



## Cardiovascular Disease in the US Fire Service: Past, Present and Future

**September 16, 2010**

**Newton Marriott Hotel**

2345 Commonwealth Ave, Newton, MA

For directions, visit [www.newtonmarriott.com](http://www.newtonmarriott.com)

**6:00 pm social hour,**

**7:00 to 9:00 pm, dinner and speaker**

Guest Speaker:

**Stefanos N. Kales, MD, MPH, FACP, FACOEM**

Associate Professor, Harvard Medical School &

Harvard School of Public Health

Director, Occupational Medicine Residency, HSPH

*This program meets the criteria of the Massachusetts Board of  
Registration in Medicine for 1.5 [Risk Management CME](#) (see full accreditation below)*

### Summary

On-duty morbidity and mortality from cardiovascular disease constitute a major problem among firefighters, including, including on-duty deaths and disability retirements. Moreover, acute events and chronic health problems experienced by firefighters weaken their capacity to protect public safety and respond to emergency situations.

Cardiovascular disease has been a long-standing problem in the US fire service, historically accounting for 45% of on-duty deaths over the last three decades. Surprisingly, however, early cohort morbidity studies were never able to establish an increased risk of cardiovascular disease among firefighters.

Over 10 years ago, Dr. Kales' team began performing clinical and epidemiologic research on the above-described issues, taking different approaches to address both underlying personal risk factors such as hypertension, obesity, dyslipidemias, as well as occupational factors related to disability retirement, and on-duty cardiovascular disease events. As a result, they have published landmark studies describing the occupational and medical factors that contribute to on-duty coronary heart disease (CHD) events. During this session, Dr. Kales will review the past studies and the current state of the science with respect to the interaction of multiple occupational hazards and pre-existing pathology in the development of on-duty heart disease events. Several evidence-based ideas for preventing cardiovascular disease and on-duty events among firefighters and other emergency personnel will be reviewed, as well as future directions from ongoing research.

## Objectives

- 1) Learn temporal and duty-related risks for heart disease in the fire service
- 2) Become aware of CVD risk factors and pre-existing disease as predictors
- 3) Discuss Risk Stratification and management of risk
- 4) Evaluate Physical Activity and Cardio-Respiratory Fitness as protective factors

## **Registration Deadline: Friday, September 10, 2010**

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Please register at [www.necoem.org](http://www.necoem.org) or send a check with the following information

***All reservations must be accompanied by payment***

Name(s) \_\_\_\_\_

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Fee: \_\_\_\_\_ **\$45 for Practicing Professionals**

(includes \_\_\_\_\_ **\$45 for Guests**

dinner) \_\_\_\_\_ **\$25 for Residents and Students**

### **Payment Options:**

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Inquiries: **Voice/fax: 978-373-5597 or [NECOEM@comcast.net](mailto:NECOEM@comcast.net)**

Issue checks to <b>NECOEM</b> 22 Mill Street, Groveland, MA 01834
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### *Registration Policies*

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- Advance registration with payment is required.
- The cancellation deadline is at the close of business on September 10, 2010.
- Participants who register, but do not attend, are not eligible for a refund.

### ***Save the Date:***

**December 2-3 NECOEM Annual Conference,**

**“State of the Science in Occupational and Environmental Medicine”**

**Newton Marriott Hotel, Newton, MA**

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