

1. Exercise
2. Me Time



Healthy eating

## WHAT I NEED TO KNOW



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## What I Need To Know.....

Starting college is an exciting time filled with many new experiences such as living with a roommate, picking your major and making your own decisions. Along with these freedoms and opportunities comes a larger responsibility to begin taking charge of your own health and making choices that will contribute to a healthy lifestyle. The habits and health-conscious decisions you make now will become part of your routine and mindset, and can ultimately positively impact the rest of your life. You will benefit physically and mentally from making healthy choices and thinking critically about your health as you continue on your journey.

Sharsheret wants to help. This toolkit will get you started by offering you with tips and important information.

Feel free to reach out any time so that we can support your efforts and provide you with educational resources and giveaways, and help you plan events for your campus. We cannot wait to work to educate you and your peers about the importance of healthy living, and to raise awareness about breast cancer and ovarian cancer genetics.

Also - be sure to join our Sharsheret on Campus Facebook group to start getting important information!

<https://www.facebook.com/groups/953118781415742/>

Best,

Ellen Kleinhaus  
Director of Campus and Community Engagement



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## A Basic Introduction To Sharsheret

Sharsheret, Hebrew for chain, is the only national organization supporting Jewish women and families, of all backgrounds, facing breast and ovarian cancer—those who are diagnosed and those at high risk. To date, we have served more than 120,000 women, families, health care professionals, community leaders, and students from all 50 states. We offer tailored resources, information, and support to caregivers, family members, and friends of women facing breast and ovarian cancer to guide them through the cancer journey.



### One-On-One Support

- Mental health professionals
- Genetic counselor
- Peer support
- Online 24/7 Live Chat
- Customized beauty kits
- Busy Boxes for children



### Education & Outreach

- Healthcare webinars
- Campus outreach
- Community events
- Trainings for medical professionals
- Resource booklets



### Community Action

- B'nai Mitzvah projects
- Team Sharsheret races
- Young Professionals Circle
- Volunteer opportunities
- Local fundraisers

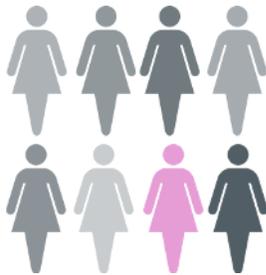


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## What's In Your Genes?



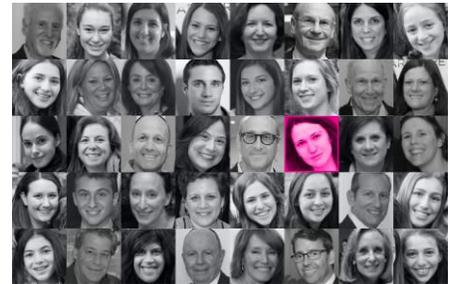
1 in 8

women will be diagnosed with breast cancer in their lifetime.



1 in 75

women will be diagnosed with ovarian cancer in their lifetime.



1 in 40

individuals with at least one grandparent of Eastern European descent, **both men and women** carries a gene mutation in either BRCA1 or BRCA 2.

- A woman who carries a BRCA gene mutation has up-to an 85% risk of developing breast cancer and up-to a 44% risk of developing ovarian cancer in her lifetime.
- Studies have shown a possible link between a BRCA mutation and an increased risk of skin, colon, pancreatic and prostate cancers.
- Multi-gene panel testing can identify mutations in genes other than BRCA1 or BRCA2, such as CHEK2 or PALB2, which predispose you to a variety of cancers.
- Everyone who carries a cancer gene mutation has a 50% chance of passing it on to the next generation.

Knowing your family medical history can help determine if you are at an increased risk for certain hereditary cancers.



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www.sharsheret.org

P 866.474.2774

E info@sharsheret.org

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Have  
you had  
The Talk?



## Have The Talk® Cancer Genetics Campaign!

Did you know that by learning your family medical history and being more knowledgeable about your health, you can save lives?

At Sharsheret we want to help YOU become an advocate for your own health! College is not only a time for fun and friends; it is the time where you will set the foundation for the rest of your life. It is important for you to learn your family medical history and be equipped to take charge with issues pertaining to your health. This will truly change your life for the better!

Join the Have The Talk Campaign and save lives by teaching your peers how to learn about their own genetic profile, why it is so important, and when to turn to Sharsheret's social workers and genetic counselor to answer your questions.

