



NEWS FROM SHARSHERET:

OVARIAN CANCER AWARENESS MONTH UPDATE

SEPTEMBER 2023

SURVIVOR SPOTLIGHT RUTH ANN ORNSTEIN

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"Looking back, there were other symptoms. But it was severe abdominal pain that had me rushing to the doctor. A litany of tests confirmed my worst possible fear: ovarian cancer. Sharsheret understands all that I am going through, including from the Jewish perspective. It is the place where I can scream *HELP!*" [Read more](#) from Ruth Ann.

OVARIAN CANCER SIGNS & SYMPTOMS



BLOATING



PELVIC OR
ABDOMINAL PAIN



BACK
PAIN



FATIGUE



URINATE
URGENTLY
OR OFTEN



HEARTBURN



CONSTIPATION
OR MENSTRUAL
CHANGES



FEELING
FULL



PAIN
DURING SEX

Know The Signs And Symptoms Of Ovarian Cancer

Did you know that ovarian cancer symptoms often go unnoticed until the cancer has spread? [Know the signs and symptoms](#) so you can be better prepared if any of them develop.

[Download Signs And
Symptoms Resource](#)

Do I Need To Take Out My Ovaries?

DO I NEED TO TAKE OUT MY OVARIES?

HEAR THE LATEST IN PREVENTION GUIDELINES
FROM TOP GYN/ONCS WHO'VE BEEN IN YOUR SHOES

SPEAKERS



Deanna Gerber, MD
BRCA Carrier and TNBC Survivor,
Gynecologic Oncologist,
NYU Langone Health



Haley Moss, MD, MBA
BRCA Carrier, Assistant Professor
of Obstetrics and Gynecology,
Duke University School of Medicine



Melissa Frey, MD
Director of Genetics and Personalized
Cancer Prevention, Assistant Professor
of Gynecologic Oncology, Weill
Cornell Medicine

WEDNESDAY,
SEPTEMBER 20
8:00 PM EDT
5:00 PM PDT



**SHARSHERET
SUMMIT**

Join our panel of experts for a personal conversation about cancer genetics screening and how it has impacted their own lives. Each is a young Jewish gynecologic oncologist with Ashkenazi Jewish ancestry who has faced their own BRCA and cancer journey.

Bonus for our Embrace Community: We invite members of our Embrace community, those facing metastatic breast cancer or advanced ovarian cancer, to stay on at the end of the webinar for an intimate breakout session with our experts and Bonnie Beckoff, Sharsheret's Director of Support Services.

For more information, contact [Jenna Fields](#).

Register Today

Thank you to our webinar sponsors:
[Eisai](#), [Gilead](#), [ImmunoGen](#) and [Novocure](#)

Thank you to our generous Sharsheret Summit Sponsors: [Daiichi Sankyo](#), [GSK](#), [Merck](#), [AstraZeneca](#), [Pfizer](#), [Seagen](#), [Lilly](#), [Natera](#), [Eisai](#), [GE HealthCare](#) and [Northwell Health Cancer Institute](#)

Order Your Free Survivorship Kit And Exercise Bands Today!



Order a **FREE** Sharsheret survivorship kit that helps ovarian cancer survivors thrive. This customized kit comes with exercise bands that will help you jumpstart a good workout routine at home or outside, and also includes a healthy living cookbook.

Order Your Kit Today!

This kit is made available with support from [ImmunoGen](#) and the Jewish Women's Foundation of NJ.

Sharsheret Receives Grant from the Jewish Women's Foundation of NJ



Sharsheret is pleased to announce its receipt of a grant from the Jewish Women's Foundation of NJ, a giving circle of the Jewish Community Foundation of Greater MetroWest NJ. Sharsheret was awarded \$25,000 to send free, customized quality-of-life and mastectomy support kits to women facing breast cancer or ovarian cancer.

[Read More](#)

Bring A Sharsheret Bake Sale To Your Community!



Love to bake? Looking to make a difference?

Sharsheret's pre-Thanksgiving bake sale was launched by sisters Adeena Sussman and Sharon Wieder in 2008 in memory of their mother and grandmother, both of whom they lost to ovarian cancer. Pies for Prevention proceeds support Sharsheret's ovarian cancer initiative and takes place in cities across the country.

[Learn More](#)

Want to coordinate a local sale? Contact [Yael Gevertzman](#) to get started.

Pies for Prevention is made possible with support from [Merck](#).

