

## TAKE A MOMENT TO LOOK INTO BREAST CANCER

*It is important that you too should think about it. In The Netherlands 1 in 7 women develops breast cancer.*

*Of these women 80 % make a full recovery. That is why early detection of breast cancer is so important.*

## MANY IDEAS ABOUT BREAST CANCER ARE INCORRECT

***Breast cancer is not contagious!***

You can continue to meet your friends just like before.

***You cannot catch cancer by talking about it.***

However, by talking about it you can find out what you could do to reduce your risk to get breast cancer and also to recognize the signs early so you can do something about it.

***If you fall ill you haven't done anything wrong.***

***It is not your fault!***

But you could do your very best to cope with the restrictions that cancer imposes on you.

You can draw strength from doing so.

***You are not alone in this fight!***

Your family and your friends can help you to deal with the illness.

## WOULD YOU LIKE TO LEAN MORE?

Mammarosa has published over 50 information clips on breast cancer.

These are available in 12 languages.

They can be viewed on the internet:

[www.mammarosa.nl](http://www.mammarosa.nl) and via

the 'Mammarosa Borstkanker voorlichting' app, for iOS and Android.

The app is easy to use and can be downloaded for free.

## ASK SOMEONE FROM YOUR FAMILY OR FRIENDS TO HELP YOU

Watch Mammarosa's information clips in the company of a friend.

Do you find it difficult to talk about breast cancer or to watch the information clips  
How about watching the clip "talking about breast cancer" to hear how other women deal with this problem!

## WHAT DOES MAMMAROSA DO?

*Mammarosa promotes informational sessions about breast cancer and guides self-help groups to share experiences.*

*The informational sessions are meant to remove the taboo concerning openly discussing breast cancer and to stimulate early detection of the disease.*

*Mammarosa provides breast cancer information in 12 languages.*

## HOW CAN MAMMAROSA BE OF HELP TO YOU?

Every year, in the Netherlands, 2.400 women who don't speak Dutch or who are poor readers develop breast cancer. It is Mammarosa's aim to support them by organizing self-help groups for fellow-sufferers.

Mammarosa is there for women who need extra help in relation to their health issues: this applies to about two million women in the Netherlands.

Mammarosa can help you to get all the information you need to make the right decisions.

Many of these women run the risk of not detecting their breast cancer in time.

Among these two million women there are many who are unable to read Dutch well, because they grew up with another language. There are also many women whose mother tongue is Dutch, but who have never learned to read and write well.

## STICHTING MAMMAROSA

Would you like to learn more about Mamarosa  
and in which cities Mamarosa is active?  
Check the website [www.mammarosa.nl](http://www.mammarosa.nl)  
or send an e-mail to [info@mammarosa.nl](mailto:info@mammarosa.nl)

### MAMMAROSA DEN HAAG

[denhaag@mammarosa.nl](mailto:denhaag@mammarosa.nl)  
06 24 59 55 52

#### CONSULTING HOURS FOR FELLOW-SUFFERERS

Gezondheidscentrum  
De Rubenshoek (Kamer 1.26)  
Van der Vennestraat 185  
2525 CE Den Haag  
070 445 22 22  
Open Tuesday 13.00 - 15.00  
Not during school holidays.

#### VISITING ADDRESS ON THURSDAY

Stichting Yasmin  
Brouwersgracht 2a  
2512 ER Den Haag  
Van 9.00 - 15.00 uur  
Not during school holidays.

### MAMMAROSA ROTTERDAM RIJNSMOND

[rotterdam@mammarosa.nl](mailto:rotterdam@mammarosa.nl)  
06 49 78 93 95

#### VISITING ADDRESS ON MONDAY

Proeftuin  
Persoonsdam 142  
3071 EE Rotterdam  
Van 9.30 - 14.00 uur  
Not during school holidays.

### MAMMAROSA AMSTERDAM

[amsterdam@mammarosa.nl](mailto:amsterdam@mammarosa.nl)  
06 33 37 40 91



# MAMMAROSA

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