

## The Jules Bordet Institute supports the Movember initiative and stresses the importance of screening for male cancers



12/11/2018 – In Belgium, as everywhere else, the frequency of cancers is increasing slightly every year (0.8% a year on average). This is the result of the ageing population. At the same time, cancer mortality rates are falling dramatically: by 1.6% a year among men, the result of progress in treatment and screening. The month of November, through the Movember movement, is a good

opportunity to remind men of the importance of screening for the cancers that affect them.

### What is the "Movember" movement?

Movember is an annual event organised by the Movember Foundation Charity. Every November, men from all over the world are invited to grow a moustache to increase public awareness and thereby help raise funds for research into male diseases. The name results from the contraction of "mo", an abbreviation of moustache, and "November". Since 2003 this Australian Foundation has taken up the challenge of "changing the face of male health". Men who wish to participate in Movember and show their support for the cause can register on the foundation's official site at [www.movember.com](http://www.movember.com) and begin the month with a clean shave. Having officially become "Mo Bros" they must then leave their moustache to grow and maintain it throughout the month of November

### The prevention of male cancers

We are not all equal in the face of cancer. Independently of lifestyle, the risk varies depending on our genetic makeup. Some genetic mutations bring an increased risk. Similarly, the existence of cancers in the family or personal cancer antecedents increase

the individual risk. But for the vast majority of people with an average risk, the share of the avoidable risk is 30-40%. There are two main components of prevention: lifestyle and screening.

The recommended lifestyle measures are summed up in the European Code Against Cancer: don't smoke, drink less, eat better, move and watch your weight.

Screening concerns the most common cancers. For men these are intestinal, prostate, skin and lung cancer. Screening is becoming increasingly personalised: before proposing screening procedures, the individual risk is assessed.

## Screening for male cancers

Prostate cancer. The most common cancer among men. It affects one in 10 men.

There are pros and cons to prostate cancer screening. It permits detection of cancers at an early stage, which is the only stage when it is curable. But there is the risk of overtreatment (detection of cancers that would not have posed a problem if they had not been detected and are therefore treated unnecessarily). In men with no particular risk the screening can be proposed from the age of 50 and consists of measuring every two years the "PSA" (Prostate-Specific Antigen) level in the blood by means of a digital rectal examination. It is the speed at which the PSA level changes that is important rather than its actual level. In the event of an anomaly, magnetic resonance imaging enables a urologist to recommend a biopsy. The risk increases in cases of genetic mutation, a family history or among men of African origin.

Testicular cancer. Rarer, this often affects young men. A family history, cryptorchidism (undescended testicle), infertility or the consumption of cannabis are risk factors. Progress resulting from a multidisciplinary approach at a reference centre now makes it possible to beat this cancer in most cases and even at an advanced stage

Intestinal cancer (colorectal cancer). For the vast majority of men (average risk) it is recommended to undergo a test for the presence of blood in the faeces ("Colotest") every two years from the age of 50, or a colonoscopy every 10 years. In rare cases there can be a genetic risk (certain intestinal diseases are hereditary). The risk is also higher when there is a history of intestinal cancer among close family members or among persons suffering from an inflammatory disease of the colon. In these cases screening by colonoscopy every two to five years is recommended, sometimes from the age of 40. A diet rich in fibre, fruit and vegetables, a limited consumption of meat and alcohol, regular physical activity and a correct weight all reduce the risk of intestinal cancer.

Lung cancer. Screening for lung cancer is reserved for persons aged over 55 who have smoked a pack a day for 30 years and who stopped smoking less than 15 years ago (or who still smoke). For these risk persons it is also recommended to undergo a low dose thoracic scan every year. In this way it is possible to reduce by a quarter deaths from lung cancer among this risk group.

Skin cancer. Screening for this cancer is not recommended systematically for everyone. It is useful for people with a white skin and a high risk: cases of skin cancer among close family members, pale skin that is sensitive to the sun, high exposure to the sun (outdoor occupations, living in very sunny climates). Some genetic mutations ((BRCA 2, etc.)

increase the risk significantly. Screening consists of a visual examination once a year, possibly coupled with a cartography and dermatoscopy if a suspect lesion is detected, with self-monitoring based on ABCDE criteria (Asymmetry, irregular Borders, uneven distribution of Colour, a Diameter that is greater than 6 mm or Different (another aspect than the other naevi), Evolution or Elevation (thickness)).