Virtual Tashlich:

Letting Go of Cancer-Related
Trauma During the High Holidays

Friday
September 22nd

12:30 PM EDT
9:30 AM PDT



Ushering in the New Year brings unique challenges and emotions; facing cancer can further complicate the High Holidays. Join us and musician Marni Loffman on Friday, September 22 at 12:30 PM EDT/9:30 AM PDT for Sharsheret's second annual Virtual Tashlich, when we will come together as a community to discuss these important issues and support one another.

For more information, contact [Melissa Rosen](#).

[Register Here](#)

Thank you to our generous sponsors: [Daiichi Sankyo](#), [GSK](#) and [Merck](#).

[Join Us For The Next Sharsheret In The Kitchen](#)

FREE VIRTUAL HEALTHY COOKING CLASS

TAHINI TWO WAYS:

SAVORY AND SWEET RECIPES WITH YOUR
FAVORITE SESAME CONDIMENT

with

AMY KRITZER BECKER

@whatjewwannaeat



Wednesday, September 27 | 8pm EDT / 5pm PDT



Supported by



Join Sharsheret in the Kitchen, where Amy Kritzer Becker from [@whatjewwannaeat](#) and [moderntribe.com](#) will share some unique and delicious tahini recipes with us. This program is part of the “Sharsheret in the Kitchen” series, which brings nutritious kosher meal options to help empower all of us at risk for breast cancer and ovarian cancer to make healthier dietary choices.

For more information, contact [Jessica Jablon](#).

Register Today!

Thank you to our generous sponsors: [Cedars-Sinai](#), [Daiichi Sankyo](#), [GSK](#), [Merck](#), The Cooperative Agreement DP19-1906 from the Centers for Disease Control and Prevention and in partnership with [Woman to Woman](#).



Visit Our Summit Website To Register

Join tens of thousands of people nationwide, virtually and in person, for **Sharsheret's Summit** taking place from October 13-31.

Let us help your organizations develop and implement programs specifically for your community or participate in our national virtual offerings.

FEATURED VIRTUAL EVENTS

Register at summit.sharsheret.org

PRE-SUMMIT	MAKE YOUR WORDS MATTER: Speaker Training Webinar	SEPT 6 8 PM EDT 5 PM PDT
	THE IMPACT OF CULTURALLY COMPETENT CANCER CARE: A Training for Healthcare Professionals	SEPT 12 1 PM EDT 10 AM PDT
	DO I NEED TO TAKE OUT MY OVARIES? Hear the Latest in Prevention Guidelines From Top GYN/ONCS Who've Been in Your Shoes	SEPT 20 8 PM EDT 5 PM PDT
SUMMIT PROGRAMS	FACING SCANXIETY Have You Ever Experienced Fear Before Going in for a Mammogram/Screening? It's Called "Scanxiety" and You are Not Alone.	OCT 16 8 PM EDT 5 PM PDT
	PREIMPLANTATION GENETIC TESTING: How Might the New Fertility-Related Technology Support You and Your Family?	OCT 23 8 PM EDT 5 PM PDT
	SHARSHERET IN THE KITCHEN WITH KIM KUSHNER	OCT 26 8 PM EDT 5 PM PDT
	ARTIFICIAL INTELLIGENCE AND BREAST CANCER: What Does the Future Hold?	OCT 30 8 PM EDT 5 PM PDT

Contact [Yael Gevertzman](#) to plan a program.

Thank you to our generous Sharsheret Summit Sponsors: [Daiichi](#)

Register For A
Program

Plan A
Program

Looking For
Program
Ideas?



SHARSHERET

Upcoming Galas

ACROSS THE COUNTRY

LOS ANGELES, CALIFORNIA
September 10



DALLAS, TEXAS
October 29

NEW YORK CITY, NEW YORK
November 9

HOLLYWOOD, FLORIDA
November 18

Los Angeles, California
Registration

Dallas, Texas Registration

New York City, New York
Registration

Hollywood, Florida
Registration

Thank you to our sponsors: the Barbara and Fred Kort Foundation, [Daiichi Sankyo](#), [Merck](#), [Pfizer](#), [ImmunoGen](#), [GE HealthCare](#).

