

May 2024 Firefighter Health & Wellness Bulletin

1. Article: Firefighter Suicide and the Link to Burnout and Lack of Meaning
2. May is Bladder Cancer Awareness Month
3. Firefighters and Skin Cancer
4. Electronics and Sleep Quality
5. Resilient 50 – Back to Basics Health Routine
6. Move Your Way

1. For your consideration, Fire House Magazine recently published this article on Firefighter Suicide and the Link to Burnout and Lack of Meaning it can be found at this link: [https://www.firehouse.com/safety-health/article/53098148/firefighter-suicide-and-the-link-to-burnout-and-lack-of-meaning?o_eid=5118|0178445H7Z&oly_enc_id=5118|0178445H7Z&rdx.ident\[pull\]=omeda|5118|0178445H7Z&utm_campaign=CPS240417004&utm_medium=email&utm_source=FH+Safety+%26+Health](https://www.firehouse.com/safety-health/article/53098148/firefighter-suicide-and-the-link-to-burnout-and-lack-of-meaning?o_eid=5118|0178445H7Z&oly_enc_id=5118|0178445H7Z&rdx.ident[pull]=omeda|5118|0178445H7Z&utm_campaign=CPS240417004&utm_medium=email&utm_source=FH+Safety+%26+Health)
2. May is Bladder Cancer awareness month. Here is an interesting and informative article about firefighters and bladder cancer.
<https://www.firefighterclosecalls.com/what-firefighters-must-know-about-bladder-cancer/>
3. Firefighters are more likely to be diagnosed with skin cancer than the general public. A study published in South Florida found that about 1% of firefighters were diagnosed with melanoma and 3.5% had nonmelanoma skin cancers. Firefighters are also being diagnosed at younger ages; an average of 42 years old compared to 64 years old for the US population. Here are two articles where you can find more information: <https://www.skincancer.org/get-involved/skin-cancer-awareness-month/> and <https://www.firehouse.com/safety-health/cancer-prevention/article/53056454/skin-cancer-and-firefighters-how-to-best-protect-ourselves>
4. We are all connected to our phones, iPads and other electronics. How well are you sleeping afterwards? Have you ever wondered how the scrolling and playing games in the evenings affect your sleep? There is a surprising correlation between them. More information is available here: <https://www.sleepfoundation.org/how-sleep-works/how-electronics-affect-sleep#:~:text=Numerous%20studies%20have%20established%20a%20link%20between%20using,more%20likely%20to%20feel%20tired%20the%20next%20day.>

5. Has the New Year resolution started to lose its luster? Here is a challenge that you may be interested in participating in. Check out the Resilient 50!

<https://www.firerescue1.com/health-wellness/introducing-the-resilient-50-your-back-to-basics-health-routine>

6. For your consideration, take a look at the attached Move Your Way health and fitness flyer for healthy tips to add to your daily routine from our partners at the US Department of Health & Human Services. **ATTACHMENT: Best Practices to Reduce Cancer in the Fire Service**