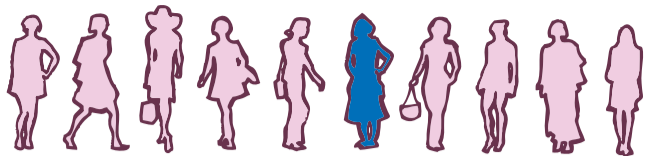


> What should I know about breast cancer!



1// In Luxembourg 1 breast cancer is detected every day.

Men might also be affected, but this is extremely rare (1 case per year).



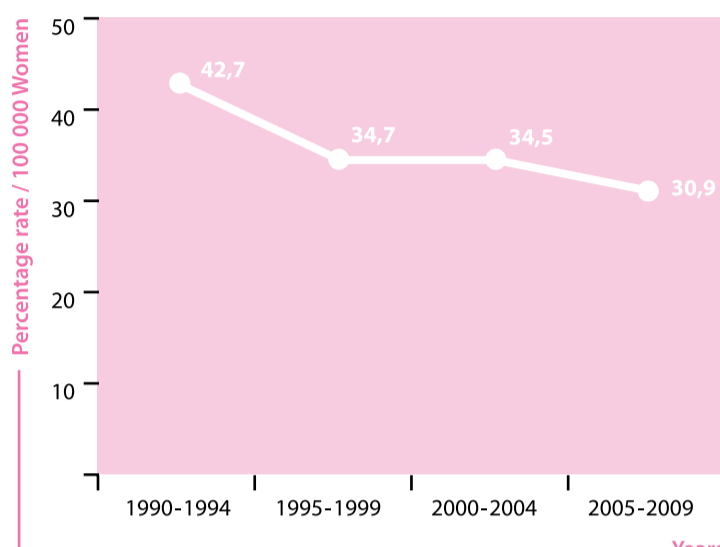
2// Early detection of breast cancer is important.

The chances of surviving breast cancer, due to optimal treatment are much better if a cancer is detected at an early stage. Screening can detect small tumours which are more than 90% curable.

3// The mortality rates of breast cancer are decreasing.

The risk of developing breast cancer increases with age and this mostly in woman aged 50 to 69 years and 70 to 79 years. However, today fewer women are dying at these ages.

mortality rate over the period of 5 years according to the age

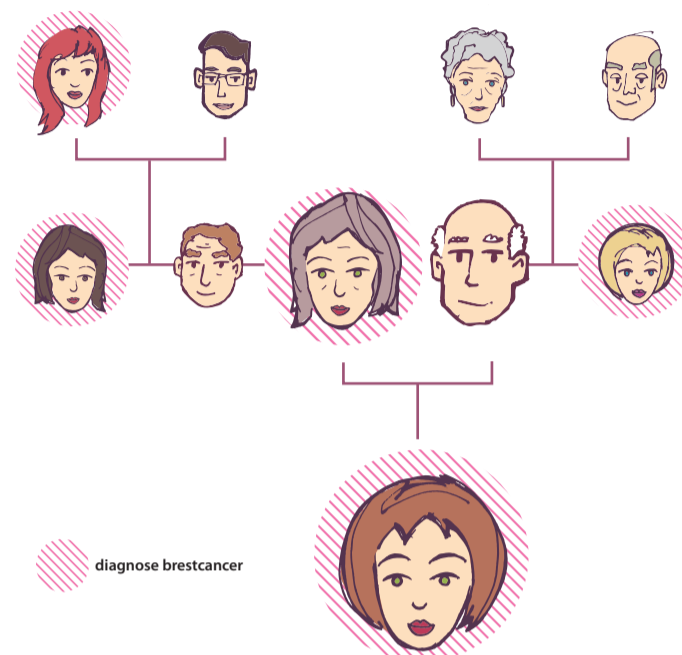


Source: Bulletin de liaison / Programme Mammographie 2006 à 2010
Ministère de la Santé // Direction de la Santé

The death rate is steadily going down and this for all age groups.

4// Hereditary breast cancer

In Luxembourg, hereditary breast and ovarian cancer is estimated to affect one in 200 women. This is mostly the case for young women. If several close members of your family are affected, you should talk to your physician. He might recommend consulting a genetic specialist.



> What I can do myself to take care of my breast health!

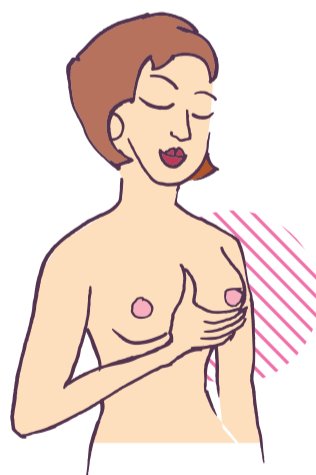
A// Healthy lifestyle

- Practice physical activity on a regular basis (several times a week)
- Eat a well-balanced diet (fruits and vegetables every day)
- Avoid obesity and/or excessive weight gain (Inactivity coupled with excess body weight account for nearly 33% of all breast cancer cases)
- Avoid consumption of alcohol on a regular basis



