



Michael G. Hamrock, M.D.

**Medical Director, First Responder Health and Wellness Program
St. Elizabeth's Medical Center
Brighton, Massachusetts**

Dr. Michael Hamrock practices internal medicine and addiction medicine and is the medical director of the first responder health and wellness program at St. Elizabeth's Medical Center and Carney Hospital. In his dedicated service to the Boston Fire Department, first as a firefighter and later as the department physician, he developed a unique perspective and understanding of the many immediate and long-term serious health risks associated with firefighting and first responder duties. Hamrock promotes the mindset that first responders are tactical athletes to help motivate and empower them to be optimally prepared for the tremendous physical and mental demands of their occupation. His screening guidelines and templates for comprehensive physical exams for firefighters and police officers for early detection, intervention and prevention of heart disease and cancer are utilized by many primary care providers locally and nationally. Hamrock is a contributing author to "Surviving the Fire Service" book and also enjoys participating in marathons with the Boston Fire running team.