

Message from the Committee

Our Discovering Hands (DH) certified manual tactile examiner (MTE) is now working as a freelancer. Pretac is promoting this innovative and complementary method of tactile breast cancer screening and supporting her professional integration.

Key actions

- Since March 2025, tactile examinations have been offered every Tuesday in Lausanne, at an osteopathy practice. When a palpable abnormality is identified, a strict protocol is followed: the results are sent by the endocrinologist, who is a volunteer for the association, to the gynecologist concerned. The final diagnosis is made by the doctor.
- Discussions with the **Ashoka** Health Strategy Switzerland team (May, November and December).
- Visit to the latest DH center in Hamburg (September).
- Signing of two agreements with DH Germany and our MTE, formalizing its partnership with Pretac (September and October).
- Participation of the MTE and the strategy manager in the Geneva Bénévolat speed meeting to present the association's activities and its development to potential volunteers (November).
- Participation in the conference on women's health, at the invitation of **Groupe Mutuel** (December).

Statistics

12 tactile examinations were carried out by our MTE at the **Lausanne practice**. One participant was insured by Groupe Mutuel, which covered the cost of her examination (CHF 90).

29 tactile examination sessions were carried out in the **workplace** as part of Pink October 2025 at the law firm **Schellenberg Wittmer SA**, which offers this examination to its employees in Geneva and Zurich, as it did in October 2024.

Geographical distribution:

13 participants from the canton of Vaud, 9 from the canton of Geneva, 1 from the canton of Jura, 15 from the canton of Zurich and 3 from France.

Total distribution by age:

65.9% of women under 50, 34.1% over 51.

Average satisfaction rating: 5,8 to 6.

Reasons for their participation:

- 18.8% for breast health awareness,
- 25% for the MTE examination with follow-up by a gynaecologist,
- 22.5% to learn about the DH method,
- 33.7% to promote the EMT profession.

Communication

Greater media visibility, particularly with:

- **Visuals+** on **Linkedin** : « We were impressed by their innovative breast cancer screening method, 'Discovering Hands',...The association faces two main challenges: convincing more supplementary health insurance companies to cover this screening and finding healthcare professionals willing to allow their premises to be used... Reducing the number of breast cancer deaths, particularly among women aged 40 to 50 in #Switzerland, is a major concern. This innovative method also empowers visually impaired or blind women who graduate from this training by valuing their unique tactile sensitivity for earlier and more effective screening». (January)
- **Enhanced social media campaign:**
World Cancer Day, February 4th, « United by Unique ».
<https://www.instagram.com/pretacplus/>
<https://www.linkedin.com/company/pretacplus/?viewAsMember=true>
- **Newsletter** distributed to our donors, volunteers, partners, and women's associations, accompanied by our new flyer, written for Pink October. <https://tinyurl.com/3hwhyxhc>, and the video of DH (48")
<https://www.youtube.com/watch?v=cJnNiBupjVY>
- **Gazette N°122** Morges to introduce this exam in Lausanne (November).

Strategic priorities, objectives

- In Lausanne, support and promote the work of our EMT in the osteopathy practice.
- In French-speaking Switzerland, identify new companies wishing to offer tactile examinations to their employees, such as those organized with the **Schellenberg Wittmer SA** practice in 2024 and renewed in 2025 at their request.
- At the national level, continue efforts to obtain reimbursement for the service from a larger number of health insurers.

- We want to tackle our main challenge, which is to get more doctors and other healthcare professionals to commit to promoting this method to their patients.

Means

- Organization of a report produced by **SRF in Zurich**, "Gesundheit heute", with a **German MTE** based in Munich. <https://t1p.de/biqkw>
- Collaboration with a digital marketing specialist in the design of the newsletter and the new flyer.
- Meeting with the manager of the last **DH center opened in Hamburg**, with testimony from one of the three MTEs, organized by **Dr. Frank Hoffmann**: presentation and submission of the report on the pilot project completed in **December 2024**.

Thanks to you who participate and support us, we continue to raise awareness among women about early breast cancer screening with this effective and deeply humane method.

We are especially grateful:

- To our MTE for their professionalism and commitment,
- To the volunteer endocrinologist for her invaluable support,
- To the gynecologists who receive reports from our MTE,
- To the law firm **Schellenberg Wittmer SA** in Geneva and Zurich for their renewed trust,
- To all the women who agreed to try this complementary screening method,
- To **Groupe Mutuel** for its commitment to breast cancer screening
- To our donors and partners,
- To the dedicated team, our new volunteer accountant, and our community manager, who is active on social media.



Conclusion

pretac and **Discovering Hands** want to develop early breast cancer screening in Switzerland and promote social inclusion.

By training visually impaired women as MTEs, we offer them meaningful professional opportunities that make use of their unique abilities.

This dual objective of health and inclusion is at the heart of our mission.



Our MTE at the **Schellenberg Wittmer ZH law firm**

We hope that 2026 will mark a new stage in the influence of our ambassador for the discovering hands method, driven by inspiring communication:

- in practices, accessible to all women,
- by developing collaborations with new companies.

Don't miss the opportunity to meet our expert, who is looking forward to meeting you !

Appointment scheduling <https://tinyurl.com/3hwhyxhc>
admin@pretac.ch



One of the examination rooms at the DH center in Hamburg