heal, a pale or reddish scaly patch of skin, a crusty sore, may hurt, a rash that does not go away, a sore that bleeds and does not heal

## **MELANOMA SKIN CANCER\*\***

- ☐ NONE
- ☐ YES

Melanoma symptoms may result in new skin spots, or mole changes in color, shape, or size. Melanoma growths can be found anywhere on the body, and may be in anatomical areas not exposed to the sun, and are many times not a result of a mole becoming carcinogenic. Skin growths that do not go away or heal, that grows beyond the border of a spot to surrounding skin is suspicious. The ABCD Rule can be applied in recognition of possible melanoma growths:

- (A) Is for Asymmetry – a mole or spot that is irregular in shape
- (B) Is for mole Borders that are irregular, rough or notched edges
- (C) Is for Color. Normal moles are a solid color – tan, pink, brown, or black – but changes from normal may show uneven color and shade distribution throughout the mole
- (D) Is for Diameter – concern is demonstrated for moles (or skin spots) larger than ¼ inch in diameter (the typical size of a pencil eraser). Melanomas can also be smaller than the ¼ inch diameter rule

## **TESTICULAR CANCER\*\***

- ☐ NONE
- ☐ YES

Some signs or symptoms may not be associated with cancer (hydrocele, varicocele, etc.). Only you know what is normal for you, with any changes needing to be medically evaluated. Typical symptoms include: swelling of scrotum due to fluid retention, a pea size hard nodule or lump on side of testicle, change from normal in the way testicle looks or feels, dull ache or feel of heaviness in groin area, other bodily changes due to testicular hormone changes, such as gynecomastia (developing breasts)

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## **STOMACH CANCER**

- ☐ NONE
- ☐ YES

Symptoms may include: regular episodes of nausea, vomiting, heartburn, indigestion, poor appetite, unexplained weight loss, abdominal bloating or pain, blood in stool, dark stools from stomach bleed, fatigue and lack of energy (anemia)

## **UTERINE/CERVICAL CANCERS**

- ☐ NONE
- ☐ YES

There are no comprehensive data compilations/studies on female fire fighter exposures, resulting in uterine cancers. With male fire fighters, data yields higher incidences of reproductive cancers, further studies may find female reproductive organ risk. Symptoms may include: spotting, bleeding, or watery/bloody discharge between periods (or during menopause). Pelvic pain at times, pain during or after intercourse, pain in lower abdomen or pelvis. Routine pelvic exams may improve early detection. Use "normal" as your guide. If pain or discharge is other than normal, you should get it checked out. Some of these symptoms could be due to infection or even ovarian cysts. But if symptoms are not normal, you should schedule an appointment with your physician.