

## JOIN!

Become a member, support the Association and defend this Cause.

Keep up date with our activities and participate in general Assemblies and other fun events.

The annual fee is 20 Euros.

## PARTICIPATE!

Since 2006, and annually, APAMCM together with Sports High Performance, organizes the “**Sempre Mulher**” race, at Parque das Nações in november and in april at Praça dos Restauradores.

Is a leisure walk/run, whose primary objectives are to raise awareness of the importance of early detection of breast cancer, and also raise funds to pursue health projects to Support users with breast cancer disease.

[www.corridasempremulher.com](http://www.corridasempremulher.com)



## WHERE CAN YOU FIND US



**Headquarters:** Av. Almirante Reis, nº 75, –2 Dto.  
1150-012 Lisboa (Anjos, near the Bank of Portugal)

**Secretariat:** 217 585 648

**Physiotherapy:** 925 272 287

**Email:** [info@apamcm.org](mailto:info@apamcm.org)

### PUBLIC TRANSPORT

 **Metro station:** Anjos (Green Line)

 **Buses:** 708, 712, 726, 730

(Av. Almirante Reis | Rua de Angola | Rua Febo Moniz)



Get to know us better at



[www.apamcm.org](http://www.apamcm.org)



## BREAST CANCER and **PHYSIOTHERAPY**



Physiotherapy is essential in immediate post-breast cancer surgery rehabilitation. Prevents and minimizes complications and promotes adequate functional recovery and improved quality of life.

**TAKE CARE OF YOURSELF  
AND THOSE YOU LOVE!**

The **APAMCM – Associação Portuguesa de Apoio à Mulher com Cancro da Mama**, was created on april, 6th, 1999 by an interdisciplinary group of volunteer health professionals linked to the issue of breast cancer.

In 2009 it became an IPSS – Instituição Particular de Solidariedade Social com Fins de Saúde, and is recognized as a Collective Person of public utility.

It is a non-profit organization and has been registered with the Health Regulatory Authority (ERS) as a health-care provider since 2011

Located in Lisbon, it seeks to improve coordination with healthcare in accordance with the guidelines of the DGS National Program for Oncological Diseases.

Is mission focuses on providing preventive medicine and rehabilitation care to users with breast cancer disease.

## CENTER SPECIALIZED IN ONCOLOGICAL PHYSIOTHERAPY (CEFO)

In october 2006, CEFO was created with the aim of providing healthcare within the scope of oncological rehabilitation and, in 2007, it was recognized with the Good Health Practices Award "Service provided – Accessibility & Service".

**PROMOTES free physiotherapy treatments** for users in general **post-breast cancer surgery status**, and more specifically in **Lympho-Therapy**.



It uses a set of techniques and procedures in physiotherapeutic rehabilitation in the **post operative period of breast surgery and breast reconstruction**, such as: teaching exercises to gain range of motion and joint quality; massage to alleviate scarring and respiratory physiotherapy.

The **Lymphedema** is the most frequently complication during breast cancer treatment.

Being a chronic pathology, it can increase in volume and tends to organize itself.



## PHYSICAL TREATMENT OF EDEMA – LEDUC Method –

- Manual lymphatic drainage
- Pressotherapy
- Multilayer bands
- Teaching self-mobilization and self-positioning
- Prevention and treatment of lymphedema

To schedule physiotherapy treatments, you must bring a prescription from your Surgeon, Oncologist, Physiatrist, Orthopedist or General Doctor.

## OTHER ACTIVITIES

- Tours and socio-cultural parties
- Awareness and prevention actions

## BE PART OF OUR HELP!

### MAKE A DONATION

- By contributing a donation in cash or in kind, you are helping those in need and taking advantage of the tax benefits under the Patronage Law (EBF).
- You can make a deposit or a bank transfer to CGD (Caixa Geral de Depósitos):

**ACCOUNT 0355034423830**

**IBAN PT50 0035 0355 034423830 84**

**BIC SWIFT CGDIPTPL**

- You can also make a donation through **MB WAY APP** to **937 577 311**.

Obs.: Send a copy of the proof, name, address and NIF to email [info@apamcm.org](mailto:info@apamcm.org) to issue the donation receipt.

### CONSIG 0,5% OF YOUR IRS

Modelo 3, quadro 11 com o NIF 504 337 823

11 Consignação de 0,5% do IRS / Consignação do Benefício de 15% do IVA Suportado

Entidades Beneficiárias

1101 Instituições religiosas (art.º 32.º, n.º 4, da Lei n.º 16/2001, de 22 de junho)

1101 Instituições Particulares de solidariedade social ou pessoas coletivas de utilidade pública (art.º 32.º, n.º 6, da Lei n.º 16/2001, de 22 de junho)

1102 pessoas coletivas de utilidade pública de fins ambientais (art.º 14.º, n.ºs 5 e 7, da Lei n.º 35/98, de 28 de julho)

1103 Instituições sociais com estatuto de utilidade pública (art.º 152.º do CIRIS)

NIF   IRS  IVA

When submitting your IRS declaration, you can **deposit 0,5%** at no cost or loss benefits to you. Place the **NIF 504 337 823** in **ANNEX H**, and **mar kit with an X** in IPSS.

Additionally you can **donate 15% of the VAT** incurred on service provision Invoices.