

## What will the CV Heart Screening include?

Heart screening, depending on the location, may take place at one of DUA's locations across the Ontario or at Fire Hall Stations throughout Ontario.

***Screening includes the following:***

- *Electrocardiogram*
- *Cholesterol profile*
- *Body mass index*
- *Blood pressure*
- *Cardiac risk score*

***Those found to be at high risk may need to undergo further***

***cardiac work up at DUA***

***including Cardiac Consultation and/or stress testing.***

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#### References:

1. Heart & Stroke Foundation of Canada. ACTI MENU-2007
2. Dr Linda Rosenstock, Dean UCLA School of Public Health and Harvard School of Public Health—New England Journal of Medicine Med 356;12 March 22, 2007
3. Landmark FEMA Study Release March 17, 2009: Dr. H. Robert Superko, MD, Principal Investigator, St Joseph's Hospital, Atlanta, USA

## CV Heart Screening Program

Designed for the Ontario  
Professional Firefighters Association



# Why would Ontario Fire Fighter's need heart screening?

Cardiovascular disease is the No. 1 killer in Canada. Statistics Canada show that 31% of men and 33% of women have some form of Cardiovascular disease\* which can include high blood pressure, coronary heart disease (heart attack and chest pain), diabetes, congestive heart failure and stroke. Nearly one million Canadians, including firefighters die from such conditions each year.

The strenuous duties of emergency responders (firefighters, police officers, and emergency medical services (EMS) personnel) may interact with their personal risk profiles including elevated blood pressure to increase risk of adverse outcome in those at risk.



Certain emergency firefighting duties are associated with a risk of death from coronary heart disease. Heart disease is the cause of 45% of the deaths that occur among firefighters while on duty.\*

A US study in association with Harvard revealed evidence that Fire fighters are exposed to “mental stress and overexertion” which when combined with “factors such as being overweight and in poor shape may increase the risk of dying from heart disease”\*



Prevention programs and therapeutic agents can delay development of symptomatic heart disease.

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### ***The lifestyle of a firefighter can lead to high risk for cardiovascular disease:***

- *Stress and psychological pressures*
- *Shift work and irregular dietary habits*
- *Exercise issues and predisposition to heart disease*

### **The CV Heart Screening Program is committed to:**

- Working with Emergency Responders such as firefighters, police officers and other EMS personnel by providing medical screening services for active and retired fire fighters in order to help maintain cardiovascular fitness and lend medical support with prevention programs
  - Providing early detection of heart abnormalities at a time when they are asymptomatic through an on site risk assessment
  - **DUA will define current problems, find solutions and track the outcomes of those enrolled in the heart screening program**
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