

Press release for immediate release

Impulsion by Bordet: the team of athlete patients



30 May 2022 – This 29 May, at the starting line for the Brussels 20km, among the crowd of runners, there was a very special team: *Impulsion by Bordet*. All members of this team are or were patients at the Jules Bordet Institute, the reference centre for integrated cancer care in Belgium. At the *impulsion* of oncologists and physiotherapists, they have been training for months to rise to this sporting challenge and show that, despite illness, practicing a physical activity is possible or even essential.

Sport as a weapon in overcoming illness

The support team consists of physiotherapists S. Darc, F. Mulkens and S. Urlacher plus the two oncologists L. Polastro and L. Buisseret. The project's success is a way for the support team and patients to dispel the prejudices surrounding cancer by showing that practising a physical activity is possible or even essential. The benefits of sport for patients undergoing treatment are many as it reduces certain side effects of chemotherapy and hormonotherapy such as tiredness, anxiety, cognitive problems and arthralgia (joint pain, etc.). Practicing a sport after treatment also has a positive effect on survival and quality of life and reduces the risk of relapse. In addition to these direct effects on patient well-being, this challenge also helps patients discover or rediscover the pleasures of sport. An activity they will want to continue beyond the Brussels 20 km.

Personalised group training

The physiotherapists play a very important role in this project. They provide personalised support for the team members adapted to allow for very varied profiles in terms of age, type of cancer and whether they are new to running or seasoned runners. To begin training in total safety each patient first underwent an ergospirometry test. This stress test evaluates physical capacities and checks that there are no anomalies. Once given the go ahead, training then began. Sandrine Darc, physiotherapist at the Institute, proposed group training sessions two or three times a week. The team members met either at the Bois de la Cambre or the Hippodrome in Boitsfort where they ran together. The sense of being part of a group was a major motivator for progress. As most of the patients had never run before, their development has been impressive. To prepare for the running conditions they will face on the big day, they first ran a number of other races, including the ULB 10 km, the Woluwe 15km and the Uccle 10 km. To measure the improvement in the runners' physical condition, an ergospirometry test will also be carried out at the end of the process.

Running to boost the Institute's projects

Thanks to the *Impulsion by Bordet* runners and their supporters, funds have been raised for the RESTART programme, the Institute's post-breast cancer support project. Thanks to these donations, oncologists and physiotherapists will also be able to make physical activities available at the Day Clinic.

The *Impulsion by Bordet* team and their supporters look forward to seeing you on 29 May at the Brussels 20 km.

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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

To find out more about the project: <https://www.bordet.be/en/objective-20-km>

Press Contacts

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About the Jules Bordet Institute

An integrated multidisciplinary centre, the only one of its kind in Belgium, the Jules Bordet Institute is an autonomous hospital dedicated exclusively to cancerous diseases.

During the past 80 years the Jules Bordet Institute has been offering its patients diagnostic and treatment strategies at the leading edge of progress to prevent, detect and actively fight cancer. The Institute pursues three missions: care, research and teaching. The Institute's international reputation attracts leading experts in the field of cancer. Its spirit of innovation has enabled it to participate in the development and discovery of new methods of diagnosis and major treatment innovations, with the aim of translating the results into improved patient care as rapidly as possible.

In May 2028, the Jules Bordet Institute was officially awarded, for the second time, OECI (Organisation of European Cancer Institutes) accreditation as a "Comprehensive Cancer Center", a quality label reserved for multidisciplinary cancer care institutions that combine research and training. The Jules Bordet Institute is the only Comprehensive Cancer Centre with OECI accreditation in Belgium.

On 28 November 2021, the Jules Bordet Institute opened its new building on the ULB university campus in Anderlecht with 80,000 m² fully dedicated to leading edge cancer care, research and training, as well as a patient well-being centre. It offers 250 hospitalisation beds and 43 day hospitalisation beds.

The Jules Bordet Institute is also part of the H.U.B., the University Hospital of Brussels, which includes the Erasmus Hospital, the Jules Bordet Institute and the Queen Fabiola Children's Hospital. Thanks to new investments, this internationally renowned university hospital group is able to guarantee high quality care accessible to all combined with excellence in research and training.

www.bordet.be

About the Jules Bordet Association

For more than 50 years, "The Friends of the Bordet Institute" have financed cancer research at the Bordet Institute. The Institute's biggest private sector donor, they have given close to 12 million euros over the past five years.

It is the only association that supports the Jules Bordet Institute in all its fields of activity, irrespective of the specific cancer pathology.

Recent years have brought considerable progress in oncology. Our understanding of the biological origin of cancer is increasing all the time. Whereas a decade ago we spoke solely of the microscopic analysis of tumours, today we can speak of genetic profiling and sequencing. Dozens of new molecules and new markers now permit personalised treatment. This progress has been made possible very largely thanks to the extraordinary technological progress of recent years. But these new techniques that now enable us to probe the infinitely small is increasingly expensive.

For the past 50 years, the assistance from the Jules Bordet Association has enabled the Jules Bordet Institute to pursue its leading edge research by drawing on the most advanced technologies, thereby offering patients the most innovative screening and care methods and generating life and hope.

In helping and supporting the Jules Bordet Institute you are participating in the many research programmes it supports and that all converge in pursuit of a single goal: a victory for life.

To find out more about the Jules Bordet Association, visit the website at www.association-jules-bordet.be

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