



Health Screening Results

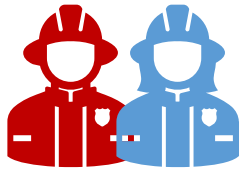
UDS National Data | 2023 Aggregate Results





UDS National Data

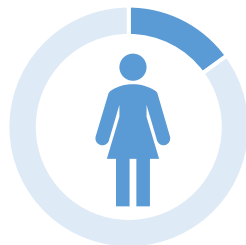
2023 Screenings



10,372 Participants

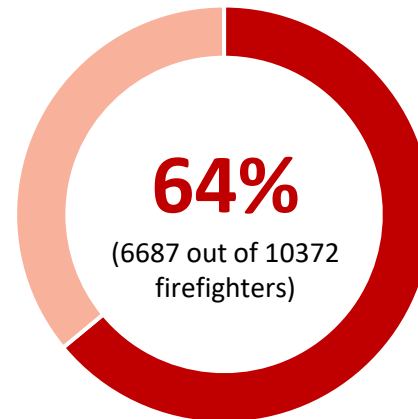


85%
(8794 males)



15%
(1578 females)

Percentage of
firefighters with at
least one actionable
finding



64%
(6687 out of 10372
firefighters)

12,253 🔍

Total Actionable Findings



16% ⚠️

of Actionable Findings are
“High-Risk”
(1958 High-Risk Findings)

UDS Health Screening Snapshot

NATIONAL DATA



12,253

TOTAL ACTIONABLE FINDINGS
ACROSS **125 SCREENINGS**
(INCLUDING HIGH RISK, CARDIOVASCULAR, CANCERS)



1958
HIGH-RISK FINDINGS



22

CANCERS DETECTED

- 13 Thyroid
- 5 Prostate
- 1 Kidney
- 1 Testicular
- 1 Bladder
- 1 Colon



705
CARDIOVASCULAR FINDINGS

2023 UDS Screenings

IN THIS REPORT

125 SCREENINGS

Location	State
1264	AK
1324	AK
Danbury	CT
Guilford	CT
Waterbury	CT
UPFFA	CT
36	DC
3217	DC
Fort Myers	FL
Darien Woodbridge	IL
2986 (Lisle Woodridge)	IL
3105	IL
4444 (March 2023)	IN
4444 (July 2023)	IN
416	IN
Michigan City	IN
Lenexa	KS
54	KY
4060	KY
3945	KY
632	LA
Baton Rouge	LA
Shreveport Station 20	LA

Location	State
1839	MA
1616	MA
792	MA
1657	MA
1768	MA
Bridgewater Fire	MA
Canton Fire	MA
Milford	MA
736	MA
Agawama	MA
Stoughton	MA
Natick	MA
Nantucket and Local 2509	MA
Dennis	MA
Brockton	MA
718	MA
Shrewsbury	MA
Wareham	MA
Hingham	MA
1657	MA

Location	State
Ocean City (January 2023)	MD
Ocean City (June 2023)	MD
1664	MD
2000	MD
734	MD
1563	MD
1619	MD
Westbrook	ME
421	MI
Texas Township	MI
Weaverville Fire	NC
947	NC
4576	NC
5326	NC
Reynolds	NC
Skyland	NC
1045	NH
4367	NH

Location	State
590	NY
2562	NY
Rochester - AFSCME	NY
City of Rochester	NY
1071	NY
Rochester - Combined	NY
District 1	NY
District 2	NY
District 3	NY
District 4	NY
District 5	NY
Oswego	NY
Gates	NY
Henrietta	NY
4049	OH
Norwich	OH
Kalida	OH

2023 UDS Screenings (cont.)

IN THIS REPORT

125 SCREENINGS

Location	State
1660 (September 2023)	OR
1660 – Members (December 2023)	OR
1660 - Spouses and Dependents (December 2023)	OR
22	PA
293	PA
1582 (West Grove)	PA
299	PA
Nanticoke	PA
1803	PA
799	RI
3372	RI
Pigeon Forge	TN
2970	UT
1878	UT
PFFU	UT
2068 (February 2023)	VA
4466	VA
2068 (April 2023)	VA
2068 (June 2023)	VA
Goochland	VA
539	VA
2801	VA
Front Royal	VA
Fairfax County	VA
2068 (November 2023)	VA
2924	VA
Frederick	VA
3194	VA

Location	State
Upper Valley	VT
1461	WA
3219	WA
1604	WA
106	WA
Kirkland	WA
453	WA
Vashon	WA
Port Angeles	WA
Vancouver	WA
South County	WA
257	WI
313	WV

Summary of High-Risk General Organ Findings

1253 High-Risk Findings (General Organs)

UDS National Data | All 2023 Screenings

10,372 Total Participants

8794  1578 

High-Risk Finding	# Findings
Prostate	549
Prostate - Heterogeneous and Enlarged (Abnormal texture and large in size)	505
Prostate protruding into bladder (large prostate pushing against the bladder)	44
Testicular	360
Testicles - Calcification/Microlithiasis (Multiple Calcified Spots)	358
Testicles - Hyperechoic Lesion (Mass)	1
Testicles - Hypoechoic Nodule (Mass)	1
Thyroid	276
Thyroid - Nodules - Solid >1cm High Risk	276
Liver	11
Liver - Fatty, Enlarged w/ Mass	9
Liver - Lesion (Mass with vascularity)	1
Liver - Fatty Mass	1

High-Risk Finding	# Findings
Kidneys/Urinary Bladder	51
Kidneys - Mass with vascularity	24
Kidneys - Complex Cyst	4
Kidneys - Hypoechoic Mass	3
Urinary Bladder - Mass	20
Pelvic Organs (female)	6
Pelvic – Ovarian Mass	4
Pelvic – Ovarian Complex Cyst (solid and liquid)	1
Pelvic – Heterogeneous Mass	1

Summary of High-Risk Cardiovascular Findings

705 High-Risk Findings (Cardiovascular)

UDS National Data | All 2023 Screenings

10,372 Total Participants

8794  1578 

Regurgitations – Leaky Valve (218 Findings)

High-Risk Finding	# Findings
Mitral Valve	93
Mitral Valve - Mild-Moderate Regurgitation	10
Mitral Valve - Moderate Regurgitation	79
Mitral Valve - Severe Regurgitation	4
Aortic Valve	52
Aortic Valve - Mild to Moderate Regurgitation	4
Aortic Valve - Moderate Regurgitation	7
Aortic Valve - Moderate-Severe Regurgitation	41
Pulmonic Valve	43
Pulmonic Valve - Moderate Regurgitation	42
Pulmonic Valve - Severe Regurgitation	1
Tricuspid Valve	30
Tricuspid Valve - Moderate Regurgitation	30

Dilation of Atria / Ventricles (53 Findings)

High-Risk Finding	# Findings
Atrium - Mildly Dilated	17
Atrium - Moderately Dilated	1
Atrium - Severely Dilated	1
Atrial Septal Aneurysm	1
PFO Patent Foramen Ovale (opening hole in between the atriums)	5
Right Ventricle - Mildly Dilated	18
Right Ventricle - Moderately Dilated	4
Left Ventricle - Dilation	6

Summary of High-Risk Cardiovascular Findings (cont.)

UDS National Data | All 2023 Screenings

10,372 Total Participants

8794  1578 

705 High-Risk Findings (Cardiovascular)

Carotid Vessels (15 Findings)

High-Risk Finding	# Findings
Moderate Plaque in Common Carotid Artery with Elevated Velocities	8
Moderate Plaque in Bulb with Elevated Velocities	7

Abdominal Aorta (4 Findings)

High-Risk Finding	# Findings
Abdominal Aorta - Dilated (over 3 cm in size)	4

Dilation of the Aortic Path (Heart) (106 Findings)

High-Risk Finding	# Findings
Aortic Root Dilated (entrance of aortic valve)	90
Ascending Aorta Dilated	12
Descending Aorta Dilated	4

Left Ventricle Abnormalities (215 Findings)

High-Risk Finding	# Findings
Mild-Moderate LVH (thickening of the septal and posterior walls of the left ventricle)	54
Moderate LVH (thickening of the septal and posterior walls of the left ventricle)	56
Asymmetrical LVH	26
Low Ejection Function	73
Wall Motion Abnormalities	6

Valve Abnormalities (91 Findings)

High-Risk Finding	# Findings
Calcified Valve-Stenosis	67
Mitral Prolapse	12
Bicuspid Aortic Valve	11
Mitral Valve - Leaflet Thickening	1

External Abnormalities (3 Findings)

High-Risk Finding	# Findings
Pericardium Effusion (fluid around the heart)	1
Extracardiac Mass Posing Compression on the Right Ventricular Cavity	2

