

# BEST PRACTICE #9



## #9

Get an annual physical, as early detection is the key to survival. The NVFC outlines several options at [www.nvfc.org](http://www.nvfc.org). "A Healthcare Provider's Guide to Firefighter Physicals" can be downloaded from [www.fstaresearch.org/resource/?FstarId=11591](http://www.fstaresearch.org/resource/?FstarId=11591).

Download the *Lavender Ribbon Report: 11 Best Practices for Preventing Firefighter Cancer*, and more cancer prevention resources by visiting these websites. [www.nvfc.org/cancer](http://www.nvfc.org/cancer) | [www.vcos.org/BeatFFCancer](http://www.vcos.org/BeatFFCancer)

