



The President's voice

Dear Members and Friends,

The year 2012 was the 90th anniversary of LILT. In this occasion, I want to remind you of at least two of the many events which we gathered together to celebrate:

The Convention on February 25th that took place in the Aula Magna of Santa Cristina and the Convention on May 26th that took place in the Governor's local offices, where all sections of the Emilia Romagna region presented their activities.

We cannot forget, among the many cheerful moments, the fundraising dinners, the "Stelvio over 70" cyclist group's climb to Stelvio and the "White Nights" for the prevention program that took place at the "Isolani Court" and also in the garden of our Head Office in June.

These were occasions to remember the past but also to focus on the present and the future of our organization.

Until the 80's, LILT was the only non-profit organization in Italy promoting early detection of cancer (breast and cervical cancer) and programs dedicated to fighting breast cancer through education and awareness.

Later then, in Bologna and in the whole nation, rose other charities with similar missions. This is a fact that makes us proud and gives us satisfaction in knowing that our path is the right one and our efforts to help people's lives have paid off.

We help people by promoting free educational programs, counseling and early detection services – all of which cover the range of people not reached by the public health system. In these pages you will find all of the activities from 2012.

We have planned to open a new clinic for the "Melanoma Project" within the next year, in order to respond to and satisfy all of the requests for early detection to prevent skin cancers.

In this time of increased economic difficulties for many families, the LILT family also experiences similar troubles: on one hand, the funds raised in the past 2 years have decreased by about 10%, but on the other hand the overhead costs (like water, electric energy, sanitary materials etc.) have increased.

This situation is a little worrisome for us. However, because of the help of our friends and supporters as well as the many volunteers offering us their precious time, we will not get discouraged.

On behalf of our Board of Directors, I thank all of you.

IL PRESIDENTE

Prof. Domenico Francesco Rivelli

A handwritten signature in black ink, appearing to read 'D. Rivelli'.



Mission statement

To fight cancer by promoting cancer prevention through awareness campaigns, educational programs for schools and early diagnosis programs. We provide free counselling to cancer patients and their families and free support in dealing with bureaucratic and legal issues.

Primary prevention means identify causes of cancer development and avoid factors that could increase risk.

The German philosopher, Ludwig Feuerbach, stated “**We are what we eat**”. Therefore, we should always choose the best foods for us. This is not only important for our overall health and physical fitness, but also, to prevent and overcome cancer, one of the leading causes of death worldwide.

Improper nutrition is the cause of about 35% of all cancers.

We promote awareness campaigns, provide nutrition education, organize anti-smoking courses to help people who want to quit smoking and educational programs in schools to promote healthy lifestyles.

Early diagnosis screening exams are used to **identify tumors or cancerous cells at an early stage**. The goal is **to reduce mortality rates**, lessen the invasiveness of treatment options, and **improve the overall quality of life** of cancer patients.

The clinic at LILT Bologna, offers early diagnosis exams to LILT members of all ages. We aim to spread the importance of early diagnosis through awareness campaigns throughout the community. Cancer screenings are equally important for the over sixty population. LILT posts opportunities for early diagnosis exams at Social and Community Centers in Bologna and throughout the province.

And we also...

take care of the patients and their families providing free counseling for cancer patients and their families and support in dealing with bureaucratic issues.

Special projects:

A network against cancer a virtual space where different cancer charities, based in different countries share ideas and where cancer patients, their families, survivors and anyone willing to join the battle against cancer can find information, different perspectives, insights and analysis.

LILT is in contact with other international cancer charities to keep abreast of the most recent and innovative approaches in the battle against cancer.

Prevention Regardless of Ethnicity, breast cancer early diagnosis program: a **multilingual brochure with basic information** on breast cancer prevention and early diagnosis available also on our website for download. In addition, thanks to the cooperation of other organizations working with migrants, **early diagnosis exams** (pap smears and clinical breast examination with ultrasound) are provided to migrant women who do not have access to regular screening programs.



Our heritage - European Code Against Cancer

1. Do not smoke; if you smoke, stop doing so. If you fail to stop, do not smoke in the presence of non-smokers.
2. Avoid Obesity.
3. Undertake some brisk, physical activity every day.
4. Increase your daily intake and variety of vegetables and fruits: eat at least five servings daily. Limit your intake of foods containing fats from animal sources.
5. If you drink alcohol, whether beer, wine or spirits, moderate your consumption to two drinks per day if you are a man or one drink per day if you are a woman.
6. Care must be taken to avoid excessive sun exposure. It is specifically important to protect children and adolescents. For individuals who have a tendency to burn in the sun, active protective measures must be taken throughout life.
7. Apply strictly regulations aimed at preventing any exposure to known cancer-causing substances. Follow all health and safety instructions on substances which may cause cancer. Follow advice of national radiation protection offices.

There are Public Health programmes which could prevent cancers developing or increase the probability that a cancer may be cured:

8. Women from 25 years of age should participate in cervical screening. This should be within programmes with quality control procedures in compliance with "European Guidelines for Quality Assurance in Cervical Screening".
9. Women from 50 years of age should participate in breast screening. This should be within programmes with quality control procedures in compliance with "European Guidelines for Quality Assurance in Mammography Screening".
10. Men and women from 50 years of age should participate in colorectal screening. This should be within programmes with built-in quality assurance procedures.
11. Participate in vaccination programmes against hepatitis B virus infection.