Liver – Actionable Findings

3731 Total Actionable Findings

UDS National Data | All 2023 Screenings

10,372 Total Participants

8794  1578 

3716 Actionable Findings

Actionable Finding	# Findings
Fatty (whole liver paraenychyma)	2531
Fatty Enlarged Liver Size	1030
Focal Sparing - Areas of Fatty Tissue	1
Single Cyst	87
Multiple Cysts	1
Cystic Lesion with Septation	1
Complex nodule (solid and liquid components)	2
Hemangioma (benign abnormal mass growth)	56
Hypoechoic Nodule	3
Heterogeneous Appearance of the Liver Paraenychyma	2
Calcification Spots	2

15 High-Risk Findings

High-Risk Finding	# Findings
Fatty, Enlarged w/ Mass	10
Mass with Irregular Borders	4
Blood Clot within the Main Portal Vein	1

Gallbladder – Actionable Findings

806 Total Actionable Findings

805 Actionable Findings

Actionable Finding	# Findings
Single Gallstone	281
Multiple Gallstones	86
Wall Thickening	132
Debris/Sludge	3
Collapsed (gallbladder contracted, no prior surgeries)	62
Debris (Sludge)	11
Septated Gallbladder (divided parts of the gallbladder)	5
Polyp	225

UDS National Data | All 2023 Screenings

10,372 Total Participants

8794  1578 

1 High-Risk Finding

High-Risk Finding	# Findings
Gallbladder Mass with Vascularity	1

Spleen – Actionable Findings

688 Total Actionable Findings

UDS National Data | All 2023 Screenings

10,372 Total Participants

8794  1578 

684 Actionable Findings

Actionable Finding	# Findings
Enlarged in Size	641
Single Cyst	21
Granulomas (bright spots - calcified)	15
Absent/Removed	2
Increased Vascularity	1
Irregular Shaped	1
Complex Mass (solid and liquid components)	1
Hemangioma (benign)	1
Heterogeneous Appearance	1

4 High-Risk Findings

High-Risk Finding	# Findings
Splenic Mass with Vascularity	4

Kidney – Actionable Findings

1102 Total Actionable Findings

1069 Actionable Findings

Actionable Finding	# Findings
Single Cyst	267
Multiple Cysts	1
Complex Cystic Structure with Septation	4
Single Stone	328
Multiple Stones	171
Dilation of Collection System (Hydronephrosis)	281
Lobulated Shaped	4
Absent/Removed	9
Smaller Size less than 8 cm	2
Enlarged Size greater than 12 cm	2

UDS National Data | All 2023 Screenings

10,372 Total Participants

8794  1578 

33 High-Risk Findings

High-Risk Finding	# Findings
Solid Mass	24
Complex Mass	4
Hypoechoic Mass with Vascularity	5

Urinary Bladder – Actionable Findings

107 Total Actionable Findings

UDS National Data | All 2023 Screenings

10,372 Total Participants

8794  1578 

84 Actionable Findings

Actionable Finding	# Findings
Stone	8
Debris (internal floating particles)	24
Irregular Walls	2
Wall Thickening	48
Bladder Diverticulum (outer pouch of bladder wall)	2

23 High-Risk Findings

High-Risk Finding	# Findings
Mass	23

Thyroid – Actionable Findings

2495 Total Actionable Findings

UDS National Data | All 2023 Screenings

10,372 Total Participants

8794  1578 

2219 Actionable Findings

Actionable Finding	# Findings
Enlarged Heterogeneous/Bulky (abnormal texture appearance and large in size)	663
Single Cyst	187
Multiple Cysts	306
Complex Nodules (both solid and liquid components)	375
Single Hypoechoic Nodule (darker shadow)	133
Multiple Hypoechoic Nodules	10
Solid Single Nodule <1 cm	500
Calcified Nodule	4
Isoechoic Nodule (same texture as thyroid tissue with defined borders)	9
Thyroid Gland Small in Size & Echogenic in Appearance	13
Increased Vascularity within Thyroid gland	2
Non-Identifiable Tissue/Absent (thyroid tissue not seen)	15
Enlarged Lymph Node	2

276 High-Risk Findings

High-Risk Finding	# Findings
Nodules - Solid >1cm High Risk	276

Testicles – Actionable Findings

1496 Total Actionable Findings

UDS National Data | All 2023 Screenings

10,372 Total Participants

8794  1578 

1136 Actionable Findings

Actionable Finding	# Findings
Hydrocele Mild-Moderate (fluid surrounding the testicle)	434
Scrotal Varicoceles (dilated Vessels Around Testicles)	239
Heterogeneous/Irregular (abnormal appearance of testicles)	53
Irregular Size (comparison of testicular size)	9
Testicular Cyst	102
Foci (single calcified spot)	57
Hypoechoic Structure (darker shadow)	11
Rete Testis (dilated network of small tubes)	4
Scrotolith "Scrotal Pearls" (extra-testicular calcification)	3
Absent/Removed	4
Epididymal Cyst	208
Heterogeneous Epididymis (abnormal appearance)	12

360 High-Risk Findings

High-Risk Finding	# Findings
Calcification/Microlithiasis (Multiple Calcified Spots)	358
Hyperechoic Lesion (Mass)	1
Hypoechoic Nodules (Mass)	1

Prostate – Actionable Findings

576 Total Actionable Findings

UDS National Data | All 2023 Screenings

10,372 Total Participants

8794  1578 

27 Actionable Findings

Actionable Finding	# Findings
Cyst	3
Hypoechoic Structure	4
Areas of Calcifications	20

549 High-Risk Findings

High-Risk Finding	# Findings
Heterogeneous and Enlarged (Abnormal appearance and large in size)	505
Prostate protruding into bladder (large prostate pushing against base of bladder)	44

Female Pelvic – Actionable Findings

324 Total Actionable Findings

UDS National Data | All 2023 Screenings

10,372 Total Participants

8794  1578 

318 Actionable Findings

Actionable Finding	# Findings
Bulky Heterogeneous Uterus (irregular shaped with abnormal texture appearance)	48
Uterine Cyst	58
Uterine Fibroid	119
Uterine Foci (calcified area)	6
Endometrial Stripe Thickening	18
Endometrial Calcifications	2
Uterus - Small in Size (less than 7.5 cm)	1
Free Fluid in the Cul-de-Sac	3
Ovarian Cyst	63

6 High-Risk Findings

High-Risk Finding	# Findings
Ovarian Mass	4
Ovarian Complex Cyst (solid and liquid components)	1
Uterine Heterogeneous Mass	1

Cardiovascular – Actionable Findings

686 Total Actionable Findings

UDS National Data | All 2023 Screenings

10,372 Total Participants

8794  1578 

Regurgitations – Leaky Valve (218 Findings)

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Tricuspid Valve - Moderate Regurgitation	30

Dilation of Atria / Ventricles (53 Findings)

High-Risk Finding	# Findings
Atrium - Mildly Dilated	17
Atrium - Moderately Dilated	1
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Atrial Septal Aneurysm	1
PFO Patent Foramen Ovale (opening hole in between the atriums)	5
Right Ventricle - Mildly Dilated	18
Right Ventricle - Moderately Dilated	4
Left Ventricle - Dilation	6

Cardiovascular – Actionable Findings (cont.)

686 Total Actionable Findings

UDS National Data | All 2023 Screenings

10,372 Total Participants

8794  1578 

Dilation of the Aortic Path (Heart) (106 Findings)

High-Risk Finding	# Findings
Aortic Root Dilated (entrance of aortic valve)	90
Ascending Aorta Dilated	12
Descending Aorta Dilated	4

Left Ventricle Abnormalities (215 Findings)

High-Risk Finding	# Findings
Mild-Moderate LVH (thickening of the septal and posterior walls of the left ventricle)	54
Moderate LVH (thickening of the septal and posterior walls of the left ventricle)	56
Asymmetrical LVH	26
Low Ejection Function	73
Wall motion abnormalities	6

Valve Abnormalities (91 Findings)

High-Risk Finding	# Findings
Calcified Valve-Stenosis	67
Mitral Prolapse	12
Bicuspid Aortic Valve	11
Mitral Valve - Leaflet Thickening	1

External Abnormalities (3 Findings)

High-Risk Finding	# Findings
Pericardium Effusion (fluid around the heart)	1
Extracardiac Mass Posing Compression on the Right Ventricular Cavity	2

