

Learn to defend yourself

1 | Watch your weight!



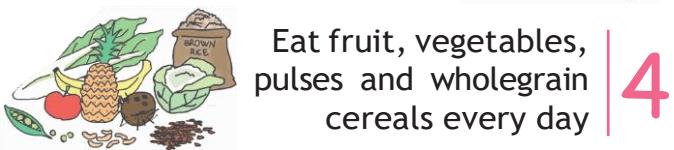
2 | Physical exercise: regular physical exercise is important



3 | Watch your calorie intake

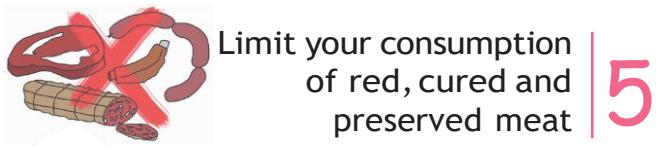


Eat fruit, vegetables, pulses and wholegrain cereals every day



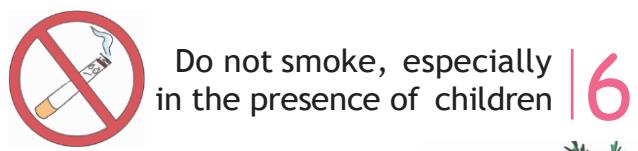
4

Limit your consumption of red, cured and preserved meat



5

Do not smoke, especially in the presence of children



6

Say 'NO' to too much salt
Say 'YES' to herbs and spices



8 | Beer and wine: a maximum of one glass per day



9 | Breastfeed your child



Source: World Cancer Research Fund

Call us straight away and make an appointment for a check-up

Viale Caterina da Forlì 61, Milan

Call 02 417744 for an appointment.

How to get there:

- By underground: Line 1, Bande Nere stop
- By bus: routes 67 and 95, Bande Nere stop

Via Fratelli Cairoli 76, Sesto San Giovanni

Call 02 97389893 for an appointment

How to get there:

- By underground: Line 1
Sesto Rondò/Sesto FS stop
- By bus: route 701, Viale Italia stop
- By bus: route 702, Via Mazzini/Via Cairoli stop

Via San Gottardo, 36 Monza

Call 039 3902503 for an appointment

How to get there:

- By bus: route Z202, Via Cavallotti stop corner of Via Pavoni or Via Gramsci
- By bus: route Z208, Via Manzoni stop on corner with Via Osio
- By train: Trenord lines S8, S9, S11, station in Via Arioso

When you call, don't forget to mention
"Progetto Donna Dovunque"

Con il patrocinio di



CITTÀ DI SESTO SAN GIOVANNI
MEDAGLIA D'ORO AL VALOR MILITARE

In collaborazione con



4 ristampa 2019
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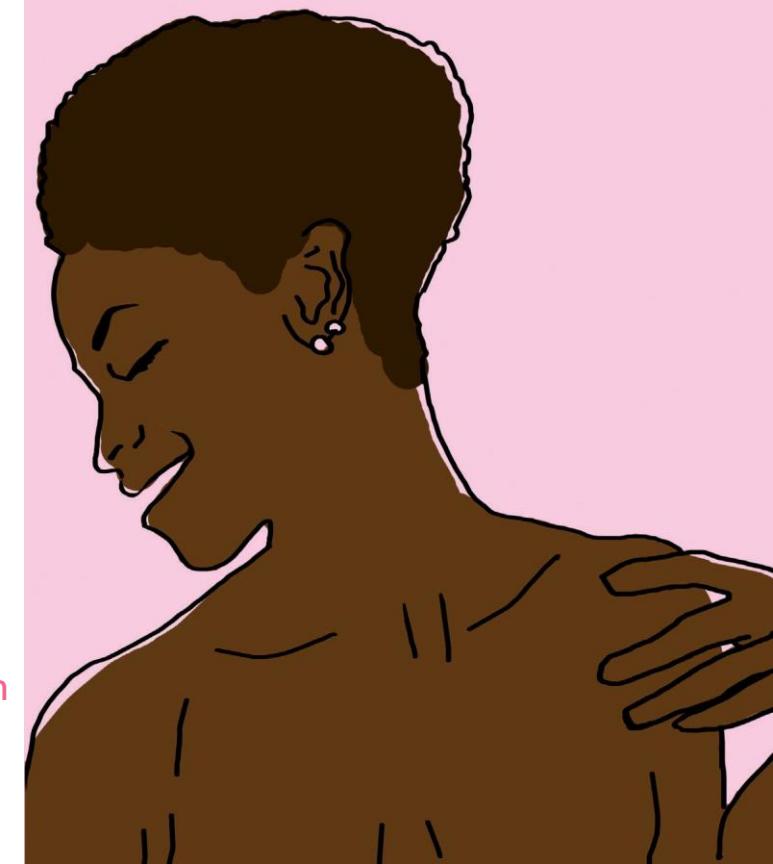
LILT - Lega Italiana per la Lotta contro i Tumori
Sezione Provinciale di Milano