Source: European Commission



2012 HIGHLIGHTS

3.552 early diagnosis checkups and exams

1.438 checkups to control moles for melanoma prevention

68 thyroidal ultrasounds

481 abdominal ultrasounds

746 breast cancer prevention checkups – **715** breast ultrasounds done

367 women applied to the Pink Ribbon Campaign for breast cancer early detection

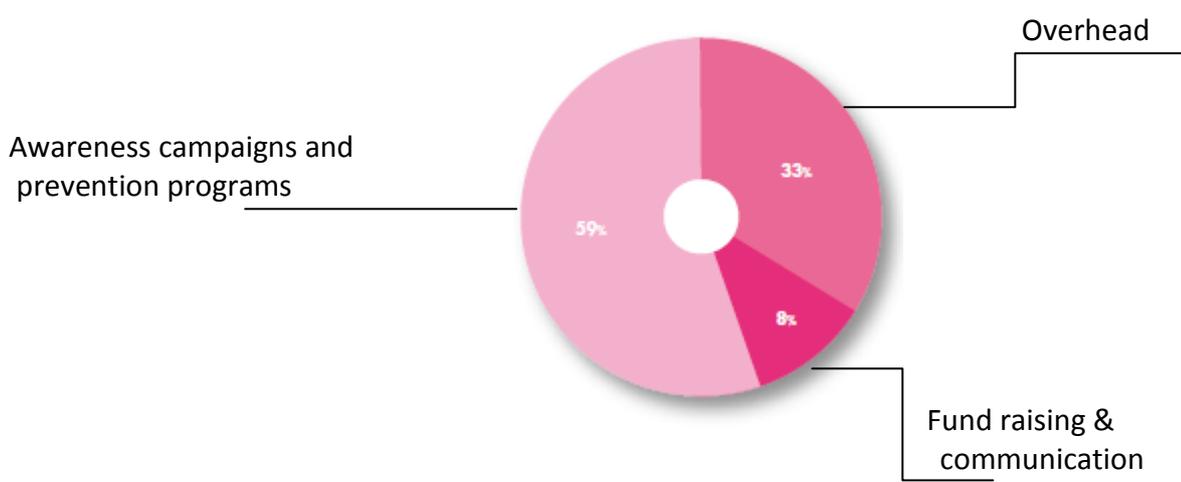
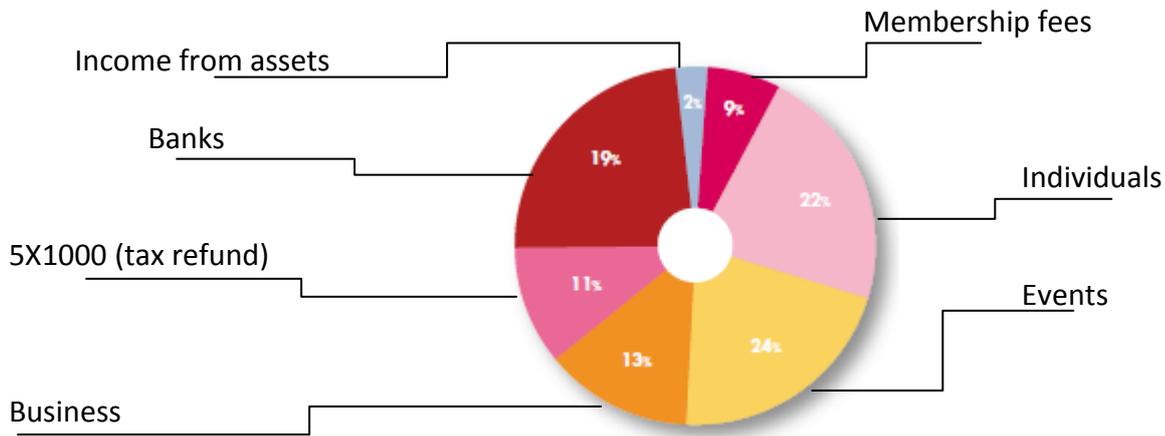
243 women applied to the “Prevention regardless ethnicity” project

448 pap test

387 early diagnosis checkups performed on elderly people



FINANCIALS



	2012	2011
INCOME SOURCES		
<i>Membership fees</i>	21.765	37.390
<i>Individuals</i>	54.693	50.083
<i>Events</i>	59.933	44.484
<i>Business</i>	33.312	38.805
<i>5X1000 (tax refund)</i>	27.578	29.342
<i>Banks</i>	46.700	12.195
<i>Income from assets</i>	4.414	3.127
Total	248.394	215.427

	2012	2011
EXPENSES		
<i>Overhead</i>	81.161	68.905
<i>Fund Raising & communication</i>	18.692	17.271
<i>Awareness campaigns and prevention programmes</i>	143.864	120.593
Total	243.717	206.769



The reasons why I like to volunteer to Lilt

Because I feel I'm doing something really useful and good.

Because I can stay in contact with many people who enrich me humanely, everyone from patients to other volunteers.

Because I can interact with people who work with generosity, for an higher purpose.

Because I am surrounded by so much humanity and sensitivity.

Because I can be myself: look, heritage, social class, nationality, skills and background do not matter here! Everybody is equally important.

Because I receive a "thank you" for what I do, because nothing is taken for granted, and even the smallest contribution is considered to be a great help.

Because everybody is free to propose ideas and personally take action to achieve them.

Because you are not just a number among many others, but you are treated as a person, a human being, and in a friendly and welcoming way.

Because you it is a serene, cozy, relaxed environment.

Because when I walk out that door on Via Turati 67 I feel calm, satisfied and gratified.

- *Silvia, volunteer*



LILT 1972
LEGA ITALIANA PER LA LOTTA CONTRO I TUMORI
prevenire è vivere
SEZIONE PROVINCIALE DI BOLOGNA



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