Tips to start the conversation with your family members:

- 1) Acknowledge that conversations about health and family history can be uncomfortable; expect that your parent or loved ones may feel awkward as well.
- 2) Ask your family members if anyone in your family has had breast, ovarian or any other related cancers.
- 3) Ask your family member if anyone in your family has had genetic counseling or know if they are carriers for the BRCA gene mutation.
- 4) Use our many resources, including the pedigree chart in our brochures and online to guide your conversation and document responses.
- 5) Keep your family history up to date

To order your Have The Talk materials, brochures and posters email [ekleinhaus@sharsheret.org](mailto:ekleinhaus@sharsheret.org)

Bringing up these discussions with loved ones can be tough and sometimes scary. We are here for you. If, while having The Talk, you discover a family history of breast or ovarian cancer, please get in touch with us for a free consultation with Sharsheret's genetic counselor.



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## What My Family Medical History Looks Like

Going to a new doctor can be overwhelming. The paperwork seems endless, and you have to answer questions about yourself and your family's health history that might be difficult to answer fully. Instead of being confused about what to write down, you just need to be prepared with the answers. Speak to your parents to gather the following information and bring it with you so you can complete the forms properly.

Insurance provider: \_\_\_\_\_  
 Name of holder of this insurance plan: \_\_\_\_\_  
 Relationship to patient: \_\_\_\_\_  
 Insurance Group # \_\_\_\_\_ ID #: \_\_\_\_\_  
 Name of emergency contact: \_\_\_\_\_  
 Cell number: \_\_\_\_\_

Has anyone in your family ever had any of the following?	Yes	No	If yes, who? (e.g., father, mother, sibling, grandparent, etc)
Alcoholism			
Anemia/blood disorder			
Arthritis			
Asthma			
Cancers - specify			
Diabetes			
High cholesterol			
HIV/AIDS			
Hypertension/ high blood pressure			
Immune disorder			
Kidney disease			
Liver diseases			
Mental illness			
Osteoporosis			
Seizures			
Stroke			
Thyroid disease			

[https://lincs.ed.gov/sites/default/files/health/pdf/s10/s10\\_3\\_7.pdf](https://lincs.ed.gov/sites/default/files/health/pdf/s10/s10_3_7.pdf)

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## Questions To Ask My Doctor

It is important for you, as a young adult, to see a doctor whom you trust for an annual exam. Use your doctor as a tool and as your partner for developing a healthy lifestyle. Sharsheret's "Have the Talk" process will help you move towards a healthier lifestyle once you know your family's medical history.

Sometimes, talking to doctors can be stressful or even scary. Sharsheret, can help! Use these questions as a guideline when navigating conversations with doctors and other medical professionals. When talking to doctors, say what's on your mind, take notes and always ask questions to be sure you understand.

**Q1:** What are the risk factors for breast and ovarian cancer, prostate, pancreatic and melanoma? How do they impact my lifetime risk for developing cancers?

**Q2:** What breast and ovarian cancer symptoms do I need to watch for between doctor visits?

**Q3:** I have a family history of breast and ovarian cancer (or prostate, pancreatic or skin cancer) in my family? What prevention and screening plan do you recommend for me based on my family history?

**Q4:** What lifestyle changes could I make to reduce my risk for developing breast or ovarian cancer and related cancers?

**Q5:** At what age should I go for my first mammogram?

All Sharsheret programs and resources are free and confidential. Sharsheret's genetic counselor and social workers are available 24/7 and callers are welcome to remain anonymous.



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## Sharsheret Healthy Living Guide

Looking for ways to be healthy and stay in shape while away at college? Here are some tips to help you get on track:

**me  
time**

**Make sure to make time...**

College is BUSY! Balancing friendships, classes, assignments, family and more... it can often seem like you have no time for yourself. It is so important to schedule time for YOU into your schedule.

Try going for a walk alone, going to a museum, meditating, yoga, or anything that relaxes you and gives you some free time. This is important for your mental and physical health and will help you to better balance all of the responsibilities in your life.



**Find a workout regimen that works for you...**

Scientific evidence is piling up to show that regular exercise can provide important cognitive benefits that could make your studies a little easier.

Whether it's going for a run around your campus, working out in your apartment with friends, playing on a sports team, or going to a local spinning or fitness studio find what makes you feel happy and healthy and go for it!



**Avoid the freshman 15...**

We know college can be busy! Exams, papers, social life... that's what take out is for, right? While take out might be helpful, it is important not to depend on it. Try to think of easy and quick things you can make that will help you create a healthier, more balanced diet.

By eating better, you will feel better and have more energy to do the things that are important to you. Sharsheret is happy to provide you with healthy and delicious recipes to assist you on this journey.



