



Fire Fighter Cancer Awareness and Prevention



Survivorship

SUPPORTING THE DIAGNOSED

As cancer becomes more common in the fire service, you may be approached by a colleague who has a cancer diagnosis. Having a conversation with someone who has just been diagnosed with cancer is not easy, but your fellow brothers and sisters need your support and to know that they are not alone in their cancer journey.

If approached by someone who is sharing their cancer diagnosis with you, there are many ways you and your department can be supportive.

- They may want to keep the diagnosis private. Make sure this is always respected.
- Be supportive, be present and be a good listener. Use positive dialogue and show concern.
- Offer to assist with rides to and from appointments and/or be a notetaker.
- Understand that the assistance must fit the individual's needs. Be respectful, not intrusive. Needs may be different for everyone.
- Encourage them to maintain copies of all reports and scans if needed for further opinions.
- Send cards and letters in the mail supporting the individual.
- Offer to assist with any needs their family may have.
- Provide peer support backed by a supportive management team.

THE ROLE OF THE FIREFIGHTER CANCER SUPPORT NETWORK

Since 2005, the nonprofit Firefighter Cancer Support Network (FCSN) has provided assistance and one-on-one mentoring to thousands of cancer-stricken firefighters and their families.

FCSN delivers valuable post-diagnosis resources followed by unique badge to badge, one-on-one mentorship from fire service mentors who have first-hand knowledge about battling cancer.

Learn more about the FCSN network at www.firefightercancersupport.org.