Carotid & Aorta – Actionable Findings

238 Total Actionable Findings – Carotid

4 Total Actionable Findings - Aorta

UDS National Data | All 2023 Screenings

10,372 Total Participants

8794  1578 

223 Actionable Findings - Carotid

Actionable Finding	# Findings
Mild Plaque in Common Carotid Artery	35
Mild-Moderate Plaque in Common Carotid Artery Plaque	35
Elevated Velocities in Common Carotid Arteries without Plaque	2
Mild Plaque in Bulb	97
Moderate Plaque in Bulb without Elevation of Velocities	34
Mild Plaque in the Internal Carotid Artery	12
Moderate Plaque in the Internal Carotid Artery	8

15 High-Risk Findings - Carotid

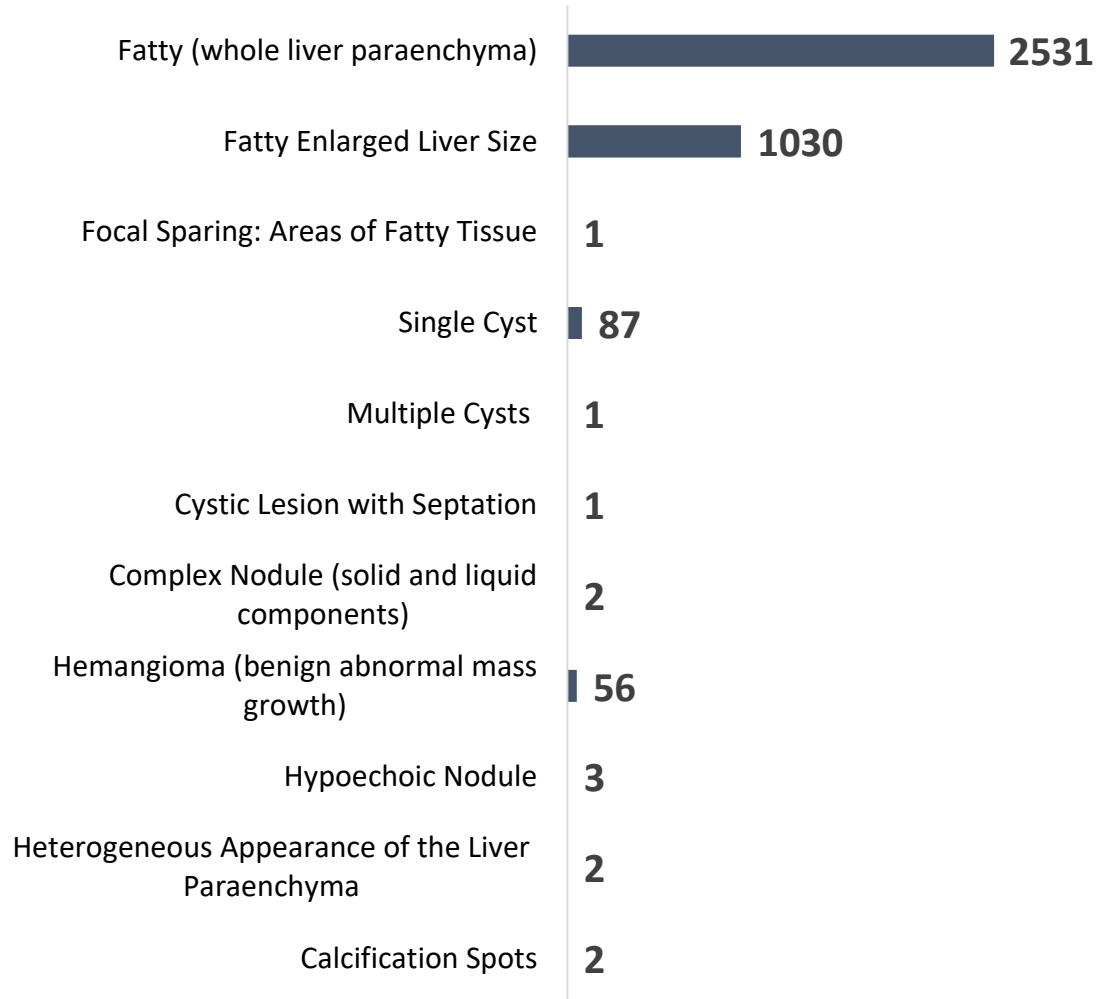
High-Risk Finding	# Findings
Moderate Plaque in Common Carotid Artery with Elevated Velocities	8
Moderate Plaque in Bulb with Elevated Velocities	7

4 High-Risk Findings - Aorta

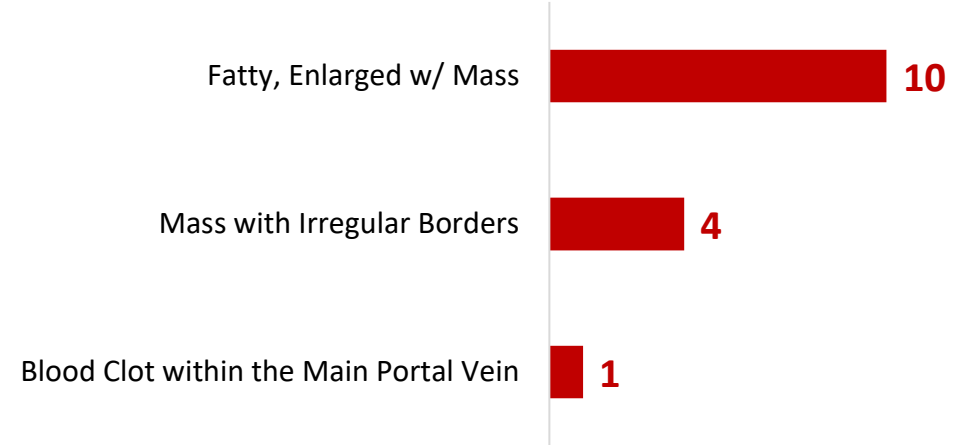
High-Risk Finding	# Findings
Dilated (Over 3 cm in size)	4

