



**Survivor Story: Paul Spennato**  
**Westport, Connecticut Fire Department, Firefighter**  
**Diagnosed Soft Tissue Sarcoma in 2017**

“Being able to relate with another firefighter who had cancer made a huge impact on my recovery.”



On July 5<sup>th</sup>, 2017, my doctor gave me the worst news of my life. “Paul, you have cancer.” I was diagnosed with a Myxoid Liposarcoma on the inside of my left knee. These were the results from a biopsy I had a week earlier. I was beyond devastated. Soon after, the overflow of information started. I had a lot of future appointments to schedule and decisions to make. I felt completely overwhelmed.

Trying to make sense of it all, I began to do some research online about firefighters and sarcomas. That is when I found Firefighter Cancer Support Network. I contacted FCSN Connecticut State Director, Dan Wuori and he quickly responded. Soon after a toolbox was delivered to my front doorstep. The blue plastic toolbox was one of the best tools I had to help me fight cancer. It contained so many handy items to organize important paperwork and contact information. I felt like I had control of my life again. To this day, I still use my blue toolbox!

At my request, Firefighter Cancer Support Network Connecticut State Director, Dan Wuori assigned me a mentor during my treatment. Being able to relate with another firefighter who had cancer made a huge impact on my recovery. I’m proud to say that this year I became a mentor with FCSN and look forward helping others the way

**Our Vision:** To be the global leader in firefighter cancer support, awareness, and education.

**Our Mission:** To assist firefighters and EMS providers and their immediate families diagnosed with cancer by providing badge to badge support, training and guidance.



everyone has helped me! My heartfelt gratitude goes out to all of my family, friends, and my brothers and sister firefighters at L1081 who lifted me up with their unending support! I'll never forget it.

**Our Vision:** To be the global leader in firefighter cancer support, awareness, and education.

**Our Mission:** To assist firefighters and EMS providers and their immediate families diagnosed with cancer by providing badge to badge support, training and guidance.