Check out a special video from Tanya Zuckerbrot, MS RD, Creator of renowned F-Factor™ Diet and Sharsheret Medical Advisory Board member. <https://www.youtube.com/watch?v=rHR3cnwei9g&t=5s>



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## Healthy Grocery List

### Vegetables

- Broccoli
- Carrots
- Cauliflower
- Corn
- Cucumbers
- Kale
- Lettuce
- Mushrooms
- Onions
- Peppers
- Spinach
- Zucchini

### Dairy

- Almond or Regular Milk
- Cheese
- Yogurt
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### Fruits

- Apples
- Avocado
- Bananas
- Blueberries
- Cherries
- Grapes
- Kiwi
- Lemons
- Oranges
- Pears
- Pomegranates
- Raisins
- Red Grapefruit
- Strawberries
- Tomatoes

### Carbohydrates

- Bran Cereal
- Brown Rice
- Oats
- Whole Wheat Pita Bread
- Quinoa
- Wheat Bread
- Whole Wheat Pasta
- Whole Wheat Wraps

### Protein

- Assorted Nuts
- Chicken Breast
- Cod/Mahi-Mahi
- Eggs
- Hummus
- Salmon
- Tofu
- Tuna
- Turkey Breast

### Other

- EVO Oil
- Garlic
- Ginger
- Green Tea
- Ketchup
- Lentils
- Mustard
- Pepper
- Protein Powder
- Rosemary
- Salt
- Thyme
- Tomato Sauce



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## Recipes



**CALIFORNIA VEGGIE WRAP**

<p><b>Ingredients</b></p> <ul style="list-style-type: none"> <li>1 red pepper cut into strips</li> <li>1 avocado sliced into strips</li> <li>Sprouted grain tortillas</li> <li>Hummus</li> <li>Shredded carrots</li> </ul>	<p><b>Directions:</b></p> <p>Toast the tortilla for less than a minute. Spread on some hummus. Layer the veggies on top. Roll up and cut in half.</p>
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From Nina Safar, Kosher in the Kitch website



**KALE CAESAR SALAD**

<p><b>Caesar Dressing</b></p> <ul style="list-style-type: none"> <li>¼ cup olive oil</li> <li>2 garlic cloves</li> <li>¾ cup homemade yogurt</li> <li>1 tablespoon lemon juice</li> <li>2 tablespoons Dijon mustard</li> </ul>	<p><b>Salad Ingredients</b></p> <ul style="list-style-type: none"> <li>1 bunch of kale</li> <li>½ cup freshly grated parmesan cheese</li> <li>¼ cup pine nuts</li> <li>Optional: Handful of croutons</li> </ul>
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**Directions:**  
 Mix all dressing ingredients in blender. Wash kale well and cut into small pieces. Add cheese, pine nuts and about 6 tablespoons of Caesar Dressing. Toss and enjoy!

From Easy Healthy Kosher by Ariella Eltes  
 easyhealthykosher.com

Find additional healthy recipes online at  
<https://sharsheret.org/resource/survivorship/>

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## Sharsheret FAQs

### **What does Sharsheret mean?**

**Sharsheret means “chain” in Hebrew.** It symbolizes the connections we make among women, families, and communities facing breast cancer and ovarian cancer.

### **How is Sharsheret different from other cancer organizations?**

Sharsheret is the Jewish community’s response to breast and ovarian cancer and the **only national organization that addresses the unique concerns of Jewish women and families facing breast and ovarian cancer.** Sharsheret offers culturally-relevant and tailored support to those who are newly diagnosed, in treatment, post-treatment and at high risk.

### **Who can call Sharsheret for support?**

**Everyone!** Sharsheret’s programs are open to all women and men. 20-25% of the families we serve are not Jewish.

### **Does Sharsheret only focus on breast and ovarian cancer?**

**Yes,** Sharsheret offers support and resources to women and families who are facing breast cancer and ovarian cancer. We also can make appropriate connections to other organizations that specialize in other cancers.

### **Why teal and pink?**

**Teal** is the color used to promote ovarian cancer awareness (September is Ovarian Cancer Awareness Month) and **pink** is the color used to promote breast cancer awareness (October is Breast Cancer Awareness Month).

### **Does Sharsheret help men?**

We offer **resources and guidance to men** supporting women touched by breast or ovarian cancer. Men who are concerned about their own genetic risks may speak with Sharsheret’s genetic counselor and find genetics resources.

### **Who do I contact to get started as a Sharsheret Ambassador?**

Call or email Ellen Kleinhaus, Director of Campus and Community Engagement at 866.474.2774 or [ekleinhaus@sharsheret.org](mailto:ekleinhaus@sharsheret.org) – she’s waiting to hear from you!



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