Liver | 3731 Total Actionable Findings

3716 Actionable Findings

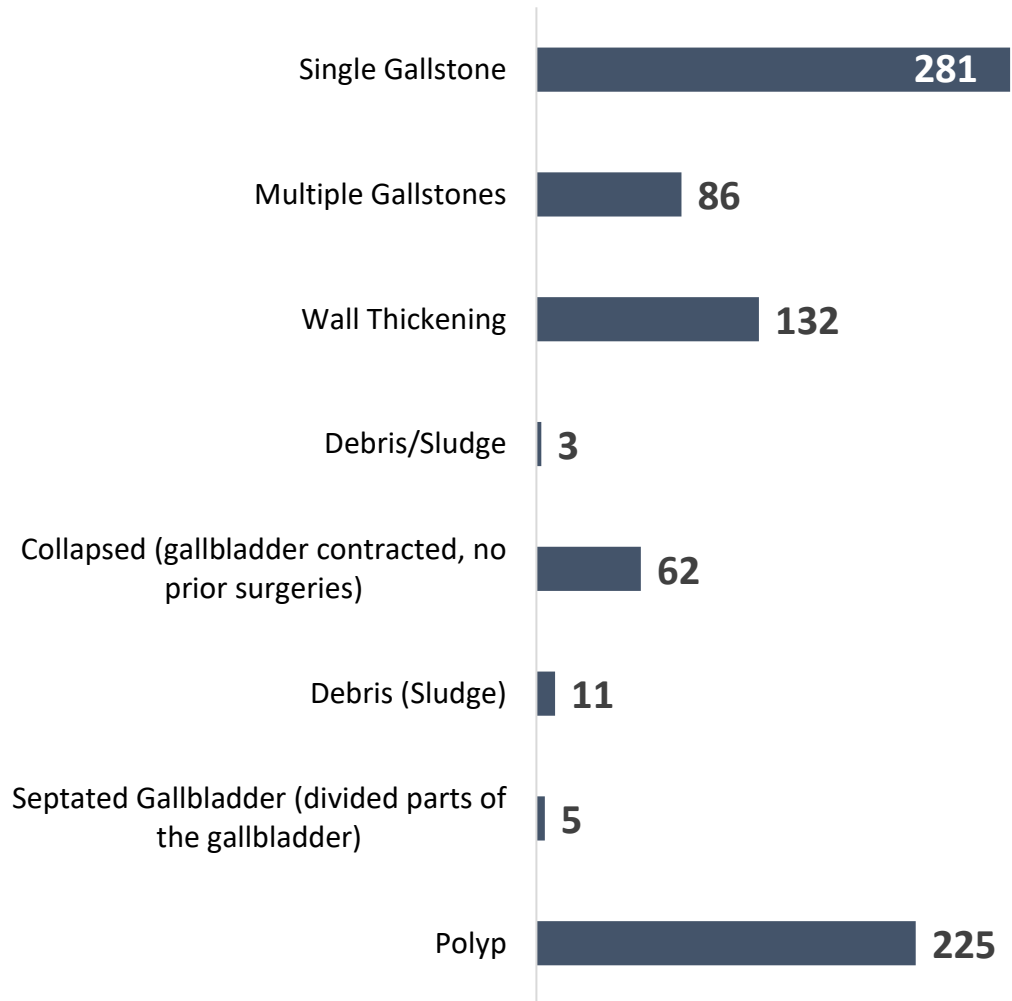


15 High-Risk Findings



Gallbladder | 806 Total Actionable Findings

805 Actionable Findings

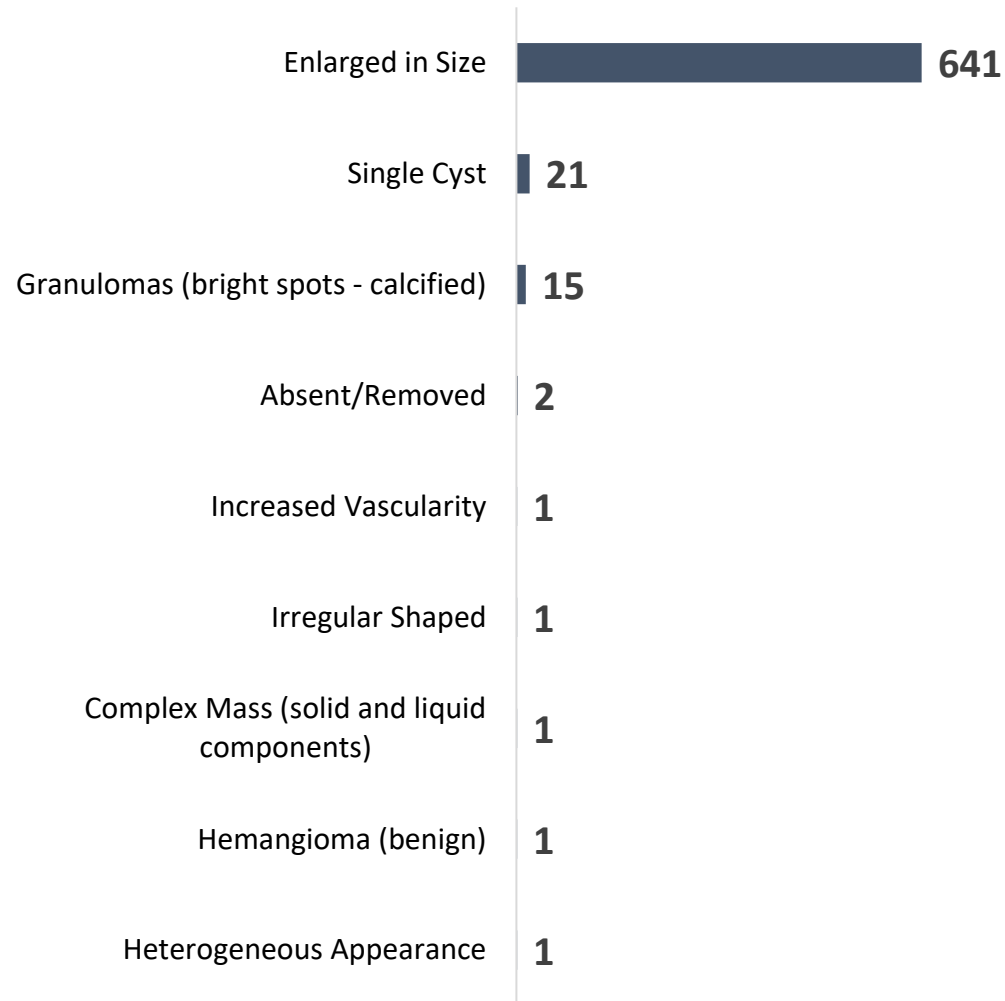


1 High-Risk Finding



Spleen | 688 Total Actionable Findings

684 Actionable Findings

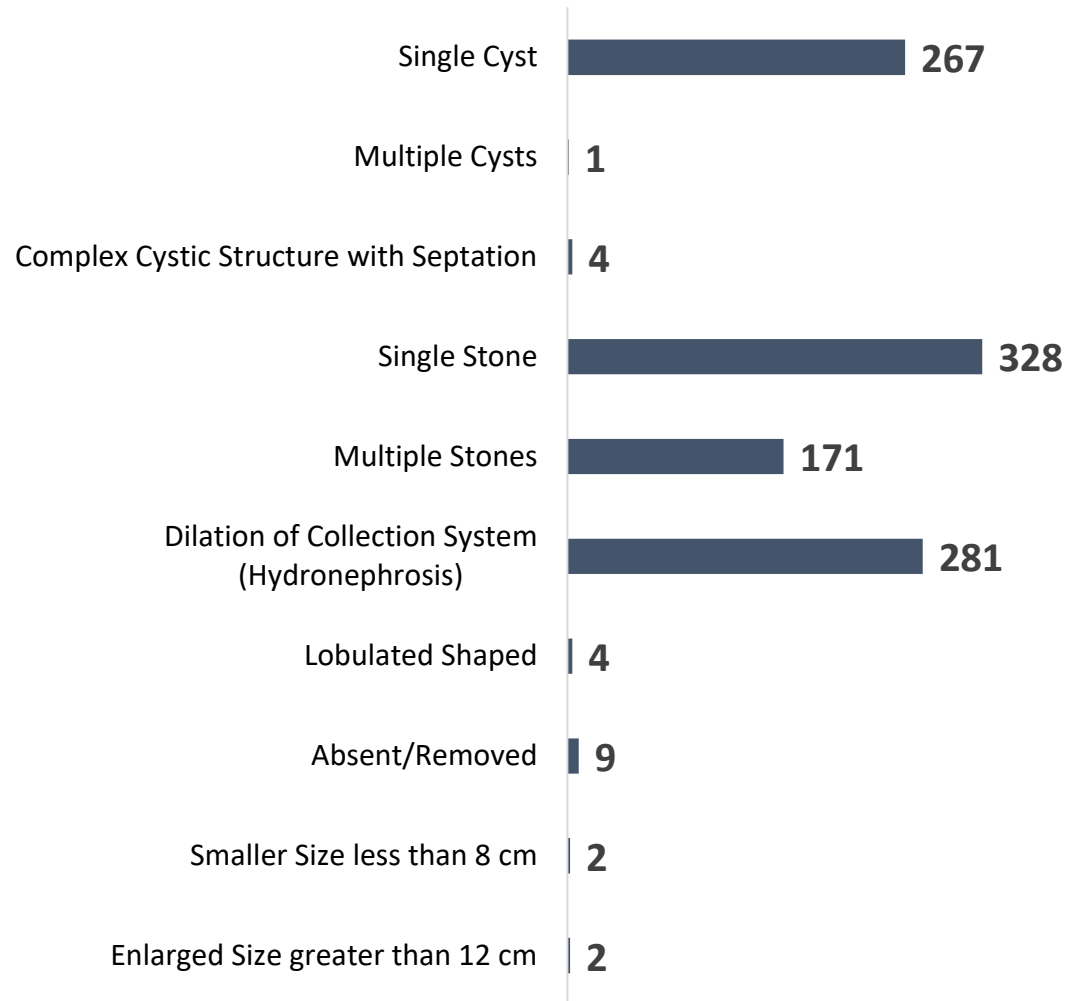


4 High-Risk Findings

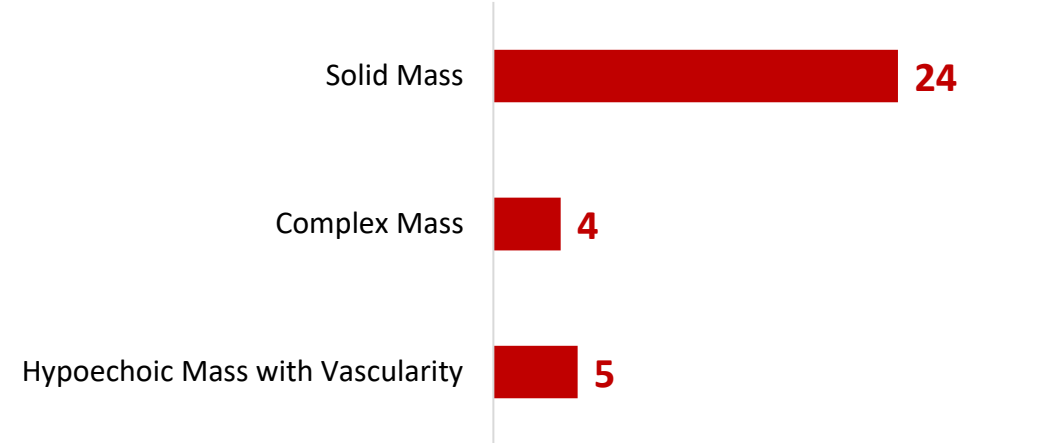


Kidney | 1102 Total Actionable Findings

