

Let's learn how to defend our health

- 1** Watch your weight!
Maintain your ideal body weight
- 2** It is important to be physically active every day
- 3** NO to too much salt, YES to spices and herbs
- 4** Eat fruit, vegetables, legumes and wholegrains every day
- 5** Eat less red meat, cold cuts and processed meats
- 6** Do not smoke, especially in the presence of children
- 7** If you can, breastfeed your child
- 8** Beer and wine: it's best not to drink alcohol

Come to our medical centers

We are there, and on the phone you have to say, "progetto Donna Dovunque"

- **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**

Or email prenotazionepazililt@legatumori.mi.it

Con il patrocinio di:



COMUNE DI
MONZA

Prima stampa 2022



Against cancers get a free check-up with LILT

Call us now and schedule a check-up appointment.



Jocelyn's story

"Hello! My name is Jocelyn and I have lived in Italy for 10 years. In my country we only go to the doctor when we are sick. Thanks to LILT I realised that it is important to go to the doctor when I feel well. With the Donna Dovunque project I was able to have my first breast examination. And since that day I always do check-ups. Because the earlier a cancer is detected, the greater the chances of being cured."



LILT guarantees you a free check-up

Visit us in our Spazi Prevenzione LILT in Milano, Monza and provinces.

If detected early, some cancers are more easily cured than others.

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

Don't have healthcare in Italy?

No problem. LILT guarantees you one free check-up.

What the doctor recommends



Breast examination

Examination to detect possible breast lumps. Go to the doctor immediately if you notice any change in your breasts: such as a swelling of all or part of a breast, a small lump, a discharge.

When?

Once a year starting at age 25.



Gynaecological examination

Examination to be carried out even in the absence of symptoms.

When?

Once a year from the start of sexual activity and in any case starting at age 25.



Cervical screening test

Examination that detects changes in cervical cells, such as the HPV virus, which can cause cancer.

When?

From the beginning of sexual activity.



Mammography

X-ray examination of the breast.

When?

Starting at age 40. If necessary, the doctor prescribes breast ultrasound together with mammography.



Breast ultrasound

Ultrasound examination of the breast.

When?

Before the age of 40, the doctor decides if ultrasound is to be prescribed. After the age of 40, the doctor decides if ultrasound and mammography should be prescribed together.