

**Take care of yourself!**  
**CANCER PREVENTION & SCREENING**  
Give yourself the best chance  
of remaining in good health.

## SOME PREVENTION RECOMMENDATIONS



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



Maintain a healthy weight.



Do enough physical activity.



Eat a healthy diet.



Limit your consumption of alcohol.



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



Protect yourself from carcinogens by following health and safety instructions.



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



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



Take part in organised screening programmes for the following three conditions (as a minimum):

- colorectal cancer,
- breast cancer,
- cervical cancer.

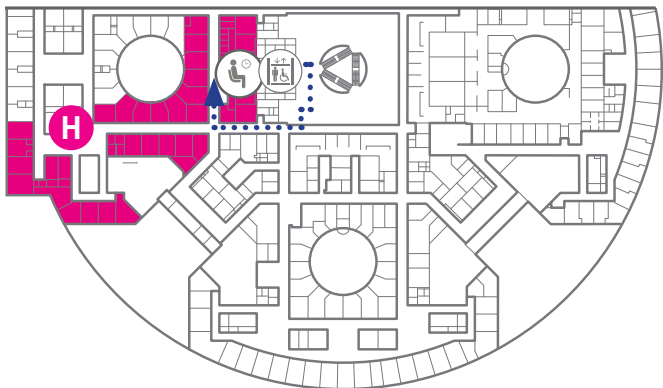
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### More information:

<http://www.who.int/cancer/prevention/en/>

## CANCER PREVENTION & SCREENING CLINIC

Floor + 1, wing **H** waiting room **H1**



Lift



Atrium



waiting room **H1**

## MAKE AN APPOINTMENT REQUEST INFORMATION

☎ 02 434 81 15

✉ [depistage.cancer@chirec.be](mailto:depistage.cancer@chirec.be)

**Dr Laurence GORDOWER**

*Coordinating Physician for the Cancer  
Prevention & Screening Clinic*

## COORDINATING NURSE

☎ 02 434 17 45

## 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 30%.

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.


# IN PRACTICE

GENERAL PRACTITIONERS  
SPECIALIST PHYSICIANS  
SPONTANEOUS REQUEST  
COMPANIES, INSTITUTIONS,...



1 **1<sup>st</sup> 'cancer screening' consultation**

- Standardised medical questionnaire
- Personal and family medical history
- Clinical assessment
- **Recommendations according to risk profile**

 1h

2 **Screening circuit\***

- Specialist consultations
- Complementary assessments


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

3 **2<sup>nd</sup> 'cancer screening' consultation**

- Announcement of the results

**Depending on the results:**

- Prevention advice
- Recommendations for follow-up or treatment

 45' - 1h



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

## ACCESS DELTA SITE

Boulevard du Triomphe, 201 - 1160 Auderghem



### CAR

The hospital car park can be accessed via Boulevard du Triomphe, regardless of the direction of traffic.

### BICYCLE

The bike parking area can be accessed via the esplanade located at 201 Boulevard du Triomphe.

### TRAIN

DELTA and ETTERBEEK stations.

### METRO

Line 5 (Erasmus - Herrmann Debroix), DELTA stop.

### BUS

Bus 71 and 72, TRIOMPHE stop.

### TRAM

Lines 7 and 25, ETTERBEEK station stop.