



The
Jewish Family
Facing
Breast Cancer



Sharsheret[®]

Linking Young Jewish Women In Their Fight Against Breast Cancer

About Sharsheret

Sharsheret is a national organization of Jewish breast cancer survivors. Hebrew for “chain,” Sharsheret pairs those facing breast cancer with volunteers who can share their experiences. Since the organization’s founding in 2001, Sharsheret has received thousands of phone calls from those affected by breast cancer, health care professionals, women’s organizations, Jewish organizations, and others interested in learning more about the important services we provide nationwide.

Sharsheret’s programs respond to the needs of the women we serve and include:

- **The Link Program**, a peer support network connecting young women newly diagnosed or at high risk of developing breast cancer with others who share similar diagnoses and experiences.
- **Education and Outreach Programs**, including health care symposia addressing the concerns of young women facing breast cancer. Recent events addressed the subjects of breast cancer and fertility, breast cancer genetics, and survivorship. Transcripts of all symposia are available on Sharsheret’s website, www.sharsheret.org.
- **Quality of Life Programs**, including the Busy Box for young parents facing breast cancer, Best Face Forward to address the cosmetic side effects of cancer treatment, and Embrace for women living with advanced breast cancer.

Many women find valuable support in speaking to other women who share their background and have experience with breast cancer. Women who participate in Sharsheret’s Link Program can discuss a wide range of feelings and concerns that they may not feel as comfortable addressing with friends and family members.

If you would like more information about participating in Sharsheret’s programs, please call toll-free (866) 474-2774. All phone calls are confidential.

Introduction

The rippling effect of a diagnosis of breast cancer impacts the heart of the family and its extended members. From the time you hear that your wife, daughter, sister, or mother has been diagnosed, you may be overwhelmed with a rush of feelings. You may also feel deluged with the flood of information available to you through your family member's medical team, the internet, spiritual resources, and the community at large.

The Jewish Family facing breast cancer may encounter additional challenges and concerns about hereditary breast cancer, cultural stigmas associated with serious illness, and the emotional and physical preparation for Jewish holidays and family milestones. There are Jewish organizations that can address your concerns about the impact of breast cancer on your family and may also help you find meaningful ways to integrate spirituality and Jewish tradition in the healing process. You can find a list of these organizations on page 13 of the Resource Directory at the end of this booklet.

Caregivers have contacted Sharsheret expressing concern about how they can maximize support when much of the information available seems unfamiliar and cumbersome. In response to these concerns, we have designed a Family Focus packet that includes resources and services you can tailor to the individual needs of the woman in your family. In addition to the Family Focus packet, Sharsheret offers the "Ask Sharsheret" Phone Line, another avenue to address your concerns. You can read more about "Ask Sharsheret" on page 2 of this booklet.

This booklet is intended as an organizational tool for important information and can be used to help you manage your questions and concerns. It does not propose to offer comprehensive medical information, which you should seek from health care professionals.

We hope that you find the Family Focus program a helpful resource during this challenging time.

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“Ask Sharsheret” Phone Line ---

The diagnosis of breast cancer in a partner, daughter, sister, or mother can be difficult and, at times, overwhelming. Sharsheret offers the “Ask Sharsheret” Phone Line to address your questions and concerns as family members and caregivers.

In caring for your loved one, you may be wondering:

- How can I be helpful when accompanying my partner, mother, sister, or daughter to medical appointments?
- How can Sharsheret’s programs help me care for the woman in my life facing breast cancer?
- Where can I get more information about breast cancer treatments?
- Which community organizations can I contact for support?
- Where can I find information for my family about hereditary breast cancer and breast cancer genetics?
- How can I help the woman I love access Sharsheret’s programs and services?

If you have questions like these, or any others, please call Sharsheret toll-free at (866) 474-2774 to speak with an “Ask Sharsheret” representative.

