

PRESS

RELEASE



HÔPITAL UNIVERSITAIRE
DE BRUXELLES
ACADEMISCH ZIEKENHUIS
BRUSSEL



Movember: A campaign dedicated to men's health

In November, “Bordet is pulling out all the stops”. In launching this campaign, the H.U.B care teams are seeking to increase awareness and encourage discussion of male cancers.

With the fear of losing their masculinity and a sense of shame or embarrassment in talking about it, men rarely dare open up about their physical or mental health. Yet they are also at risk of being affected by cancer at some point in their lives. Removing taboos and opening up about the disease are nonetheless essential when you consider that the earlier a cancer is detected the greater the chances of remission. At the Jules Bordet Institute, which is a part of the Brussels University Hospital (H.U.B), each patient receives global and personalised care adapted to their pathology, from detection through to treatment and post-cancer monitoring. The expertise of the multidisciplinary teams combined with the state-of-the-art technology provide the best guarantees of maintaining the patient's quality of life.

Prostate cancer:

Prostate cancer is the most common cancer in men with more than 12500 new cases a year in Belgium. The principal predisposing factor is age but also family history and ethnic origin, over which there is also no control, are additional factors. There is also no recommended preventive measure although a healthy and balanced diet appear to have a protective effect. Among men at no particular risk, adapted detection is proposed from the age of 50, involving above all a blood test to measure PSA levels (a protein specific to the prostate gland) as well as a rectal examination. Depending on the level recorded and the PSA rate of change between two readings and/or the prostate volume, magnetic resonance imaging (MRI) enables the urologist to decide for a possible biopsy in the case of an anomaly.

At the H.U.B a number of state-of-the-art technologies permit very precise care and treatment:

- A **targeted transperineal biopsy** (via the perineum) involves taking samples of several prostate fragments with a needle and assisted by a 3D ultrasound and MRI. The H.U.B is one of the few hospitals to use this technique under a local anaesthetic.
- **PET/MRI** is a hybrid imaging technique that combines positron emission tomography (PET) and MRI for an ultimately precise tomography.
- The **PSMA PET** scan is a metabolic imaging that makes it possible to visualise the lesions caused by the prostate cancer more precisely than is possible using conventional imaging.
- **High Intensity Focalised Ultrasound** (HIFU-Focal-One®) provides robotic ablation targeted at small non-aggressive prostate tumours that enables the greater part of the gland to be preserved. The H.U.B is the only centre in Belgium with a device of this kind.
- **The MRI-Linac** is a machine used in radiotherapy that delivers during a very short period a curative treatment for certain prostate cancers with a significant reduction in toxicity. Very few Belgian centres have this technology.

Testicular cancer:

Cancer of the testicles is rarer with fewer than 500 cases diagnosed every year in Belgium. It affects young men, however. A family history of the disease or a cryptorchidism (undescended testicle) are risk factors, as is regular cannabis use, it seems. Regular self-examination is an excellent means of detecting any anomaly. Prospects for a

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cure are also good in case of an early diagnosis with an estimated 99% survival rate for early diagnosis and multidisciplinary care at a reference centre.

Bladder cancer:

In Europe, bladder cancer is the 5th most common cancer among men. Smoking is the principal risk factor. Symptoms that demand attention are: presence of blood in the urine, abnormally frequent desire to urinate and painful bladder spasms. As soon as one of these warning signs appears it is vital to consult a doctor to ensure rapid treatment. These cancers are diagnosed at an early stage (non-muscle-invasive) in 70% of cases and can be treated with injections into the bladder (chemotherapy or treatment with BCGA or Bacillus Calmette-Gueren). In the case of forms that invade the entire bladder muscle, complete bladder removal or radiotherapy or chemotherapy will be needed.

Penal cancer

Cancer of the penis is an extremely rare but aggressive cancer with an average of 1200 new cases a year in Belgium. Surgery is virtually the only effective treatment. At the Jules Bordet Institute our experts use less radical surgical techniques combined with conventional anatomy reconstruction of a less invasive kind, such as biopsy of the sentinel node and robotic inguinal cleanings, which is unique in Belgium.

Kidney cancer:

Kidney cancer affects twice as many men as women. Sometimes, as for bladder cancer, symptoms can be blood in the urine but also kidney pain or the presence of a palpable mass. These symptoms are rare, however, and the cancer is often discovered during a radiological examination prescribed for another reason. In many cases this permits a treatment that conserves the kidney to a greater degree.

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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 Border Institute was officially awarded, for the second time, OECl (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 OECl accreditation in Belgium.

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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 ERASMUS HOSPITAL

The Erasmus Hospital is located on the Erasmus hospital-faculty campus, which includes the Faculty of Medicine (about 3500 students), the Faculty of Motor Sciences (about 1100 students) and the School of Public Health (about 600 students).

Opened in 1977 and with a capacity of 1,048 beds, the hospital receives 25,000 to 30,000 inpatients annually and has 350,000 to 400,000 consultations.

More than 4,000 members of staff, in 80 different professions, contribute on a daily basis to providing care under the sign of ambition, excellence and well-being. The Lothier Polyclinic and 2 external centres (the Traumatology and Rehabilitation Centre - CTR and the Geriatric Revalidation Centre - CRG) complete the care offer.

www.erasme.ulb.ac.be

ABOUT THE H.U.B

The Hôpital Universitaire de Bruxelles (H.U.B) is the academic hospital of the Université Libre de Bruxelles (ULB), which unites the Jules Bordet institute, the Erasme Hospital and the Queen Fabiola Children's University Hospital (HUDERF) since 2021. As an international reference center, located in the heart of the Brussels Region, the H.U.B offers high quality general, oncological and pediatric care. This excellent care, accessible to all, is enriched and sustained by a dual approach of scientific research and teaching for the caregivers of tomorrow.

In 2022, the H.U.B. is composed of more than 6,000 employees who share the following values: Interest of the patient, Respect, Commitment, Solidarity, Diversity and Inclusion, and the principle of Free enquiry.

www.hubruelles.be