



NEWS FROM SHARSHERET

JUNE 2023



SURVIVOR SPOTLIGHT
BATEL LIEBERMAN

WATCH NOW



"In September 2022, I was diagnosed with breast cancer. Within 20 minutes I was connected with Sharsheret. It was one of the best things that could happen to me and my family."

Watch Video

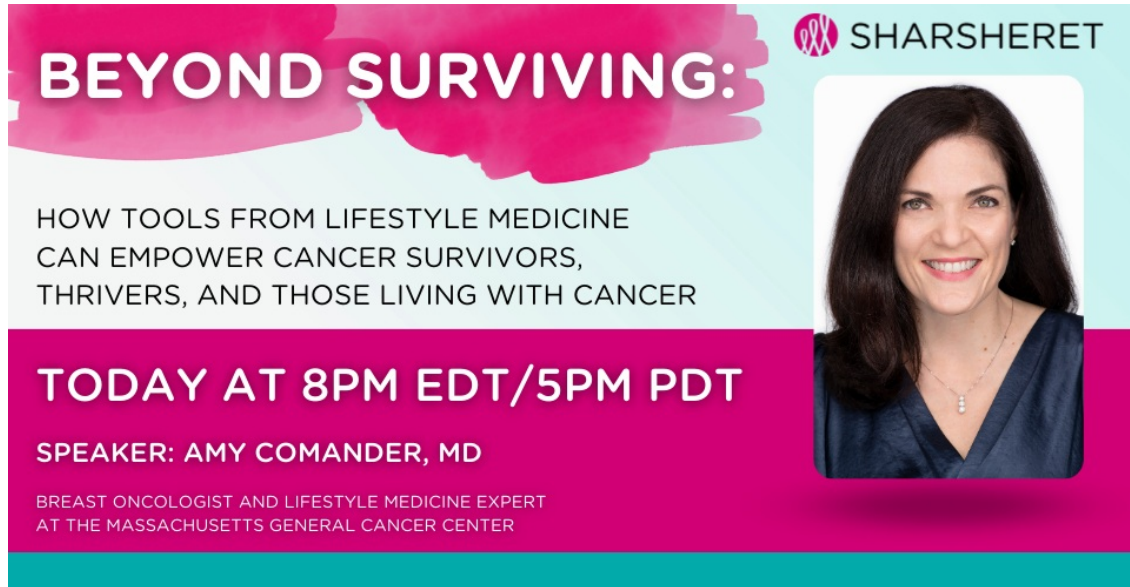
Sharsheret Names Two New Members To National Board Of Directors



Sharsheret's Board welcomes Kim Kushner of New York City and Stacey Mullins Garbowit of Boca Raton, Florida.

"We are thrilled to welcome Kim and Stacey, whose personal experiences, passions, and extensive reaches will further Sharsheret's mission and guide us into our next phase of

Celebrate Survivorship Day With A Free Kit And Program Just For You



BEYOND SURVIVING:

HOW TOOLS FROM LIFESTYLE MEDICINE
CAN EMPOWER CANCER SURVIVORS,
THRIVERS, AND THOSE LIVING WITH CANCER

TODAY AT 8PM EDT/5PM PDT

SPEAKER: AMY COMANDER, MD

BREAST ONCOLOGIST AND LIFESTYLE MEDICINE EXPERT
AT THE MASSACHUSETTS GENERAL CANCER CENTER

During today's interactive webinar with Dr. Amy Comander, a breast oncologist and lifestyle medicine expert, participants will learn how to “thrive” and not just “survive.” Dr. Comander focuses on the six pillars of lifestyle medicine: physical activity, healthy eating, restorative sleep, stress management, avoidance of risky substances, and the power of personal connections. Participants will learn how tools from lifestyle medicine can optimize health, well-being, and outcomes.

[Register Here](#)

Thank you to our sponsors: [Daiichi-Sankyo](#), [Gilead](#), [GSK](#), [Merck](#) and the Cooperative Agreement DP19-1906 from the [Centers for Disease Control and Prevention](#).