1069 Actionable Findings

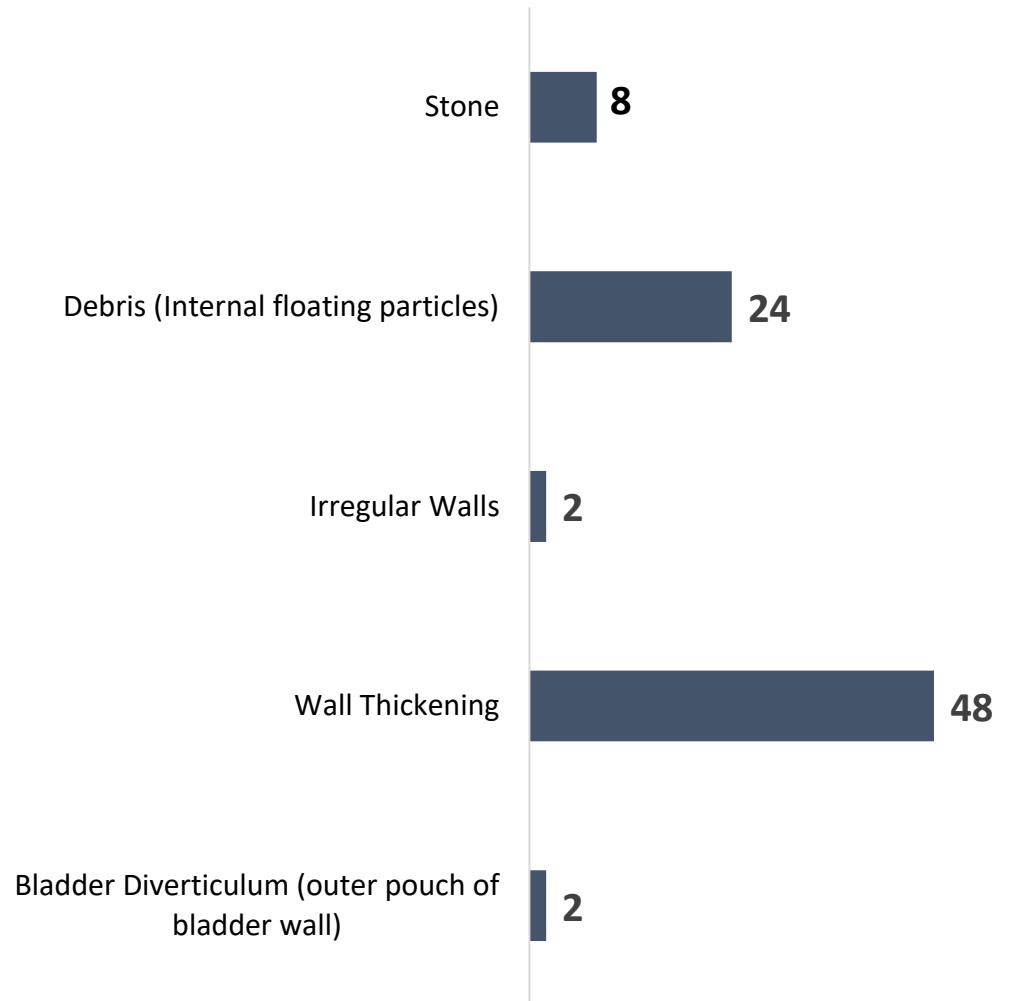


33 High-Risk Findings



Urinary Bladder | 107 Total Actionable Findings

84 Actionable Findings

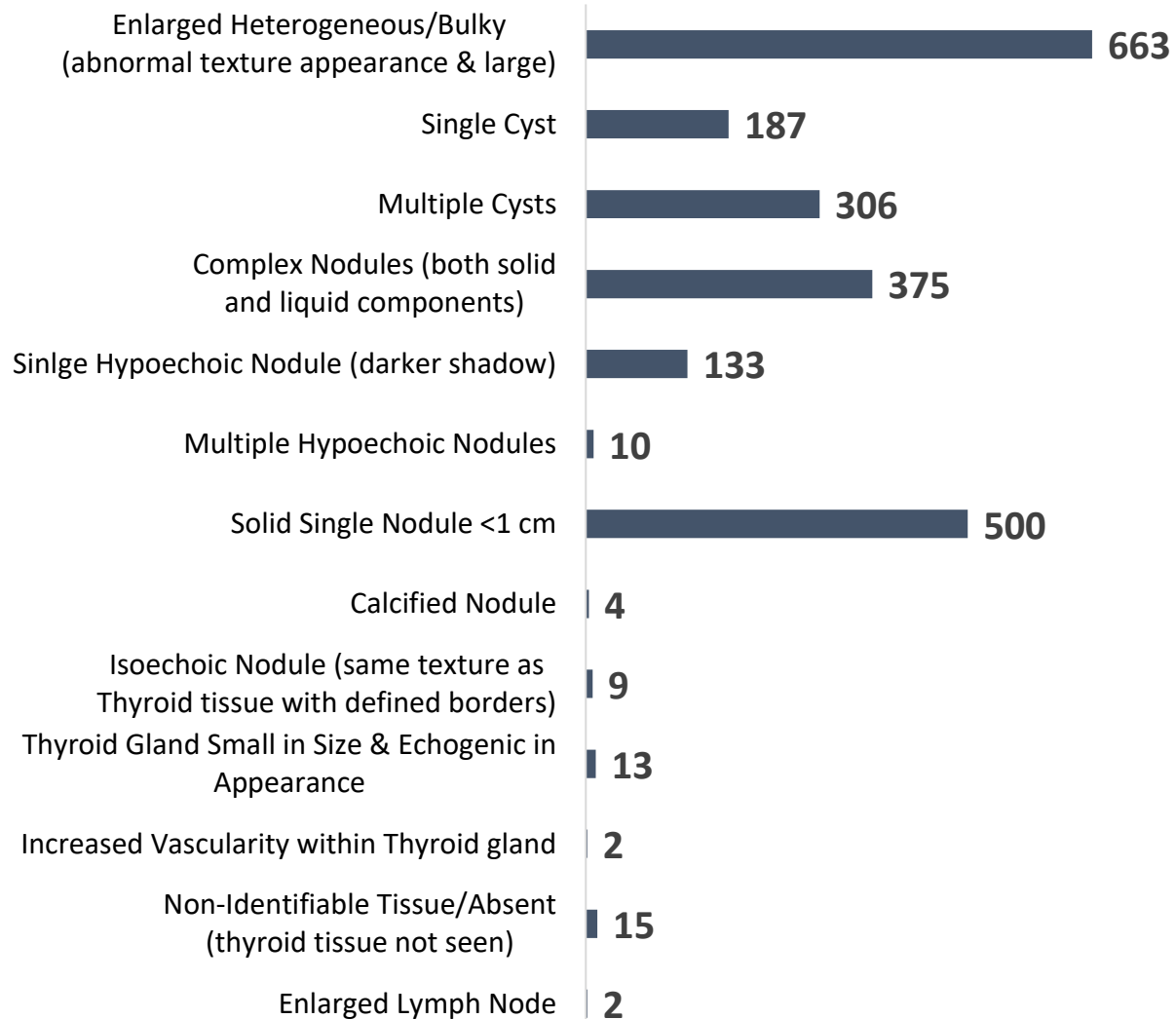


23 High-Risk Findings



Thyroid | 2495 Total Actionable Findings

2219 Actionable Findings

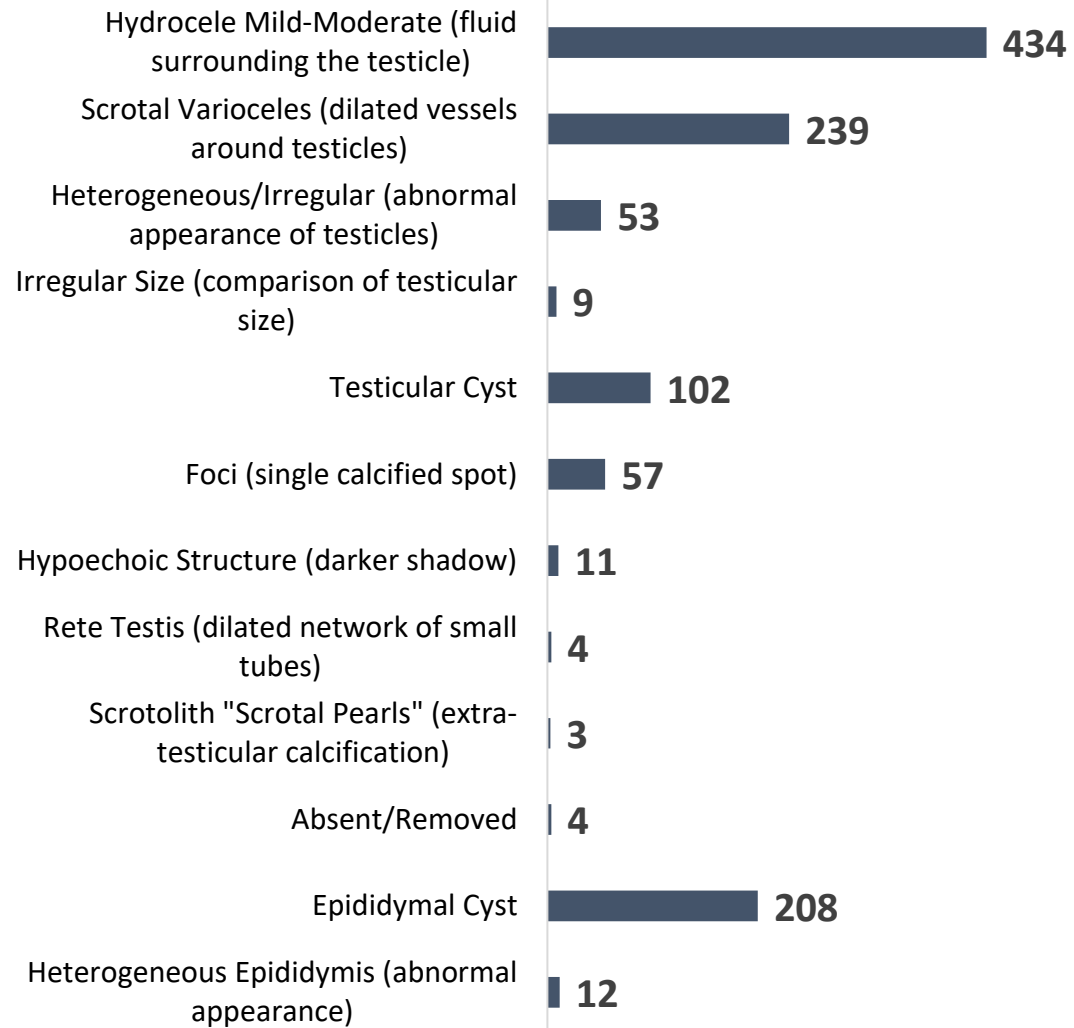


276 High-Risk Findings

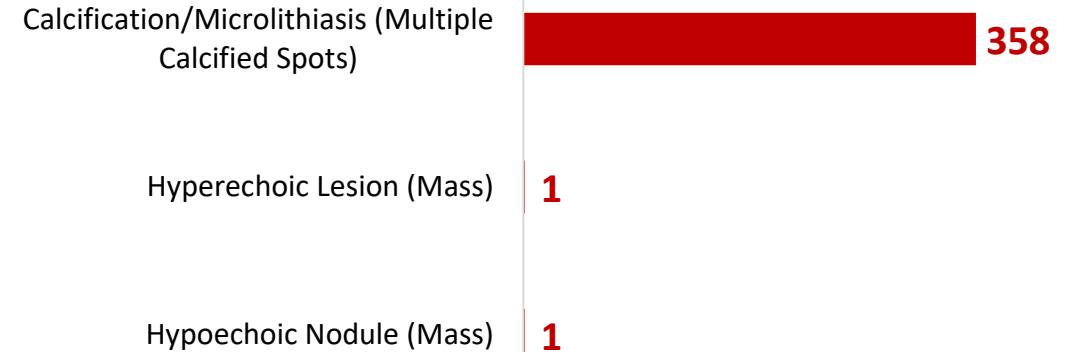
Nodules - Solid >1cm High Risk 276

Testicles | 1496 Total Actionable Findings

