

Press release for immediate release

Peak of heat! Remember to protect yourself!

Here are a few tips to avoid melanoma now that spring has sprung.



Brussels, 20th June 2019 – **The first rays of sunshine have already made their appearance in Belgium these past weeks. It's perfect weather for showing off one's legs and shoulders, but in moderation, and above all with protection! It's also the opportunity for Institut Jules Bordet, a centre specialised in the fight against cancer, to go over the basics of sun protection. While we all know we should stay in the shade, cover up and use sun cream, it's also important to do it correctly.**

The majority of melanomas are due to the sun.

TRUE! 90% of cases of melanoma are due to the sun. Light-coloured skin and skin with a lot of moles have an increased risk. So, remember to protect yourself with sun cream and to head to the shade now and then. The type of exposure also plays an important role in these figures. In fact, intermittent acute exposure, in other words recreational and high exposure of skin which is not used to the sun the rest of the year, causes an increased risk of melanoma. Without hiding from the sun, which is also a source of vitamin D, remember that too much is harmful!

"When I go swimming, waterproof sun cream and a T-shirt are my allies."

TRUE & FALSE! A T-shirt is a good idea, especially for children, but it must be suitable for swimming. In fact, when cotton T-shirts are wet, they let UV rays through, which are responsible for melanoma. As for waterproof sun cream, remember to apply it again after swimming, because sea water and the act of drying remove the cream. Also remember to inform your children about sun protection. Studies show that excessive exposure of immature skin to the sun's rays, in other words before the age of 12, increases the risks of melanoma in adults. Teaching young children the right reflexes in the sun is a good way of protecting them for the future.

"If I tan without burning, there is no risk of melanoma."

FALSE! Sunburn clearly indicates a risk to the skin. But tanning in itself is already the sign that the cells have been damaged. If we tan, it means that the protection was insufficient. And if you have had

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Jules Bordet Instituut, Ziekenhuisvereniging van Brussel onderworpen aan de wet van 8 juli 1976

severe sunburn that you can still remember, it's a sign that your protection habits were not sufficient to provide effective protection. Use a minimum factor 30 sun cream, depending on your skin type.

The ABCDE method

This individual method to test a suspicious blemish on your skin can detect early melanoma. If a blemish is Asymmetric (A), with irregular Borders (B), uneven Colour (C), a large Diameter (D) and it Evolves (E), then consult your GP or dermatologist. If a melanoma is detected early on, it can be cured in nearly 100% of cases with simple surgery. But to avoid that, protecting yourself from the sun is the best form of prevention.

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About the Jules Bordet Institute

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 Institute Bordet on the ULB university campus in Anderlecht, next to the Erasmus Hospital. Inauguration is planned for 2020.

www.bordet.be

About the Friends of the Bordet Institute

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

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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.

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