

FLORENCE AND JOSEPH APPLEMAN
EDUCATIONAL BOOKLET SERIES

Thriving Again[®]

For Young Jewish Breast Cancer Survivors



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For Young Jewish Breast Cancer Survivors

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GET TO KNOW SHARSHERET

Sharsheret supports young Jewish women and families facing breast cancer and ovarian cancer at every stage—before, during, and after diagnosis.

Our name, Sharsheret, means “chain” in Hebrew and represents the strong, nurturing connections we build to support Jewish women and their families at every stage of breast cancer and ovarian cancer. We help women and families connect to our community in the way that feels most comfortable, taking into consideration their stage of life, diagnosis, or treatment, as well as their connection to Judaism. We also provide educational resources and create programs for women and families to improve their quality of life.

We understand that young Jewish women have unique concerns when it comes to breast cancer and ovarian cancer, and we are the only organization that specializes in serving them. Our programs are easy to access. From Boston to Burbank, Milwaukee to Miami, Sharsheret is wherever you are.

Sharsheret is a growing community of women and families. Together, we are creating a chain of strong links that reaches across the country so that no woman or family of Jewish descent needs to face the challenges of breast cancer or ovarian cancer alone.

Visit **www.sharsheret.org** or call us at **866.474.2774** to participate in our programs and to become a link in the Sharsheret chain. All inquiries are confidential and answered by qualified staff who can help.

OUR PROGRAMS

The Link Program®

- **Peer Support Network**, connecting women newly diagnosed or at high risk of developing breast cancer or ovarian cancer one-on-one with others who share similar diagnoses and experiences
- **The Margot Rosenberg Pulitzer and Sheri Rosenberg Kanter Embrace™ Program**, supporting women living with advanced breast cancer or recurrent ovarian cancer
- **Genetics for Life®**, addressing hereditary breast cancer and ovarian cancer
- **Busy Box®**, for parents facing breast cancer or ovarian cancer while raising children or teens
- **The Bella Chachky Diamond and Sylvia Diamond Geller Best Face Forward® Program**, addressing the cosmetic side effects of treatment
- **Best Face Forward 2.0**, providing services and financial subsidies to enhance women's quality of life
- **The Florence and Laurence Spungen Family Foundation Family Focus® Program**, providing resources and support for caregivers and family members
- **Ovarian Cancer Program**, tailored resources and support for young Jewish women and families facing ovarian cancer
- **Sharsheret Supports™**, developing local support groups and programs
- **Thriving Again®**, providing individualized support, education, and survivorship navigation for young breast cancer survivors

Education and Outreach Programs

- **Health Care Symposia**, on issues unique to younger women and Jewish women facing breast cancer and ovarian cancer
- **Sharsheret on Campus™**, outreach and education to students on campus
- **Sharsheret Educational Resource Booklet Series**, culturally relevant publications for Jewish women, their families, and health care professionals

“AM I A SURVIVOR?” UNDERSTANDING AND DEFINING SURVIVORSHIP

“There were some people who called me a survivor when I was first diagnosed, and my doctors referred me to the survivorship clinic once I completed treatment, but I wasn’t sure I felt like a survivor at either of those times. I felt as if I was the only one who couldn’t move past my cancer.” — Rachel

Survivorship may be defined at any point in time of one’s journey through cancer. However, you, your medical team, local support group, and family members may all have different ideas of when that time begins.

Many medical centers and support groups require you to reach a treatment milestone before they refer you to their survivorship resources or programs, so it is important to ask your providers for their definition of survivorship.

The time at which you feel like a “survivor” is unique to you. You may feel like a survivor at the time you are diagnosed, while others may identify as a survivor when they are done with treatment or living with metastatic breast cancer.

For many women, feeling like a survivor comes with a life milestone. Some women never identify with the word “survivor.” Only you can decide when and how you connect to the term.

The women in Sharsheret’s Peer Support Network can help you understand your own definition of “survivor” by sharing their experiences with you. Call us to connect with someone who understands and can address your concerns and questions.

The time at which you feel like a “survivor” is unique to you.

PRIORITY CONCERNS OF YOUNG JEWISH BREAST CANCER SURVIVORS

“Once I completed treatment, I faced a new set of concerns. I didn’t know what to expect as I left my oncologist’s office. How often would I see a doctor now that my treatment was over? I didn’t feel like myself either, and wanted to know when I would return to my old self.” — Emily

Navigating breast cancer survivorship can be complicated and can trigger concerns including physical, psychological, functional, social, sexual, and spiritual well-being.

