

30
years

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HELLENIC ASSOCIATION
OF WOMEN WITH BREAST CANCER

We are here for you



ALMA ZOIS

Hellenic Association of Women with Breast Cancer

Iris Argyri, M.Sc.
BC Survivor,
Member of the Board,
Representative at H.C.F.

- ⌘ Peer Support
- ⌘ Psychosocial Support
- ⌘ Prevention and Awareness
- ⌘ Patients' Advocacy & Empowerment

Best practice: The Breast Cancer Awareness in Workplaces Program

- An initiative, delivering valid information on Breast Cancer, prevention and early detection, to workers and employees in Private and State Enterprises, Industry, Civil Servants' Associations (Ministries etc.)
- **Audience:** Adults, female and male (min.30), gathered in a meeting space at their working environment
- Information is presented in a comprehensive way, according to the Biopsychosocial Health Model (*Engel G., 1977*)
- **A skilled team comprising of:**
 - ✓ a specialized doctor (breast cancer surgeon, oncologist, radiologist),
 - ✓ a social worker and
 - ✓ a breast cancer survivor, volunteer, trained by “Alma Zois”

presents 3 different aspects of the breast cancer experience, including a personal one (20 min/each)

- Runs consistently to date, monthly, every year as of 2005, covering urban and rural areas in Greece
- Is funded by Greece Race for the Cure® run, a yearly event in Athens





Program Successes and Challenges

- Breast cancer Prevention and Awareness to a targeted, “closed”, dynamic system
- A well accepted initiative, encouraging interaction with the expert, feedback and further discussion
- Helps breaking BC taboos, raises awareness on potential serious health impact from neglecting regular preventive exams (Alma Zois platform is recommended as a “reminder”)
- Opportunity to emit messages and supply with valid information, verbally and via distributed printed material*
- Promotion of the adoption of a healthier lifestyle (leaflet in collaboration with Institute of Nutrition)
- Participants likely to disseminate messages received into a wider circle (family, friends, community)
- Human Resources Department and Peers/Management are involved, they learn about psychosocial issues of breast cancer patients/family and their difficulties to adjust to work during rehabilitation
- Increasing requests by other interested entities, HR Dpts, in the context of personnel safety and health, corporate social responsibility, or triggered upon one or more BC cases among the personnel
- Alma Zois builds a connection for potential future collaboration with the Enterprise/group at various levels



Θύμισέ μου

Τι πρέπει να κάνω για την πρόληψη του καρκίνου του μαστού;

περισσότερα



Alma Zois has occasionally extended the Breast Cancer Awareness in Workplaces Program to other Institutions (i.e. Communes, Cultural Associations, Parents Associations in Schools etc).

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