Via Venezian, 1 - 20133 Milano - Tel. 02 49521

www.legatumori.mi.it - info@legatumori.mi.it

Lega Tumori Lilt Milano @lilmilano

DONNA DUVUNQUE™



Cancer prevention

Get a free check-up at the LILT

Call us straight away and make an appointment for a check-up



DONNA DUVUNQUE™

Cancer: there's no time like the present

If found early, some **cancers** are more easily **cured** than others. Breast cancer and cervical cancer are the most common cancers in women. A visit to the doctor can **identify** these cancers **early** and **increase your chances of recovery**.

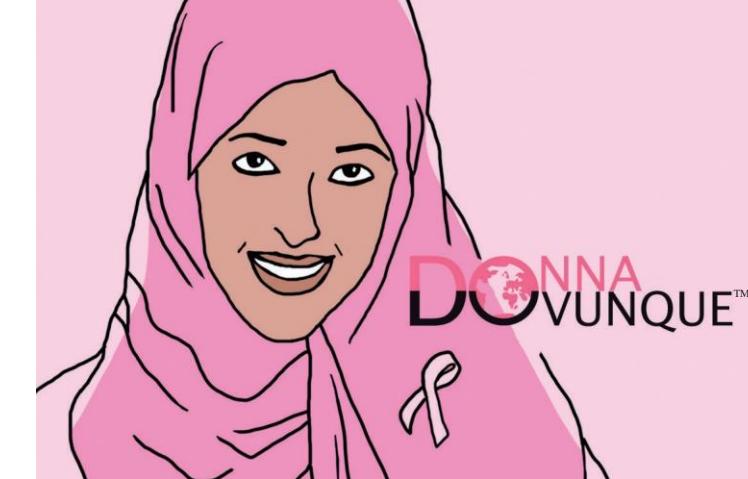


Get a free check-up at the LILT

Come and talk to us at our **Spazi Prevenzione LILT®** located in Milan, Monza and the provinces.

Your first breast examination and your **first gynaecological examination** with cervical screening test are **free of charge**.

This service is also available to female immigrants who are not covered by the Italian National Health Service.



What the doctor recommends

Breast examination

To be performed once a year, after age 25. Please note: contact your doctor immediately if you notice any change in your breasts, such as small areas of hardened tissue, a small lump, or secretions.

Gynaecological examination

To be carried out on a regular basis once sexually active and, in any event, after age 25.

Cervical screening test

A straightforward examination for sexually active women, to be carried out on a regular basis. Cervical screening detects the HPV virus, which can cause cervical cancer.

Mammography

Breast examination (x-ray) to be carried out for the first time at age 40, and then on a regular basis, along with ultrasound, at the doctor's discretion.

Breast ultrasound

Ultrasound examination of the breast, carried out at the doctor's discretion before age 40. After age 40, ultrasound is carried out along with a mammography, at the doctor's discretion.