

## IN PRACTICE

### Request information and make an appointment

☎ 02 434 81 15

depistage.cancer@chirec.be

### Prevention and screening consultations

Delta Site : Floor +1  
*Registration desk 6*

Braine-l'Alleud Site : Building D  
*Registration floor -2*

### Secretariat

Mrs Valérie Bourguet

☎ 02 434 81 15

### Nurse coordinator

Mrs Audrey Gillis

☎ 02 434 17 45

### Coordinating physician

Dr Laurence Gordower

laurence.gordower@chirec.be



<https://chirec.be/en/centres/119000-clinique-prevention-et-depistage-des-cancers/>

## OUR HOSPITAL SITES AND MEDICAL CENTRES

### OUR HOSPITAL SITES



#### DELTA

Boulevard du Triomphe, 201  
1160 Bruxelles



#### STE-ANNE-ST-REMI

Boulevard Jules Graindor, 66  
1070 Bruxelles



#### BRAINE-L'ALLEUD - WATERLOO

Rue Wayez, 35  
1420 Braine-l'Alleud

### OUR ONE-DAY HOSPITAL SITES



#### BASILIQUE

Rue Pangaert, 37-47  
1083 Bruxelles



#### EDITH CAVELL

Rue Général Lotz, 37  
1180 Bruxelles

### OUR MEDICAL CENTRES



#### PARC LÉOPOLD

Rue du Trône, 100  
1050 Bruxelles



#### CITYCLINIC CHIREC LOUISE

Avenue Louise, 235B  
1050 Bruxelles



#### EUROPE - LAMBERTMONT

Rue des Pensées, 1 - 5  
1030 Bruxelles



#### JEAN MONNET

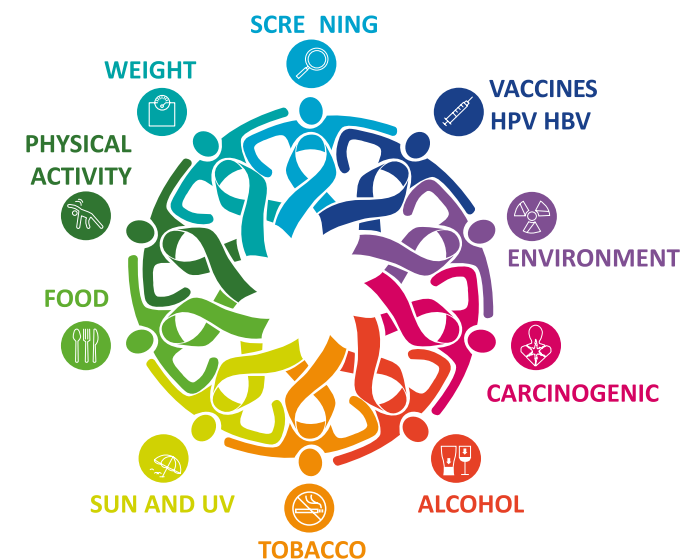
Avenue Jean Monnet, 12  
1400 Nivelles

### DELTA HOSPITAL

Boulevard du Triomphe - 1160 Auderghem

### BRAINE-L'ALLEUD - WATERLOO HOSPITAL

Rue Wayez, 35 - 1420 Braine-l'Alleud



### Take care of yourself !

#### CANCER PREVENTION & SCREENING

Give yourself the best chance  
of remaining in good health.

## SOME PREVENTION RECOMMENDATIONS



### TABACCO

No smoking. Do not consume any form of tobacco and avoid passive exposure to tobacco.



### WEIGHT

Maintain a healthy weight.



### PHYSICAL ACTIVITY

Do enough physical activity.



### FOOD

Eat a healthy diet.



### ALCOHOL

Limit your consumption of alcohol.



### SUN AND UV

Avoid excessive sun exposure, use sunscreen and do not use tanning equipment.



### CARCINOGENIC

Protect yourself from carcinogens by following health and safety instructions.



### ENVIRONMENT

Check your exposure to radon gas emissions in the home, and take action if necessary.



### HPV AND HBV VACCINES

Vaccinate your children against hepatitis B (newborns) and against the Human Papilloma Virus (HPV) (young girls and young boys).



### SCREENING

Take part in organised screening programmes for the following three conditions (as a minimum): colorectal cancer, breast cancer, cervical cancer.

## REASONS FOR PREVENTION & SCREENING

At present, not all cancers can be avoided. Nevertheless, you can take action against cancer. Prevention enables the risk of cancer to be reduced by about 40%.

Screening allows the detection of a series of cancers, often at an early stage, and often even before any symptoms are apparent. Treatments are more effective then, and the chances of a cure are greater.

For certain cancers, screening also makes it possible to identify pre-cancerous cells, which can be treated in order to stop the development of cancer.

## CANCER PREVENTION & SCREENING CLINIC

A consultation at the Cancer Prevention & Screening Clinic enables a risk profile to be established and a series of examinations and specialist consultations to be recommended.

### Our specific characteristics :

- Consultation open to anyone, with or without a specific cancer risk factor.
- High-quality, multi-disciplinary personalised prevention and screening plan based on your risk profile.
- Organisation of a 'screening circuit' consisting of a series of examinations and specialist consultations.
- The results are centralised and forwarded to your attending physician(s).
- Affordability and cost transparency objectives.

## CARE & SUPPORT

General practitioners, Specialiste physicians  
Spontaneous request, Companies,  
Institutions, ...



1

### Consultation - Risk profile

(medical questionnaire, medical history,  
clinical assessment)



Personalized cancer prevention & screening plan



2

### Screening circuit\*

Specialized tests and consultations

\*organized as best as possible according  
to the patient's availability.



3

### Consultation - Results

Prevention advice  
Recommendations for follow-up or treatment



The results are forwarded to the  
doctor(s) of your choice