Some priority concerns that Jewish breast cancer survivors have called Sharsheret to address include:

- Transitioning from active treatment to follow-up care
- Changes in sexual functioning after treatment
- Dating and disclosing that you have had cancer to a potential partner
- Claiming the title of “survivor” and its implications among Jewish families
- Privacy and confidentiality in the Jewish community
- Concerns about fertility and growing a family after treatment
- Genetic testing as a survivor and the impact on family members

If you would like to talk to other breast cancer survivors in your Sharsheret community to learn how they addressed some of these issues, we can connect you with a member of our Peer Support Network. Often, being able to share your concerns with someone else who has faced similar challenges can be helpful.



NAVIGATING SURVIVORSHIP

“When I was first diagnosed, there was a lot of information given to me. I was overwhelmed and didn’t know where to start. I needed someone to help me understand what information I needed to know immediately, and what could wait.” — Shoshana

Planning for survivorship begins at the time of diagnosis and continues throughout your breast cancer journey.

We will help you navigate the road immediately ahead of you, and plan for the portion you can’t yet see.

It can be overwhelming, and we understand that. That’s why you will receive the information you need when you need it. When you connect with Sharsheret, a member of our support staff will speak with you about your diagnosis and unique needs, and help you identify the information and programs that are appropriate for you.

Your needs will change over time and our support staff is always available to answer questions and connect you with the resources you need.

When you connect with Sharsheret, a member of our support staff will speak with you about your diagnosis and unique needs, and help you identify the information and programs that are appropriate for you.

SURVIVORSHIP CARE PLANS

“After I completed treatment, I returned to my gynecologist for routine checkups. She asked for my survivorship care plan, but I didn’t have one. I don’t know what it is, or who I should get it from.” — Rebecca

A survivorship care plan is a record of your cancer history and recommendations for follow-up care. You should share your care plan with all members of your medical team, as well as any new doctors with whom you meet.

Some care plans are one-page summaries, while others can be quite lengthy. Speak with your medical team to learn about the care plans they provide and what is included. Sharsheret offers a care plan that you can complete with your medical team. You can request this care plan by contacting us.

Some doctors may provide you with a care plan at the time you are diagnosed, and help you update

the information as your treatment progresses. Some may not offer a care plan until the time you complete treatment. If you are uncertain as to whether you’ve received one, or when you can expect to, ask your doctor or nurse.



of Sharsheret's support staff to receive an individualized care plan and information on how to complete the plan with your medical team.

Self-Assessment: Your care plan includes a self-assessment that allows you to “check-in” with yourself on important survivorship issues such as anxiety, fatigue, family, and relationships. You can use this section to request information and support from Sharsheret.

SURVIVORSHIP RESOURCES

2Unstoppable

www.2unstoppable.org

American Cancer Society Survivors Network

800.227.2345

www.csn.cancer.org

Breastcancer.org

610.642.6550

www.breastcancer.org

LIVESTRONG Foundation

855.220.7777

www.livestrong.org

Living Beyond Breast Cancer

888.753.5222 (Survivor's Helpline)

www.lbbc.org

National Coalition for Cancer Survivorship

877.NCCS.YES

www.canceradvocacy.org

Survivor.net

www.survivornet.com

Thriving Again (A Sharsheret Program)

866.474.2774

www.sharsheret.org

Young Survival Coalition

877.YSC.1011

www.youngsurvival.org

Please visit Sharsheret's website at **www.sharsheret.org** for a continuously updated online resource directory.

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

BOOKLETS AVAILABLE IN THIS SERIES

Hereditary Cancer:
Your Jewish Genes

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Facing Breast Cancer as
a Jewish Woman

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Facing Cancer as a
Frum Woman

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Facing Ovarian Cancer as
a Jewish Woman

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Breast Cancer and the Ritual Bath:
A Guide for Mikvah Attendants

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Thriving Again®: For Young Jewish
Breast Cancer Survivors

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Our Voices: Inspiring Words from
the Women of Sharsheret

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For information about this booklet
and other Sharsheret publications,
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SHARSHERET®
The Jewish Breast & Ovarian Cancer Community