

The Health and Safety Division, in coordination with Lucid Diagnostics, will offer members the opportunity to be screened for a pre-cancerous condition known as Barrett's Esophagus (BE), which can be detected and then treated before an esophageal adenocarcinoma diagnosis through their EsoGuard screening.

This screening process is at no cost to the member. Lucid Diagnostics has a "soft bill" they send to the member's insurance company. That bill is then covered by Lucid Diagnostics requiring no out of pocket payment for the member.

Lucid Diagnostics will be present in the District, at Engine Company 4, from February 12 - 14, 2025 to perform the screenings. The Office of the Deputy Fire Chief – Operations will make a schedule for companies to rotate through those days that Platoon #2, 3, and 4 work. Due to scheduling conflicts, we were unable to screen on the day Platoon #1 worked. Members assigned to Platoon #1 are encouraged to participate in the screening the morning/afternoon of their first day off. Members will be able to "walk-in" for screenings.

Individuals testing need to be 2 hours NPO, no food or liquid for 2 hours prior to testing.

They also need to bring their drivers license and insurance card.

WHY:

- Firefighters have a 62% greater risk of developing Esophageal Adenocarcinoma (EAC) and a 39% higher likelihood of dying from EAC. This is substantiated in multiple clinical papers and frequently referenced by the Firefighter Cancer Support Network.
- Firefighters/first responders have a 39% increased risk of dying from esophageal cancer according to the NIOSH research.

There is nothing "nice" about cancer. However, the "nice" thing about EAC is that it has an established, diagnosable pre-cancerous condition called Barrett's Esophagus (BE). EsoGuard can identify BE with a high degree of sensitivity and specificity, starting with methylation changes that occur during the earliest cellular changes all the way through to EAC. The goal is to find pre-cancer and effectively treat it with ablation therapies so that it never turns into cancer. EsoGuard provides a binary "yes or no" result, and patients with a positive result should go on for confirmatory upper endoscopy.

WHO:

EsoGuard is not a population screening test. The American Gastroenterological Association has defined 7 risk factors to qualify for screening and there is an additional 8th risk factor specific to occupational exposure to firefighters that has been established and substantiated by published NIOSH data. **If any combination of 3 or more of the 8 risk factors** listed below are met, the individual is eligible for screening. Please see the attached Risk Factor Questionnaire to distribute to your department to see if they meet screening criteria.

- Male gender
- Age 50+
- Heartburn/Reflux/GERD
- Obesity, BMI 30+
- Smoking, past or present history
- Caucasian race
- Family history of BE or EAC
- Firefighter, occupational exposure – 10+ years (volunteer or career)

EsoGuard is not a direct-to-consumer test; it requires an “ordering” physician. We have partnered with the departments Medical Director Dr. Vitberg to provide a complimentary visit for those that meet risk factor criteria. In this quick 5-minute visit, the provider will talk through risk factors and have a standing order from Dr. Vitberg for the EsoGuard test to those who meet the risk factors.

Anyone that has additional questions should contact Captain Jordan Wiley or Lieutenant Joshua Smith with the Cancer & Cardiac Advisory Council at jordan.wiley@dc.gov or (202) 531-7108
Joshua.smith@dc.gov or (214) 734-4632.