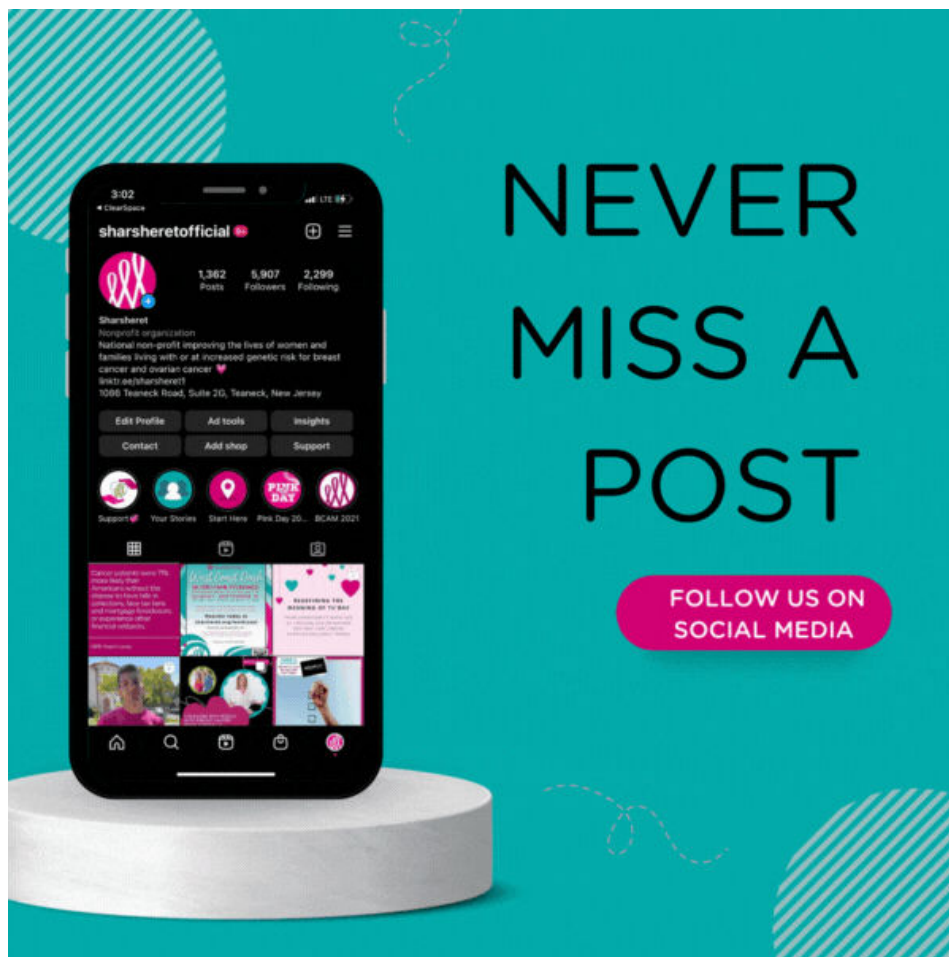
Get your insurance questions answered with Sharsheret



Sharsheret is now partnering with the Patient Advocate Foundation, a national nonprofit organization which provides case management services and financial aid to those with chronic, life threatening and debilitating illness. Click [here](#) to learn more.

[Read More](#)

Thank you to our sponsor: [Gilead](#)



Stay up-to-date with the latest Sharsheret happenings, breaking news in the breast cancer and ovarian cancer fields, tips from experts and stories from women and families in the Sharsheret community.

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Sharsheret is a national not for profit cancer support and education organization and does not provide any medical advice or perform any medical procedures. Sharsheret does not endorse or promote any specific medication, treatment, product, or service, and makes no

guarantees regarding the effectiveness of the product discussed herein. The information provided herein is not a substitute for professional medical advice or treatment. You should always seek the advice of your physician or other qualified health provider.

SPONSORED CONTENT

#StrongBetweenScans: Monitor your Breast Cancer with Signatera™

The Signatera™ Residual Disease Test is a personalized blood test from Natera that can help people with breast cancer find answers to important questions. Designed using a piece of your tumor tissue, Signatera™ works by testing your blood for circulating tumor DNA (ctDNA) to detect traces of cancer ahead of other tools like imaging or tumor markers. Monitoring your breast cancer over time with Signatera™ can help you and your doctor understand if cancer is remaining in your body, if it is responding to treatment or if it is likely to come back, which may reduce “scanxiety” and help you stay #strongbetweenscans.

Learn more at www.natera.com/signatera-breastcancer.

SPONSORED CONTENT

Transformative Trials at Holy Name Lead to Breakthrough Therapies, Improving the Lives of Women with Complex Cancers



The past decade of clinical research has seen significant advancements in the treatment of ovarian and endometrial cancers.

Holy Name Cancer Care, in collaboration with the Holy Name Institute for Clinical Research, has been at the forefront of this effort, helping to develop and improve the efficacy of innovative therapies. [Continue reading](#)

Sharyn Lewin, MD, FACS, FACOG, is the Director of Gynecologic Oncology at Holy Name Cancer Care and a member of the GOG's Investigator Council.

CLICK HERE TO DONATE NOW

September 2023 | Sharsheret | 866 474 2774 | info@sharsheret.org | www.sharsheret.org

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