



» I am still MYSELF «

Shirley M.



## Contact

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» zebra «

Zentrum für Brustgesundheit und  
Brustkrebsangelegenheiten



Support

Consultation

Information

Senologie  
Brustklinik

Verein zur Förderung der  
Senologie/Brustklinik e.V.

## Our Offer

### Daily from 9:00 AM until 17:00 PM

- Patient meetings
- Medical consultation with individual conversations
- Individual psychotherapeutic counselling
- Individual counselling for children of affected mothers by a certified psychologist (Sterntaler Project)
- Self-help groups
- Specialized literature
- Internet access

### Weekly

- Art workshops

### Monthly

- Information events through specialists
- Make-up and hair styling tips

### Annually

- Symposium and Seminar  
'Healthy into the new year - Gesund ins Jahr ....',  
for affected patients and their relatives

## Directions

Tram 706, 707 » Marien Hospital «  
Tram 704 » Rochusmarkt «  
Bus 721 » Prinz-Georg-Straße «

## » zebra «

The Centre for Breast Health and Breast Cancer Issues is a project of the Association/Foundation for Senology – Breast Clinic (Zentrum für Brustgesundheit und Brustkrebsangelegenheiten -Verein zur Förderung der Senologie/Brustklinik e.V.). » zebra « was founded in the year 2001 by physicians, patients, and relatives and is one of the largest contact points for affected people in Germany. » zebra « stands for **informing, counselling and helping.**

» zebra « is an independent and autonomous centre in Germany and offers yearly approx. 2000 women in individual sessions extensive information with professional support from physicians, psychologists, medical psychotherapists and women, who have experienced breast cancer themselves. The Registered Association/Foundation for Senology – Breast Clinic was founded in the year 1993 in Düsseldorf. It has more than 600 members today.

The goal of the Association/Foundation is to improve the treatment of breast cancer. This task includes the further development of technology, science and treatment concepts. The Association/Foundation wants to increase public awareness of breast cancer in order to enable an early detection of breast cancer and cancer-check-ups as well as the success of the treatment.

## Membership Application

- I would like to become a member of the Registered Association/Foundation for Senology – Breast Clinic (Verein zur Förderung der Senologie/Brustklinik e.V.)
- I transferred the annual fee of 60 €
- I will transfer the fee
- I have included a cheque in the application
- Please undertake the collection

Name ..... First name .....

Street ..... ZIP/City .....

Phone ..... Email .....

Date ..... Signature .....

## Direct Debit Authority

Account number ..... Bank sorting code .....

Bank ..... Account owner .....

IBAN ..... BIC (swift) .....

Verein zur Förderung der  
Senologie/Brustklinik e.V.  
Prinz-Georg-Str. 63  
D-40479 Düsseldorf  
Germany

Please put  
a stamp on,  
if you have  
one at hand.

» Life is worth too much  
to give up on it «

Britta P.



» I feel stronger  
than ever before! «

Gerda W.

### Breast Cancer Diagnosis

The confrontation with a diagnosis of breast cancer is initially a shock to every woman and changes many aspects in her life. In Germany 72000 women develop breast cancer annually. Whether as a wife, partner, mother, daughter, grandmother, friend or colleague, it affects women and puts them in a completely new life situation – often in a phase of life with the most responsibility.

Anxiety, fear, uncertainty, but also a lot of questions arise:

- » What are my chances? «
- » What effect does this disease have on my body? «
- » What will my future mean to my partner, my children? «
- » Which medical methods are right for my body? «

### Consultation + Information = helps to heal

In our counselling centre » zebra « our experienced physicians and trained staff, who were often also affected by the disease, consult and inform you and your relatives

- Understanding breast cancer and the necessary treatment steps in order to become healthy
- Formulation of questions to physicians
- Translation of difficult facts from the medical-therapeutic field
- Overcoming emotional and social distress
- Conveyance of current knowledge about the disease and its treatment

Breast cancer is curable and can be treated in all stages!

» My first thought was –  
is this the end? «

Petra v.H.



» So that we are  
able to help! «

zebra



### Donations

» zebra « finances itself solely **through donations and membership contributions** to the Association/Foundation for Senology - Breast Clinic. Please become a member! The ideas and goals of the association are supported and co-funded through your membership.

The annual membership fee is 60€. You will receive a donation receipt unprompted, which is **tax-deductible under German Tax Law.**

Deutsche Bank  
Account No.: **630012 300**  
Bank sorting code: **300 700 24**  
IBAN: **DE56 300 700 240 6300123 00**  
Bic (Swift): **DEUT DE DBDUE**

Registered Association/Foundation for Senology - Breast Clinic (Verein zur Förderung der Senologie/Brustklinik e.V.) Honorary Board of Directors: Dr. Ingrid Resch, Ingrid Neustadt, a.r. Prof. Dr. Werner Audretsch, Günter Wimmershoff, Prof. Dr. Hans Bojar, Dr. Waltherr Kieffer

### Knowledge helps healing

Breast cancer is not an emergency which needs an operation the next day.

Calmness and extensive information helps to not feel suffocated by anxiety. The counselling centre

» zebra « is a contact point and a protected area. We would like to help negotiate the excessive amount of information. You will find an answer for every question you might have from a competent person, through contacts with physicians and experts and through an exchange of experiences with other patients. All this is provided in a calm atmosphere. Each consultation is patient-centred and free of charge.