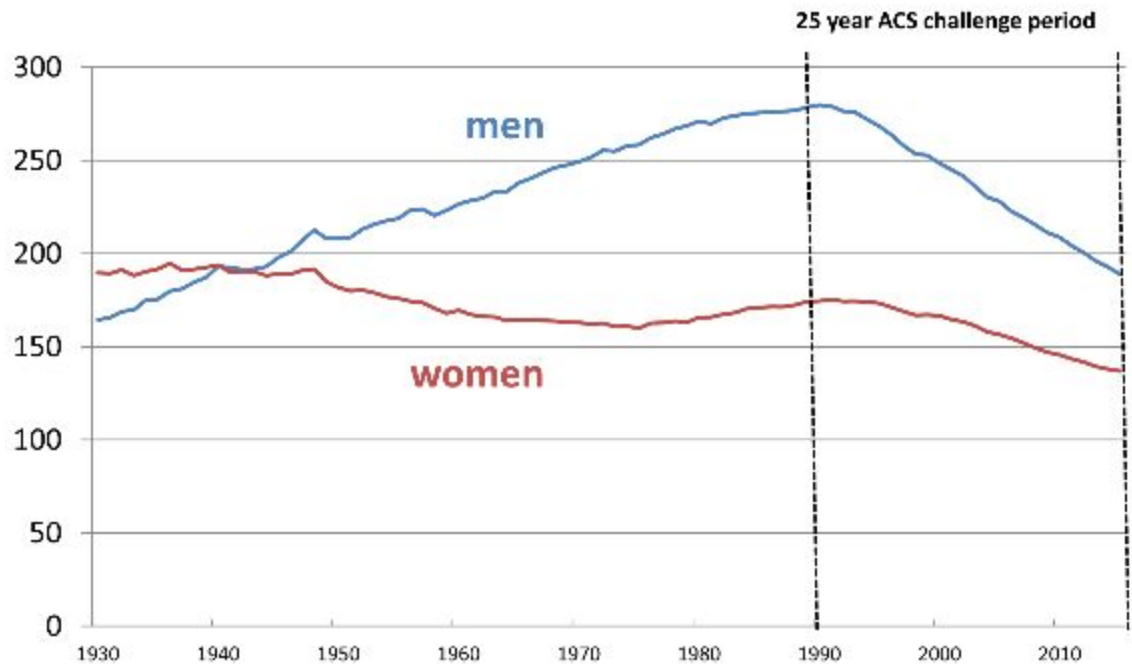


# Cancer Prevention Refresher

How the Public Health Approach to Cancer Prevention Spans all Stages of the Disease



Cancer rates are decreasing overall....

# Types of Prevention

## Primary Prevention

Intervening before health effects occur, through measures such as vaccinations, altering risky behaviors (poor eating habits, tobacco use), and banning substances known to be associated with a disease or health condition.

SFFDCPF Lobbying for safer building and fire retardant materials.

Educating firefighters about importance of DECONTAM.

# Types of Prevention Continued...

## Secondary Prevention

Screening to identify diseases in the earliest stages, before the onset of signs and symptoms, through measures such as mammography and regular blood pressure testing.

9/11 First Responder Cancer Surveillance

Bay Area Firefighters Breast Cancer Surveillance

# Types of Prevention Continued...

## Tertiary Prevention

Managing disease post diagnosis to slow or stop disease progression through measures such as chemotherapy, rehabilitation, and screening for complications.

Disease advocacy

Second Opinion

Clinical Trial Participation

# Quarternary Prevention?

What should we do for people who have serious cancers and are likely going to die from their disease?

# Quartenary Prevention is Limiting the Damage to Surviving Family, Friends and Co-Workers from a Cancer Death.

1. Keeping cancer patients vital for as long as possible
2. Managing symptoms
3. Addressing emotional and spiritual concerns
4. Preventing undo financial stress or bankruptcy because of cancer treatment
5. Acknowledging the health and needs of the CAREGIVERS.

# The Role for Palliative Care in Cancer Care

This is the best way to achieve Quaternary Prevention:

Increase attention to quality of life

Expert management of symptoms

Attention to non-physical (emotional and spiritual health)

Attention to family

Results in longer survival rates when accessed early



# The Future Needs Us to Employ all 4 Strategies

If we want to beat cancer, eliminate it, or at least prevent it from taking good years away from our loved ones, co-workers, friends and neighbors, we have to commit ourselves to primary, secondary, tertiary and quaternary prevention strategies. It takes a lot of organization and will. The SFFD CPF is a great model that should be replicated and partnered with whenever possible.

“In Lewis Carroll’s *Through the Looking-Glass*, the Red Queen tells Alice that the world keeps shifting so quickly under her feet that she has to keep running just to keep her position. This is our predicament with cancer: we are forced to keep running merely to keep still.”

— Siddhartha Mukherjee, [The Emperor of All Maladies](#)