National Cancer Survivors Day is coming up on June 4th. Whether you were diagnosed 10 weeks or 10 years ago, we offer resources and support to help you navigate your entire survivorship journey.

Order your free customized survivorship kit which includes nutrition, wellness, exercise, and healthy living resources.

This kit is made available with support from [AstraZeneca](#), [Daiichi-Sankyo](#), [Exact Sciences](#), [ImmunoGen](#), [Lilly](#), [MacroGenics](#), [Novartis](#), [Pfizer](#), and [SeaGen](#).

[Order Your Kit Here](#)

Cancer Resources For The LGBTQ+ Community

Cancer Survivorship in the LGBTQ Community

A cancer diagnosis can affect all aspects of a person's life. You and your loved ones should consider being open about your sexual orientation and gender identity with your cancer care team and should keep in mind the unique challenges that LGBT individuals can face.

There are approximately one million LGBT cancer survivors in the U.S. today, which includes those currently fighting cancer and those who have been cured. LGBT folks can face discrimination and stigma in the healthcare system, which can hinder quality care and survivorship, and often leads LGBT people to avoid getting care altogether. LGBT people are less likely to use preventive health services (such as mammography), which may result in cancer diagnoses happening later for LGBT people, risking worse outcomes in survivorship. Lower financial stability and insurance access among LGBT people also decreases access to care.

COMING OUT AS LGBT TO THE CARE TEAM CAN FACILITATE AN OPEN DIALOGUE

To address the issues above, your healthcare provider should create a safe and welcoming environment that enables you to have an open and honest conversation to share your sexual orientation and gender identity.

- Find a provider with whom you are comfortable, express your needs to the care team and provider, request that inclusive language is used, and learn about your rights with the following resources:
 - The LGBT Healthcare Bill of Rights (find a provider, learn about quality care, and know your rights): healthcarebillofrights.org
 - Q Card Project (learn how to communicate with your provider): qcardproject.com
 - National Center for Transgender Equality's healthcare rights page (know your rights): transequality.org/know-your-rights/healthcare
- Being out to health care providers can enable your social network, loved ones, and caregivers to be involved in treatment decision-making, assist with side effect management, and advocate for you when you are unable to do so yourself.

A Resource from Sharsheret and LGBTHealthLink: Cancer Survivorship in the LGBTQ Community

June is LGBTQ+ Pride Month. We have partnered with [LGBT HealthLink](#) to create "Cancer Survivorship in the LGBTQ Community," a resource addressing the unique concerns of those facing cancer in the LGBTQ community. For more information or to order the resource, [click here](#).

Download Resource



Upcoming Galas

ACROSS THE COUNTRY

CHICAGO, ILLINOIS
Past event!

LAWRENCE, NEW YORK
July 19

ENGLEWOOD, NEW JERSEY
July 20

LOS ANGELES, CALIFORNIA
September 10 

HOLLYWOOD, FLORIDA
TBD

NEW YORK CITY, NEW YORK
TBD

Chicago, Illinois Recap

Englewood, New Jersey
Registration

Lawrence, New York
Registration

Los Angeles, California
Registration

Thank you to our sponsors (in formation): the Barbara and Fred Kort Foundation, [Daiichi-Sankyo](#), [Merck](#), [Pfizer](#), [ImmunoGen](#), [Maidenbaum Property Tax Reduction](#), [Neuberger Berman](#), and [GE HealthCare](#).



4 TIPS

FOR BETTER SLEEP

Speaker:
Sonia Ancoli-Israel, Ph.D.



In case you missed our webinar "Insomnia: Causes, Consequences and Cures," review the Four Cardinal Rules of Behavioral Treatment for Insomnia presented by Sonia Ancoli-Israel, PhD, Professor Emeritus and Professor of Research in the Department of Psychiatry and the Center of Circadian Biology at UCSD School of Medicine.

Rule #1: Reduce your time in bed. You should only be in bed about 30 minutes more than your total sleep time.