1136 Actionable Findings

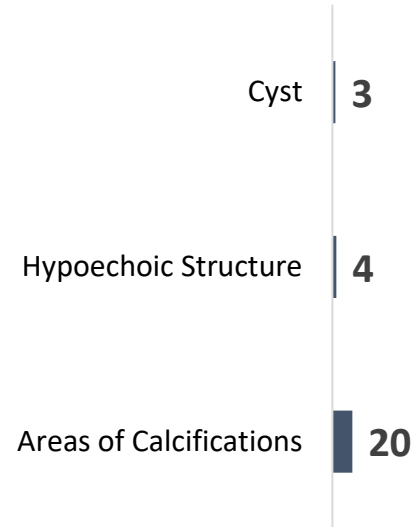


360 High-Risk Findings

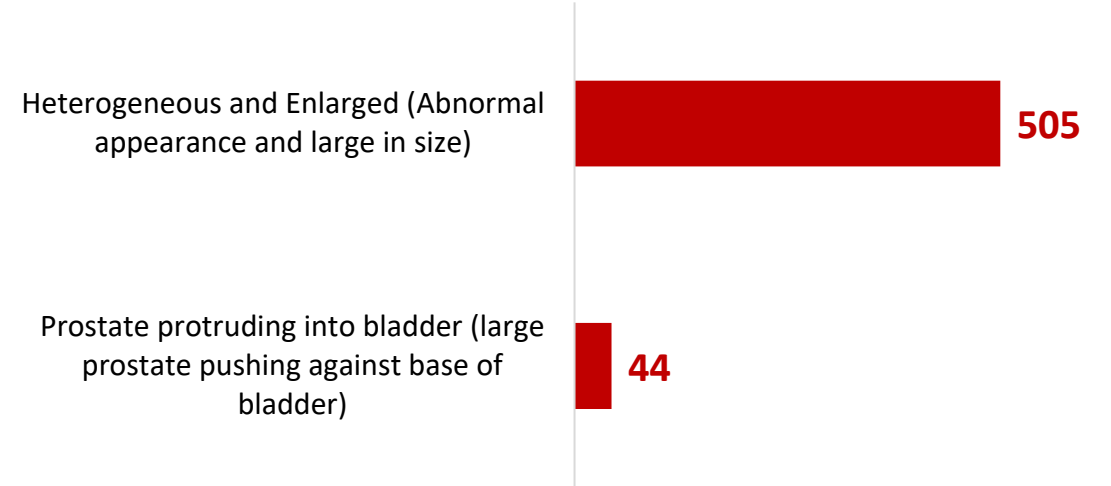


Prostate | 576 Total Actionable Findings

27 Actionable Findings

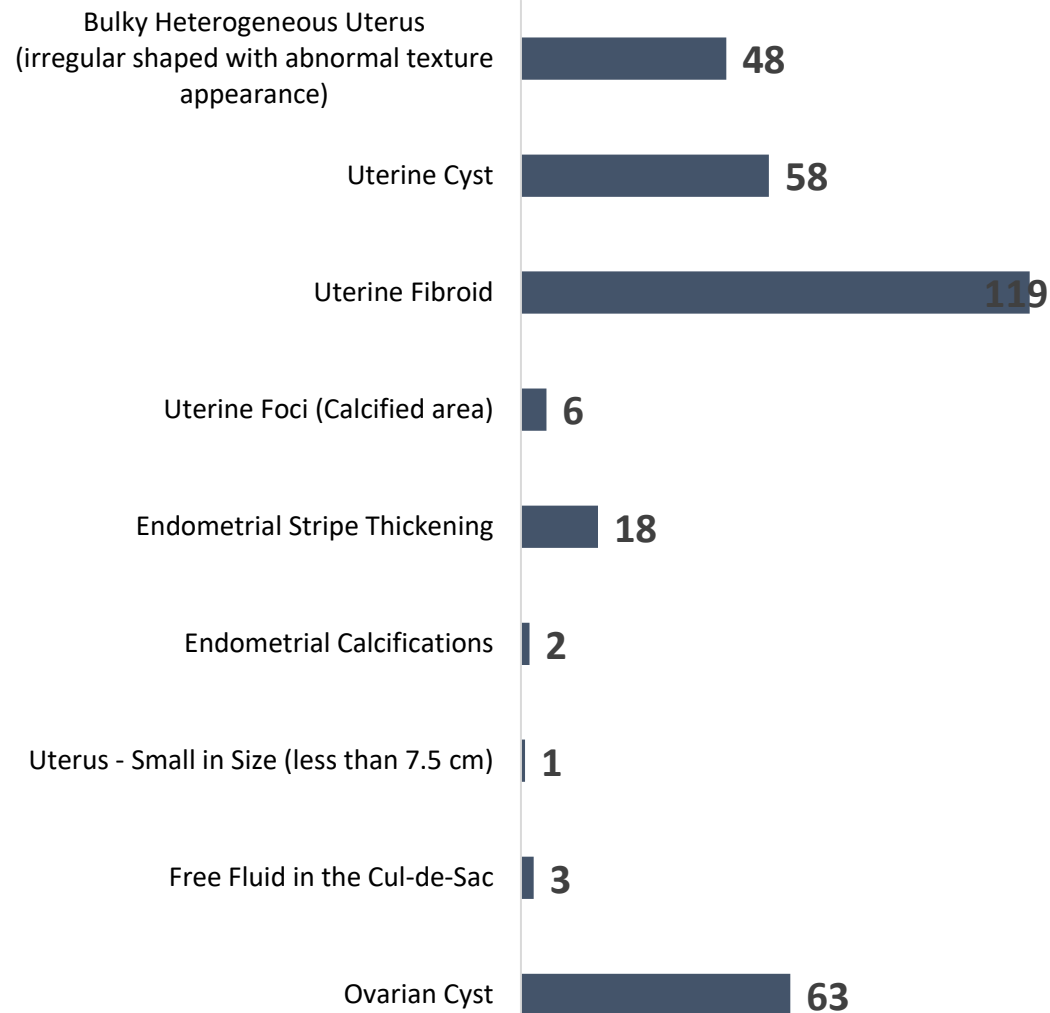


549 High-Risk Findings

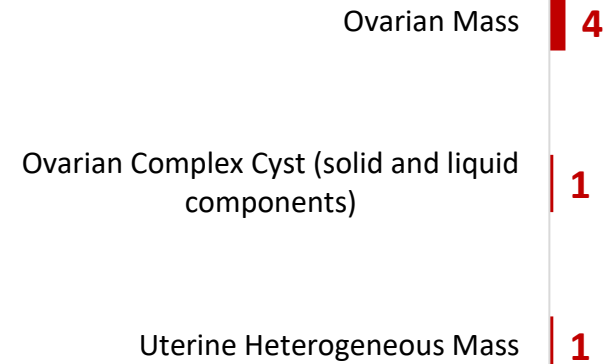


Female Pelvic | 324 Total Actionable Findings

318 Actionable Findings



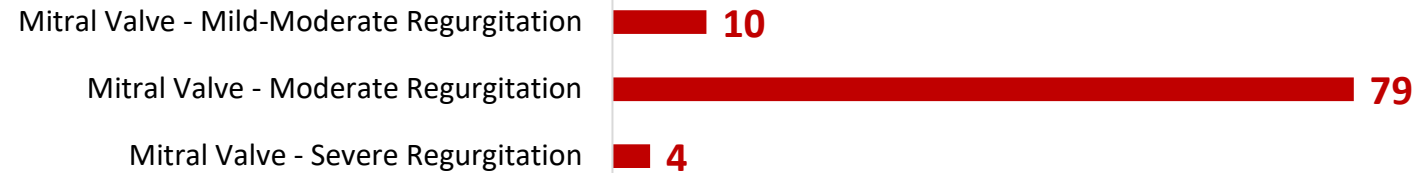
6 High-Risk Findings



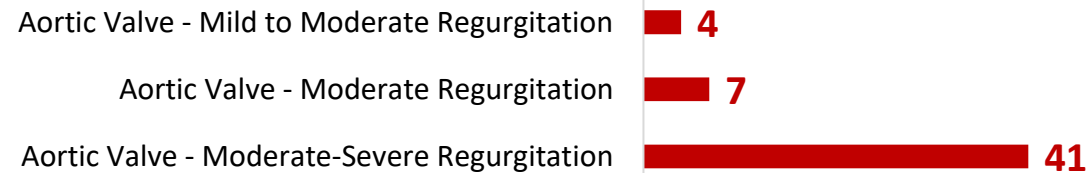
