

# Who is LILT?

We at LILT have been tackling the problem on cancer for more than 70 years.

We also work together with foreign communities in order to promote the value of cancer prevention and engage all migrant communities within the territory.

**Prevention is a everyone's right.**

## These are some of our Prevention Locations where you can book visits:

- **Via Francesco Viganò, 4 Milano** - 02 6571233
- **Via Neera, 48 Milano** - 02 8461227
- **Viale Caterina da Forlì, 61 Milano** - 02 417744
- **Via Fatebenefratelli, 7 Cernusco sul Naviglio** - 02 9244577
- **Via Alessandro Manzoni, 8 Novate Milanese** - 02 87244082
- **Via Fratelli Cairoli, 76 Sesto San Giovanni** - 02 9738 9893
- **Via San Gottardo, 36 Monza** - 03 93902503

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*Il progetto Salute Senza Frontiere II è stato parzialmente finanziato dal Community Award Program 2019 di Gilead.*

**Community Award**  
PROGRAM  
UN'INIZIATIVA GILEAD



Con il patrocinio di:



PATROCINIO  
Comune di  
Milano

Prima stampa 2022

*I do prevention  
too*





## Roger's story

*"My name is Roger and I arrived in Italy in 1995 thanks to the support of my cousin Japeth who hosted me and helped me finding a job.*

*Two years ago Japeth got sick. We found out it was cancer. During his illness I was close to him, I helped the children with school and his wife with household expenses. It was difficult for the whole family but today my cousin is doing well again.*

*His illness taught me how important it is to beat cancer by doing prevention.  
One visit can save a life."*

## Do prevention

*If you eat properly, don't smoke and get exercise, you will keep the possibility of developing cancer as far away as possible.*

*If you go to the doctor and have early diagnostic screenings, you can diagnose the disease soon enough.*

*The earlier you discover cancer, the better your chances of recovery.*

### Lead a healthy lifestyle.

Reduce your risk of developing cancer.



It is important to do physical activity every day for at least **30 minutes**.  
Do not sit for too long.



Eat **fruits, vegetables, legumes and whole grains** every day.  
Limit your consumption of **red meat, charcuterie and preserved meats**.



To prevent cancer, it is best to **give up cigarettes and avoid drinking alcohol**.



Keep yourself slim **for a lifetime**.

## Which visits should be made?

### Some recommended visits at LILT medical centers

#### Urological visit

*A short and painless examination that investigates the volume and characteristics of the prostate.*

##### When?

*From the age of 50 or 40 if there is a previous family history.*



#### Visit for skin cancer prevention

*Visit that aims to explore the skin and moles.*

##### When?

*Once a year starting at age 20.*

#### ENT Examination

*Visit that examines both nose and throat.*

##### When?

*Starting at age 40, earlier in case you are a drinker and/or a smoker.*



**Book your visit**  
in our Prevention Centers  
[www.legatumori.mi.it](http://www.legatumori.mi.it)