Rule #2: Get up at the same time every day of the week, no matter how much you slept during the night.

Rule #3: Don't go to bed unless you're sleepy.

Rule #4: Don't stay in bed unless you're asleep.

Source: Brief Behavioral Treatment of Insomnia (BBTI). Buysse et al. Arch Intern Med, 2011 May 23;171(10):887-95

Recording

Transcript

Slide Show

Thank you to our sponsors: [Daiichi-Sankyo](#), [Gilead](#), [GSK](#), [Merck](#) and the Cooperative Agreement DP19-1906 from the [Centers for Disease Control and Prevention](#).

We Are Where You Are



At the National Ovarian Cancer Coalition Wellness Retreat (NOCC) in Dallas, Texas, Sharsheret's Director of Training and Education, Melissa Rosen, presented on Managing Long-Term Treatment, shared resources, and met with current and future program participants, including Jessica.

Sharsheret is here for you during every stage of your breast cancer or ovarian cancer journey.

[Contact Us](#)

New Program For The Young Adults In Your Life

YAD
Young Adult Caring
Corner at Sharsheret

NEW!

LEARN ABOUT CANCER GENETICS AND TYPES OF CANCER

EXPLORE HOW TO CARE FOR A LOVED ONE FACING CANCER WHILE CARING FOR YOURSELF

GET SUPPORT FROM YOUNG ADULTS LIKE YOU WITH THE BUDDY SYSTEM

YAD: The Young ADult Caring Corner at Sharsheret is here to support you as you support your loved one. You are not alone.

It's scary when someone you love is diagnosed with cancer. You might wonder how you can support them, and you might feel selfish for wanting to also take care of yourself by

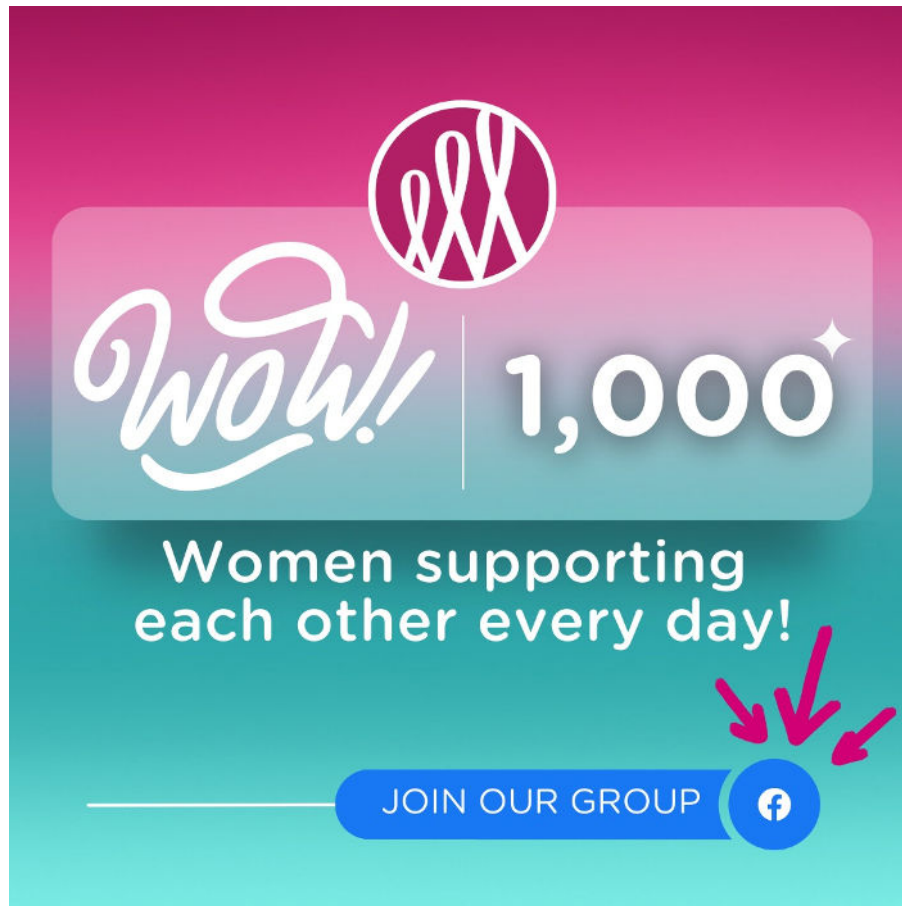
continuing to do the things you like to do, like seeing your friends, doing your hobbies, and going to school and work.