Cardiac | 686 Total Actionable Findings

218 Regurgitations – Leaky Valves

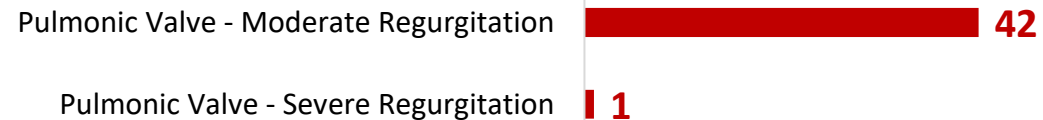
Mitral Valve (93 Findings)



Aortic Valve (52 Findings)



Pulmonic Valve (43 Findings)



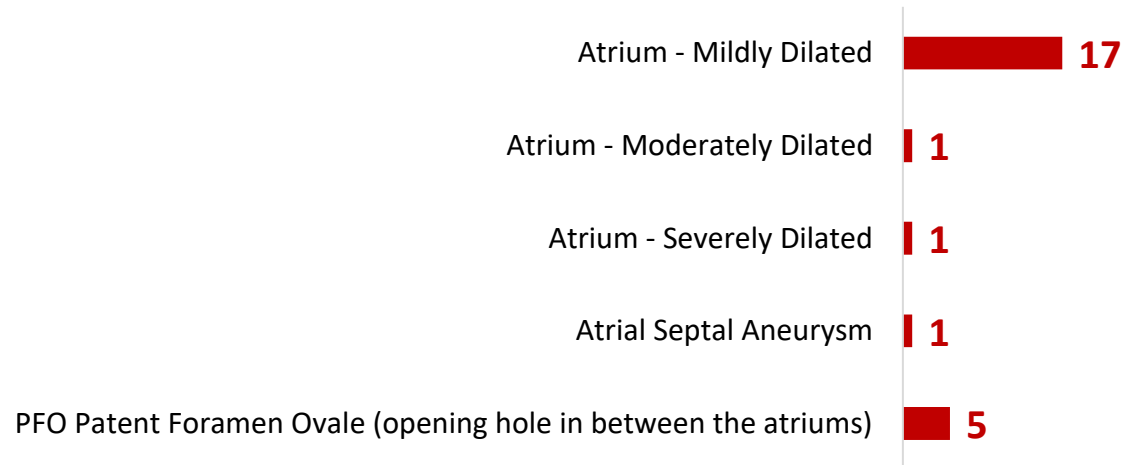
Tricuspid Valve (30 Findings)



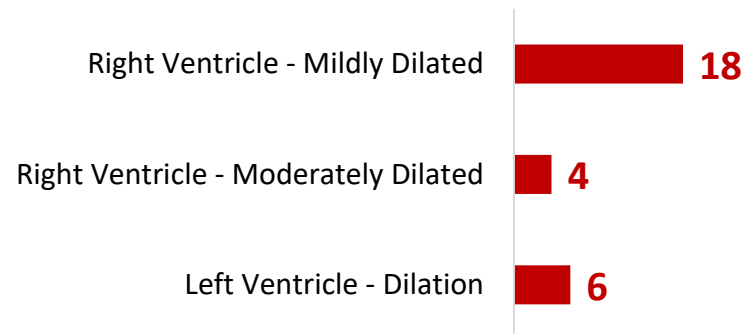
Cardiac | 686 Total Actionable Findings (cont.)

53 Dilation of Atria / Ventricles

Atrium (25 Findings)

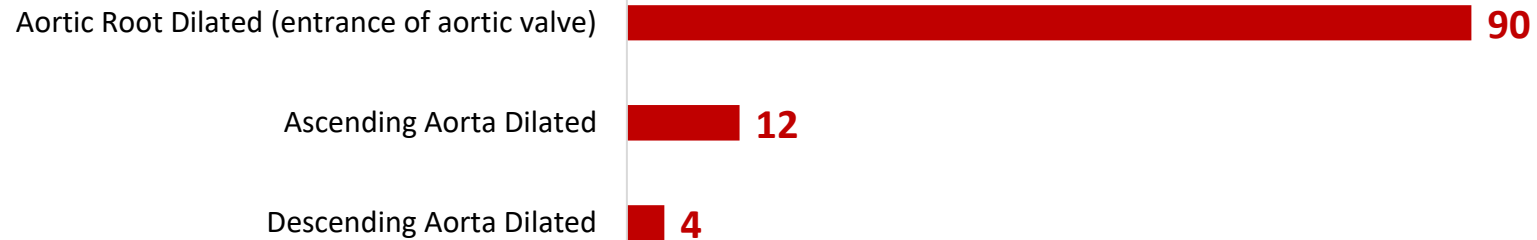


Ventricle (28 Findings)