## **Press Contacts**

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### **Institut Jules Bordet**

Ariane van de Werve

**GSM** : +32.48617 33 26

**E-mail** : [ariane.vandewerve@bordet.be](mailto:ariane.vandewerve@bordet.be)

[www.bordet.be](http://www.bordet.be)

### **About the Jules Bordet Institute**

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An integrated multidisciplinary centre, unique in Belgium, the Jules Bordet Institute is an autonomous hospital devoted exclusively to cancer.

For more than 75 years, the Jules Bordet Institute has been providing its patients with diagnostic and therapeutic strategies at the forefront of progress to prevent, detect and actively combat cancer. The Institute pursues three missions: care, research and teaching. Its international reputation attracts the world's leading cancer experts. Its spirit of innovation has enabled it to participate in the development and discovery of major new methods of diagnosis and treatment with the aim of bringing the findings to the patient as rapidly as possible.

In May 2018, the Jules Bordet Institute received official accreditation and designation from the OECI (Organisation of European Cancer Institutes) as a "Comprehensive Cancer Centre", a quality label reserved for multidisciplinary cancer care institutions whose activities include research and teaching. This is a first for Belgium.

The Jules Bordet Institute is a member of the Iris and Université Libre de Bruxelles hospital networks. With its 160 beds dedicated exclusively to cancer patients, every year the Institute treats more than 6,000 in-patients, 12,000 out-patients and provides 75,000 consultations. To effectively meet future demographic and scientific developments, the Institute is planning to build a new Institut Bordet on the ULB university campus in Anderlecht, next to the Erasmus Hospital. Inauguration is planned for 2018.

- Jules Bordet Institute website: [www.bordet.be](http://www.bordet.be)

### **About the Friends of the Bordet Institute**

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The Friends of the Jules Bordet Institute is a non-profit-making organisation with the sole aim of supporting and financing research at the Jules Bordet Institute, a cancer centre that is a reference in Belgium and abroad. As the largest private donor to the Bordet Institute, "The Friends" have donated almost 12 million euros in the past five years.

Considerable progress has been made in the field of oncology in recent years. Our understanding of the biological origin of cancer is growing all the time. Whereas 10 years ago we spoke of the microscopic analysis of tumours, today we speak of genetic profile, of sequencing, etc. Dozens of new molecules and markers have been developed, permitting the advent of personalised treatment. This progress has to a large extent been made possible through the extraordinary technological progress of recent years. But these new techniques that now enable us to probe the infinitesimally small are increasingly expensive.

For more than 40 years, the help of the "Friends" has enabled the Jules Bordet Institute to pursue its research using the most advanced technologies, thereby providing patients with the most innovative screening and treatment techniques. Techniques that generate life and hope.

By helping and supporting "The Friends of the Bordet Institute" you are participating in the many research programmes that they support and that all pursue a single aim: victory for life.

Rue Héger-Bordetstraat 1, B-1000 Bruxelles/Brussel

T + 32 (0)2 541 31 11, F + 32 (0)2 541 35 06, BELFIUS: BE72 0910 0972 7816, [www.bordet.be](http://www.bordet.be)

To find out more about the association The Friends of the Jules Bordet Institute, go to the website [www.amis-bordet.be](http://www.amis-bordet.be)  
To find out more about the "101 tables pour la vie", go to the website [www.101tables.com](http://www.101tables.com)

Rue Héger-Bordetstraat 1, B-1000 Bruxelles/Brussel  
T + 32 (0)2 541 31 11, F + 32 (0)2 541 35 06, BELFIUS: BE72 0910 0972 7816, [www.bordet.be](http://www.bordet.be)

Institut Jules Bordet, Association Hospitalière de Bruxelles régie par la loi du 8 juillet 1976  
Jules Bordet Instituut, Ziekenhuisvereniging van Brussel onderworpen aan de wet van 8 juli 1976