We're here to help you understand your loved one's diagnosis, how you can help (even from afar), and how you can take care of yourself while still caring for them.

[Learn More](#)

This program has been dedicated by Joy and Michael Goldsmith and Family.

Together, We Make A Difference: 1000 Members And Growing!



Join the 1000+ women who are supporting each other every day! Together, we can make a real impact on the lives of women and families who are facing breast cancer and ovarian cancer.

Sharsheret Support Community (For those who are newly diagnosed, living with breast cancer or ovarian cancer, or in survivorship)

Sharsheret Hereditary Cancer Community

Sharsheret Embrace Community (For individuals living with metastatic breast cancer or advanced ovarian cancer)

Thank you to our Embrace Group sponsors: [Daiichi-Sankyo](#), [Eisai](#), [Lilly](#), [Novartis](#), and [SeaGen](#). Thank you to our Support Community Group sponsor: [Lilly](#)

Proud To Be A Part Of This Giving Community



Sharsheret is a grateful beneficiary of Daily Giving and receives tens of thousands of dollars of support through the combined individual \$1 gifts of almost ten thousand Daily Givers all over the world.

Daily Giving is an organization that encourages donors to give as little as **one dollar each day**. These funds are then combined from across the globe and distributed to a different Jewish non-profit organization every single day.

To join this remarkable community of giving and make an indelible difference in the lives of countless Jews across the globe, simply sign up at dailygiving.org.

Visit Daily Giving

SPONSORED CONTENT

Have You Been Diagnosed With Metastatic Breast Cancer And Are Considering Enrolling In A Clinical Trial?

GE HealthCare has started a Phase IV trial to evaluate any changes in patients' therapeutic management plan by healthcare providers when using Fluoroestradiol (FES) F18 injection with positron emission tomography (PET) imaging. FDA-approved in 2020, Cerianna™ is used for the detection of estrogen receptor (ER)-positive lesions as an adjunct to biopsy in patients with recurrent or metastatic breast cancer. You may be eligible to participate if you have ER-positive, HER2-negative/low metastatic breast cancer that has progressed while on first line of hormonal therapy.

For more information on this study, including full eligibility criteria and specific study locations, visit ClinicalTrials.gov: NCT05068726.

Full prescribing information can be found here: [CERIANNA](#)



GE HealthCare

This newsletter is brought to you with support from



Holy Name is a leading health system in New Jersey, providing world-class care through a unique combination of medical expertise, innovative technology, and humanity at the heart of every interaction. Since our founding in 1925, our faith-based mission has remained steadfast - to help our community and each person we serve achieve the highest level of health through prevention, education and treatment. We provide nationally-recognized, award-winning inpatient, outpatient and wellness services through Holy Name Medical Center, a comprehensive 361-bed acute care hospital; Holy Name Physicians, a network of nearly 400 primary and specialty care experts; Villa Marie Claire, a home-like residential hospice center in Saddle River, NJ; HNH Fitness, a state-of-the-art health and fitness center in Oradell, NJ; the Sister Claire Tynan School of Nursing, a highly competitive institution dedicated to training the next generation of nursing professionals in Englewood Cliffs, NJ; Hôpital Sacré Coeur, a 200-bed Hospital in Milot, Haiti; as well as a wide range of services brought directly to patients through home care and telemedicine and hospital-at-home programs.

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.

[CLICK HERE TO DONATE NOW](#)

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

STAY CONNECTED



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