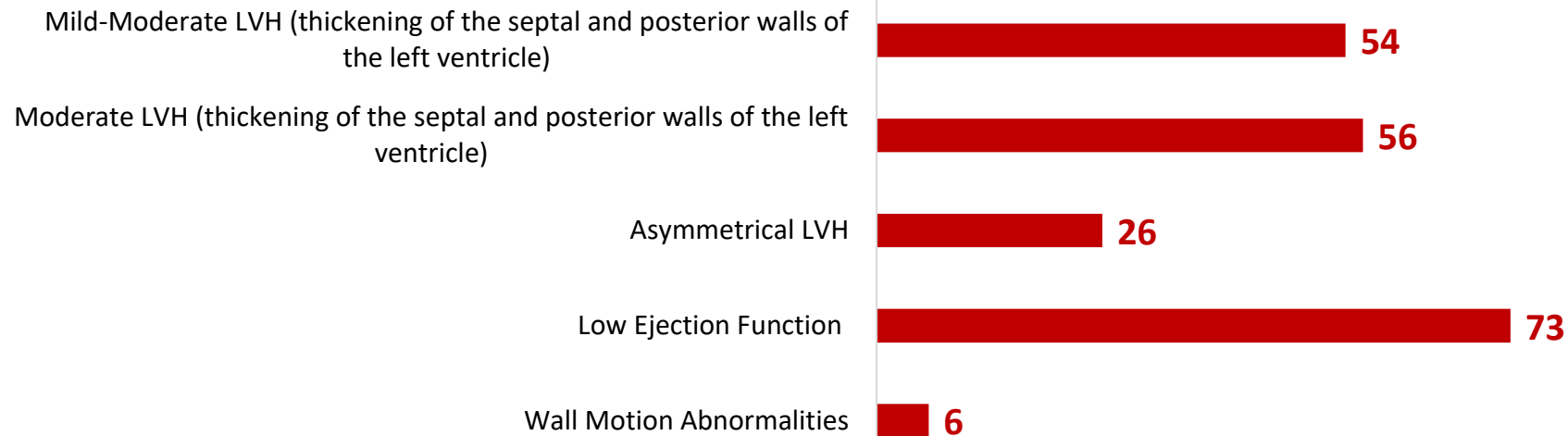


Cardiac | 686 Total Actionable Findings (cont.)

Dilation of Aortic Path (Heart) (106 Findings)

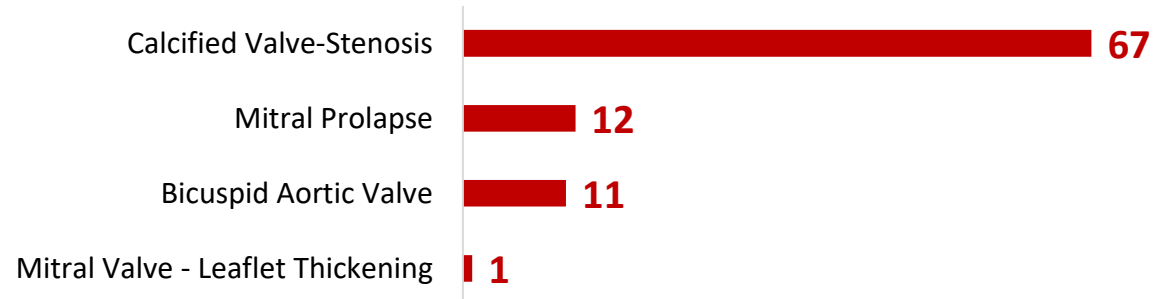


Left Ventricle Abnormalities (215 Findings)

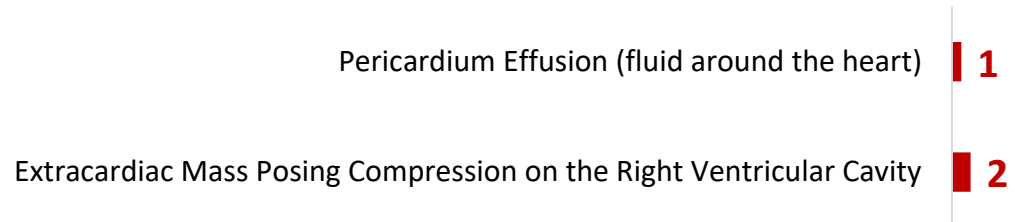


Cardiac | 686 Total Actionable Findings (cont.)

Valve Abnormalities (91 Findings)

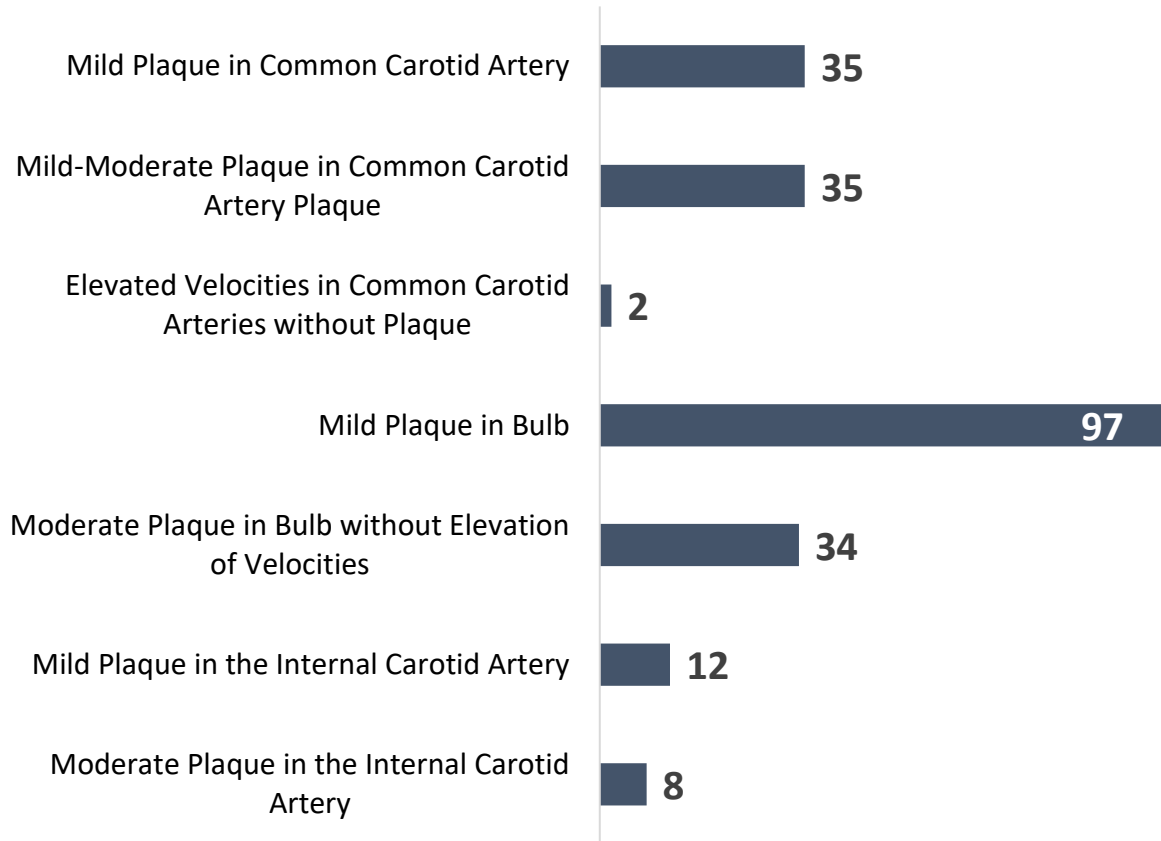


External Abnormalities (3 Findings)

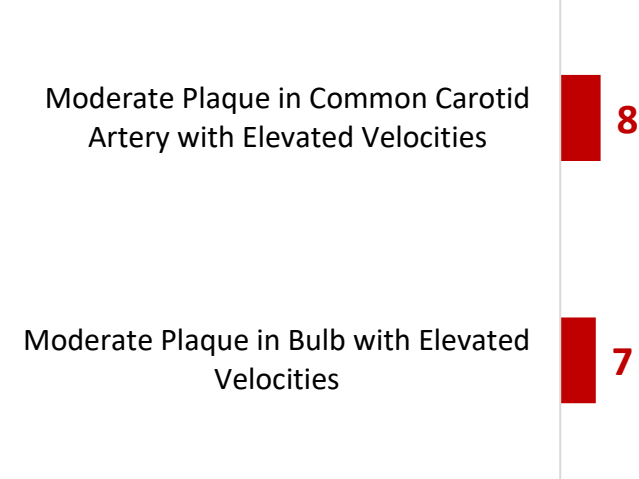


Carotid | 238 Total Actionable Findings

223 Actionable Findings



15 High-Risk Findings



Aorta | 4 Total Actionable Findings

4 High-Risk Findings

Dilated (Over 3 cm in size) **4**



Saving Lives Through *Prevention*

