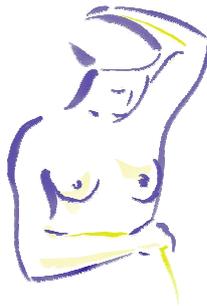




WHAT CAN YOU DO TO PREVENT BREAST CANCER?

In developed countries, one woman out of nine will be affected by cancer of the breast. Three quarters of new cases appear after the age of 50. The earlier the detection takes place, the better the chance of recovery.

Screening techniques:



- 1. Self-examination** of the breasts once a month, the 4th or 5th day after your periods. For women whose periods are not regular, or those who have stopped menstruating, you should choose a date that is easy to remember.
- 2. A consultation with your general practitioner or gynaecologist:** at least once a year; includes visual and manual examination. The doctor inspects the general shape of the breasts and examines them, looking for an abnormality.
- 3. The mammography** is able to show very small lesions which otherwise would not be detected through the manual examination of the breasts.
- 4. The scan** can, in certain cases give additional information to complement that shown in the mammography.

As part of your annual visit, preventive examinations for screening for breast cancer are reimbursed 100%. It is the Institution's doctor who will decide the allocation of the forms for full reimbursement by the Medical Service.

Please note that it is possible to contact the Medical Service at any time for a clinical examination of the breasts. To arrange an appointment, please call 52764.

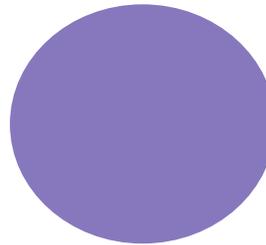
Stay in good health – ask us for advice

You can find all the information you need about
the **Medical Service and Psychosocial Interventions - Brussels** at
IntraComm>Pers_Admin>Well-being>Health

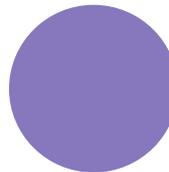


For your information:

Normal size of lump found by a non-experienced woman during self examination of breasts



Normal size of lump found by a woman on occasional self-examination of breasts



Normal size of lump found by a woman on regular self-examination of breasts



Normal size of lump found on the first mammography examination



Normal size of lump found when having an annual mammography examination



Three steps to better health:

The most important you can do to avoid getting ill is to maintain a healthy lifestyle.

1. **Stop smoking.** If you fail to stop, try to cut down.
2. **Do physical activity!** Remember running for the bus, taking the stairs, dancing in your living room, walking the dog, wrestling with the kids – all count as exercise!
3. Make sure you keep a healthy diet. Have a look at our website to see how.

The Medical Service in Brussels can assist you in staying in good health. Start by having your **yearly medical check-up**. The doctor will evaluate your health and give you advice.

Our service also offers a **stop-smoking program**: *contact by mail ADMIN TABACSTOP.*

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