B// Breast self-examination

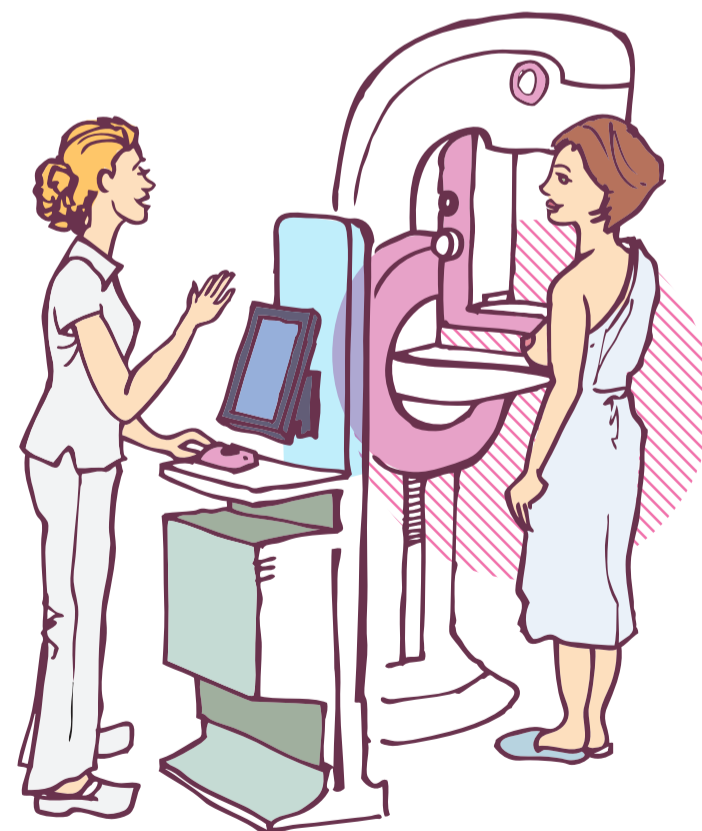
By breast self-examination, women learn more about their own breast tissue. If finding an abnormality, see your doctor.



C// Breast screening programs

- Women between 50–69 years are invited every two years by the «Programme Mammographie» to have a free mammogram.
- The mammograms are reviewed by two different radiologists.
- For women younger than 50 years and older than 69 years, a screening examination can be prescribed by their physician.

- In women younger than 40 years, mammography screening is not recommended. In case of hereditary family history you will be offered close surveillance.



> Stay positive! Since 2000, more than 3000 women living in Luxembourg have survived breast cancer.

EUROPA DONNA INTERNATIONAL:

EUROPA DONNA, The European Breast Cancer Coalition, is an organisation whose members are affiliated groups from all over Europe.

The Coalition works:

- to raise awareness of breast cancer at a public level
- to mobilize the support of European women in pressing for improved breast cancer education, appropriate screening, optimal treatment and increased funding for research.

Europa Donna represents the interests of European women regarding breast cancer to local and national authorities as well as to institutions of the European Union.



EUROPA DONNA LUXEMBOURG'S GOALS

Be the voice of women having experienced breast cancer

- To support the defence of the 10 objectives of Europa Donna International.
- To represent the women's voice in pressing political authorities and health-care professionals to set-up specialist breast units to take care of breast lesions in line with the European recommendations.
- To raise public awareness about breast cancer, to reduce anxiety, and promote in women a behavioural change to take care of their own health.
- To provide information material, in close contact with breast care nurses and health professionals, helping women to understand better diagnostics methods, treatment and supportive care.

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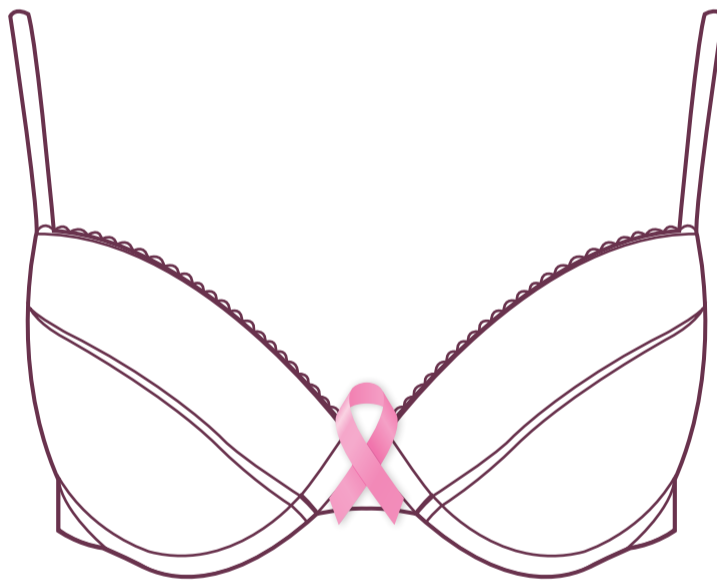
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EUROPA DONNA'S TEN GOALS

- 01// To promote the dissemination and exchange of factual, up-to-date information on breast cancer throughout Europe..
- 02// To promote breast awareness.
- 03// To emphasize the need for appropriate screening and early detection.
- 04// To campaign for the provision of optimum treatment.
- 05// To ensure provision of quality supportive care throughout and after treatment.
- 06// To advocate appropriate training for health professionals.
- 07// To acknowledge good practice and promote its development.
- 08// To demand regular quality assessment of medical equipment.
- 09// To ensure that all women understand fully any proposed treatment options, including entry into clinical trials and their right to a second opinion.
- 10// To promote the advancement of breast cancer research.



DO YOU NEED SUPPORT?

Contact us!

Do you wish to become an active member?

Transfer 25€ mentioning « actif member ».

To support our projects donations are welcome.

Our organization is recognized to be an association of public utility through « arrêté grand-ducal », January 26, 2010. Donations can be deducted from your income tax.

CCPL LULL: LU09 1111 2127 0581 0000

CCRA LULL: LU92 0090 0000 4628 8007



You are not alone!
> BREAST CANCER
European Breast Cancer Coalition
EUROPA DONNA LUXEMBOURG asbl

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