Symptoms and Side Effects

Please track symptoms and rate them. (5 = affects the most; 1 = affects the least)

Date:	Week __	Week __	Week __	Week __	Week __
Fatigue					
Nausea					
Pain					
Depression					
Loss of Appetite					
Other					
Other					
Other					

Comments: _____

Questions: _____

Please track symptoms and rate them. (5 = affects the most; 1 = affects the least)

Date:	Week __	Week __	Week __	Week __	Week __
Fatigue					
Nausea					
Pain					
Depression					
Loss of Appetite					
Other					
Other					
Other					

Comments: _____

Questions: _____

Insurance Claim Tracking

Claim Number:	Doctor/Lab/ Hospital Name:	Total Amount of Bill:	Date Insurance Contacted:

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\$ Insurance Paid:	\$ You Paid:	Comments:

\$ Insurance Paid:	\$ You Paid:	Comments:

Resource Directory

Jewish Organizations Addressing Breast Cancer

Sharsheret

Toll-Free (866) 474-2774
1086 Teaneck Road, Suite 3A
Teaneck, NJ 07666
www.sharsheret.org

Chai Lifeline

(800) 343-2527
www.chailifeline.org

National Center for Jewish Healing

(212) 399-2320
www.ncjh.org

Nishmat: Women's Halachic Hotline and Online Information Center

(877) 963-8938
www.yoatzot.org

Partners in Health/Bikur Cholim

(845) 425-7877
www.bikurcholim.org

Ritualwell (Project of Kolot: The Center for Jewish Women's and Gender Studies)

(215) 576-0800, ext. 149
www.ritualwell.org

Breast Cancer Organizations

American Cancer Society

(800) ACS-2345
www.cancer.org

breastcancer.org

www.breastcancer.org

Living Beyond Breast Cancer

(610) 645-4567
www.lbbc.org

Dr. Susan Love's Website for Women

www.susanlovemd.org

National Breast Cancer Coalition

(800) 622-2838
www.natlbcc.org

SHARE (Self-Help for Women with Breast or Ovarian Cancer)

(866) 891-2392
www.sharecancersupport.org

The Susan G. Komen Breast Cancer Foundation

1.800 I'M AWARE®
www.komen.org

Y-Me National Breast Cancer Organization

(800) 221-2141

www.y-me.org

Young Survival Coalition

(212) 206-6610

www.youngsurvival.org

Family and Friends

Association of Jewish Family & Children's Agencies

(800) 634-7346

www.ajfca.org

Busy Box (A Sharsheret Program for Parents of Younger Children)

(866) 474-2774

www.sharsheret.org

Gilda's Club

(888) GILDA-4-U

www.gildasclub.org

Kids Connected

(800) 899-2866

www.kidsconnected.org

Men Against Breast Cancer

(866) 547-6222

www.menagainstbreastcancer.org

Mothers Supporting Daughters with Breast Cancer

(410) 778-1982

www.mothersdaughters.org

Financial Assistance

CancerCare

(800) 813-HOPE

www.cancercares.org

Zichron Shlome Refuah Fund

(718) 438-9355

www.zsrf.org

Insurance and Employment

Cancer and Careers: Living and Working with Cancer

www.cancerandcareers.org

Patient Advocate Foundation

(800) 532-5274

www.patientadvocate.org

Rofeh Cholim Cancer Society

(718) 722-2002

www.rofehcholim.org

Acknowledgements

The Family Focus program was made possible with support from **Sherry and Neil Cohen.**

Sharsheret is grateful to all those who participated in our guided discussions for family members and caregivers. The thoughtful feedback you shared in these discussions was invaluable in guiding us in the preparation of this booklet.

Booklets Available in this Series

Breast Cancer Genetics and the Jewish Woman

Facing Breast Cancer as a Jewish Woman

Facing Breast Cancer as an Orthodox Jewish Woman

The Jewish Family Facing Breast Cancer

The information contained in this booklet is intended to provide broad knowledge of available breast cancer resources and should not be construed as an endorsement of any health care professional, organization, or program mentioned in the Resource Directory. All medical information should be discussed with a health care professional.



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1086 Teaneck Road, Suite 3A
Teaneck, NJ 07666
www.sharsheret.org

For information about this booklet and other Sharsheret publications,

E-mail: info@sharsheret.org

Call Toll-Free: (866) 474-2774