Find this page, the full guide and more
bit.ly/kaiser-collaboration

Reduce cancer risk with lifestyle choices

Quick tips and resources

These habits help reduce cancer risk and support heart, sleep, and overall health.

Habits & how they affect risk	Tips & resources
Sleep Control what you can, even when you can't control the calls Sleep is when your body repairs damage, regulate hormones, and controls inflammation.	**Sleep basics for firefighters:** • Dark, cool, quiet sleep space (curtains, eye mask, earplugs, white noise) • Short wind-down routine (10–15 min): dim lights, stretch, slow breathing • Use caffeine early, not late; avoid within ~6 hours of sleep • Avoid using alcohol for sleep – it worsens sleep quality and increases cancer risk • Nap smart: 20–30 min for alertness, 90 min if truly sleep-deprived • If sleep doesn't leave you feeling rested, check with your doctor Sleep and Cancer Prevention **tinyurl.com/ffsleepcancer**
Food Protect your heart & lower cancer risk Healthier eating choices can help lower inflammation, support healthy weight, and protect long-term health.	**Simple eating shifts that help:** • Add one fruit or vegetable to meals you already eat • Choose whole grains & fiber-rich foods (oats, beans, lentils) • Use healthy fats (olive oil, nuts, fish 1–2x/week) • Limit processed foods, excess sodium, sugar, and processed/red meats • Keep healthy snacks available and convenient Anti-Inflammatory Nutrition and Cancer **tinyurl.com/ffnutritioncancer**
Tobacco & nicotine Reduce or quit Firefighting already strains the heart and lungs. Tobacco, vapes, chew, and nicotine pouches add more strain.	**Practical steps that help:** • Start by cutting back (delay first use, nicotine-free windows) • Avoid nicotine right after calls or workouts • Drink less alcohol – nicotine + alcohol together is harder on recovery • Choose FDA-approved nicotine replacement (patch, gum, lozenge) over smoking, vaping, chew, or pouches Kick It California — science-based quit support **kickitca.org**
Healthy habits Amplify healthy habits to reduce disease risk Lifestyle habits may seem small but can improve your overall health	**Quick tips:** • Physical activity: stay consistent, not extreme • Stress management: mindfulness, outdoor time, crew & family connection • Connectedness: accountability partners (spouses, family, fellow firefighters) • Avoid risky substances: tobacco, nicotine, excess alcohol • Focus on progress, not perfection. Small, repeatable changes add up. CPF podcast **youtube.com/watch?v=pTFIkeMrIgM** Firefighter Cancer Support Network **firefightercancersupport.org/ffcam**