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# PROLEPSIS PROJECT WEBSITE LAUNCH

The Erasmus+ funded “Prolepsis” Project is pleased to launch its new website <https://prolepsis.eu/>.

The project aims is to create a methodology and relevant contents extending informal carers’ knowledge regarding the impact of their prevention avoidance behavior on BC development and promoting their preparedness to engage in such behaviors.

While the outcome of breast cancer (BC) treatment largely depends on the timing of its detection and the national health systems throughout Europe follow the EU’s recommendations for the provision of mammography screening to detect BC in an early stage (<https://ecibc.jrc.ec.europa.eu/recommendations>), womens’ adherence to screenings programmes is relatively poor. The average attendance in the EU was below the standard acceptable level that is 70% (Perry et al. 2016). Caregiving of a person with a chronic disease can also be a contributing factor to poor screening adherence.

Women who assume the role of the informal carer face additional challenges in engaging in health promotion practices such as BC screening. Explicitly, studies on carers’ health behaviors stress the presence of impaired health behaviors, such as neglecting health care appointments, eating a poor-quality diet.

## The specific objectives of the project are:

- 1 To create a methodology and relevant contents extending informal carers’ knowledge regarding the impact of their prevention avoidance behavior on BC development.
- 2 To educate and enhancing them to assume control over this disease through adopting and maintaining changes in their lifestyle and living practices. These include modifications of their lifestyle habits, self-monitoring, self-assessment and reinforcement of positive behaviors as well as encouragement of use of preventive BC services.
- 3 To develop a personalized mobile application (i.e. personal characteristics, needs and preferences), which will support informal carers to better manage self-care and behaviour change in illness prevention.

As an additional tool, will be produced the handbook for educators working with informal and formal education and healthcare professional working with women’s health promotion on how to use the app in health-literacy reinforcement programmes targeting not only informal carers but women’s health in general.

The handbook will be an e-book containing practical suggestions and guidelines for the two different target group which will be based on the lessons learnt through the previous project actions.

The programme, currently in its first phase, is delivered in partnership with 5 European partners, namely Technologiko Panepistimio Kyprou (Cyprus); Anziani e non solo Società Cooperativa Sociale (Italy); Portincarers – Associação Cuidadores de Portugal (Portugal); Singularlogic (Greece); Europa Donna - Cyprus Breast Cancer Forum (Cyprus)

## NOTES TO EDITORS

• To find out more about the PROLEPSIS project and to get involved in the activities please follow the link <https://prolepsis.eu/>.

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## Disclaimer

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