

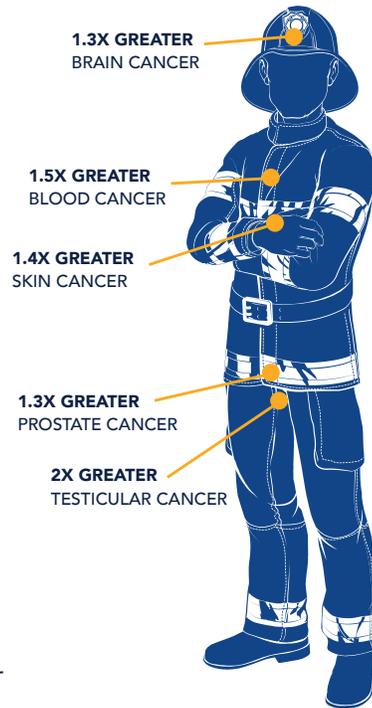
# DetecTogether

## Helping Firefighters Beat Cancer



### Firefighter Risk

Occupational cancer is a critical issue facing the nation's firefighters. Exposure to toxic chemicals in smoke, soot and fumes puts firefighters at risk for many cancers. Members of the fire service have a **9% higher risk** of developing cancer and a **14% greater risk** of dying from cancer than the general public.



SOURCE: LeMasters, GK et al. J Occup Environ Med. 2006 Nov; 48 (11): 1189-202.

### Early Detection

**3 Steps Detect** can help firefighters survive cancer by teaching them to notice cancer symptoms in their early stages and when and how to access healthcare. Like a fire, cancer is most treatable before it has spread.

## IMPACT

**Ryan Kelley, 35**, learned 3 Steps Detect and realized he should get a scab that wouldn't heal checked by a doctor. Now, he knows the importance of early cancer detection and is a vocal advocate of our education.



SCAN TO READ RYAN'S STORY

### Roadmap to Early Detection

3 Steps Detect is a simple, easy to follow, life-saving plan to help detect cancer early when it's most treatable.

- STEP 1** Know Your Great
- STEP 2** Use the 2-Week Rule
- STEP 3** Share with Your Doctor

### Program Delivery

3 Steps Detect is a **FREE** 30-minute training that can be brought to firehouses.

Interactive delivery options:

- Live in-person training:** Multiple sessions can be scheduled to reach an entire department
- Live webinars:** Virtual instructor-led training allows participation from anywhere via various platforms, including Zoom.  
*(eligible for continuing education units)*



**NEW**

## ONLINE LEARNING

HELPING FIREFIGHTERS BEAT CANCER

A **FREE** interactive, self-paced learning platform offering access to our core curriculum, 3 Steps Detect, and 10 related mini courses. Dynamic, easy to use, and accessible anywhere from your computer and mobile devices.

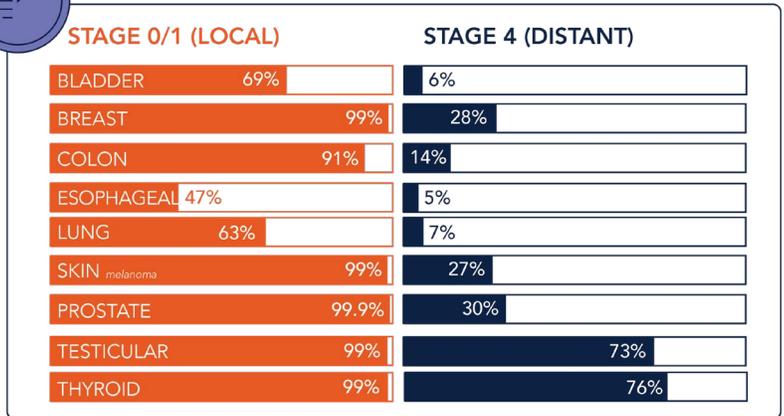


[firefighter.detecetogether.org](http://firefighter.detecetogether.org)

# Time Is Critical

Prevention methods improve your chances of staying healthy. As the staging chart on the left indicates, early detection improves your chances of survival.

**DetecTogether** teaches you **HOW** to seize the power of early detection with 3 Steps Detect.



Source: American Cancer Society 5-year SEER data (based on people diagnosed between 2010-2016)

## What the Fire Service Is Saying

Developed with guidance from physicians, researchers, and respected leaders in the fire services, the **3 Steps Detect program has been called the important "missing piece"** in a comprehensive cancer program to reduce cancer death in the fire service.



*"Knowing when to seek medical attention and how to work with our doctors is something we need to learn."*

**FRANK LEEB**  
FDNY Deputy Assistant Chief  
Chief of the Fire Academy



*"DetecTogether's program educates firefighters to take control of their own health, watch for signs of cancer, and take steps to get diagnosed and treated early."*

**SARA JAHNKE, Ph.D.**  
Sr. Principal Investigator  
Director NDRI



*"These guys hold your attention because they spent the time getting us. This training is important and firefighter proof."*

**JOANIE CULLINAN**  
Firefighter  
Wellesley Fire Department



*"One of the most important presentations that a firefighter will hear."*

**MARK ROCHE**  
Captain  
Newton Fire Department

## Bring Training to Your Firehouse

Contact Kate McCarthy, First Responder Education Program Manager  
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LEARN MORE: [BIT.DETECTOGETHER.ORG/FIRE-TRAINING](http://BIT.DETECTOGETHER.ORG/FIRE-TRAINING)

**DetecTogether**

SAVING LIVES THROUGH  
EARLY CANCER DETECTION