



Sharsheret stands with Israel and hopes for lasting peace as we continue to provide vital cancer education and support.



NEWS FROM SHARSHERET

DECEMBER 2023



SURVIVOR SPOTLIGHT
Daniella Dyckman

MAKE YOUR
YEAR END
GIFT TODAY

"After I was diagnosed with breast cancer, my bilateral mastectomy was scheduled for October 10th. My mother (who lives in Israel) booked a ticket to come care for me during my surgery and recovery. And then the unthinkable happened. The October 7th massacre. In my mother's absence, Sharsheret and local family and friends stepped in as my support. [Read more from Daniella.](#)

Upcoming Webinars


Namaste Mondays
WITH SHARSHERET

Join us Mondays at
3PM EST/12PM PST

NOV 27	DEC 18
DEC 4	JAN 8
DEC 11	JAN 22

Recommended:



- Yoga Mat/Towel
- 2 Cork or Foam Blocks
- Pillow and Blanket



Emily Elizabeth Steinberg,
Yoga4Cancer Trained Teacher

TEAM SHARSHERET

It is wonderful to make possible what you believe in. Support team.

SURVIVOR'S GUILT, TRAUMA AND LIFE BEYOND

Perspective is healthy until it isn't. Let's explore the impulse to minimize our feelings.

Monday, December 4
8PM EST/7PM CST/5PM PST



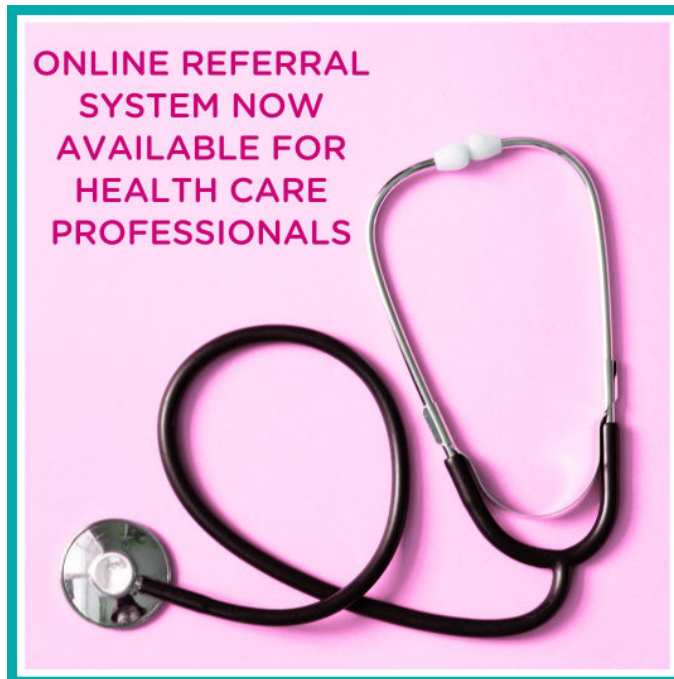
Dr. Katie Salyer, PsyD
Health and Stress Psychology

SHARSHERET

Namaste Mondays Sign

Survivor's Guilt Sign

These webinars are all made possible with support from: Cooperative Agreement DP19-1906 from the Centers for Disease Control and Prevention, [GSK](#), and [Daiichi Sankyo](#).
Thanks to our Survivor's Guilt community partner [The Cancer Wellness Center](#).



Attention all health care professionals: you can now refer your patients to Sharsheret for free psychosocial support with one easy click.

[Refer A Patient Or A Client Today](#)

Sharsheret On The Ground At The Annual San Antonio Breast Cancer Symposium



[Follow Us Today](#)

Stay tuned for a webinar on January 17, with highlights from the symposium.

Sharsheret's San Antonio Breast Cancer Symposium series is sponsored by [Novartis](#).



TEAM

SHARSHERET

MAKE YOUR MILES MEANINGFUL

**2024 Fort Lauderdale AIA Marathon, Half
Marathon & 5K** February 18, 2024

[Apply Here](#)

**LA Charity Challenge Half Marathon and LA
Marathon** March 17, 2024

[Apply Here](#)

2024 United Airlines NYC Half March 17, 2024

[Apply Here](#)

Bank of America Chicago Marathon October 13,
2024

[Apply Here](#)

For more information, please contact [Ellen Kleinhaus](#).

Men's Health Webinar Recording Is Now Available

TAKE
ACTION
THIS
"NOVEMBER"

LET'S TALK ABOUT MEN: ESSENTIAL SCREENING GUIDELINES EVERY MAN SHOULD FOLLOW



DR. JEFFREY PEARL

UROLOGIST
UROPARTNERS
CHICAGO, ILLINOIS



DR. ARIN NEWMAN

GASTROENTEROLOGIST PHYSICIANS
GROUP OF SOUTH FLORIDA
AVENTURA HOSPITAL, BAPTIST HEALTH SOUTH
FLORIDA, MOUNT SINAI MEDICAL CENTER



GUEST SPEAKER
DOUG BANK
MEMBER OF SHARSHERET'S
MEN'S LEADERSHIP COUNCIL



Dr. Pearl and Dr. Newman shared screening guidelines for cancers that affect men including male breast, prostate, colon and pancreatic.

Watch Recording

Email Our Genetic Counselor

This webinar was made possible with support from:

Program Sponsors: Cooperative Agreement DP19-1906 from the Centers for Disease Control and Prevention, [AstraZeneca](#), [Basser Center for BRCA](#), [GSK](#), and [Daiichi Sankyo](#).

Program Partners: [ANCAN](#), [fjmc](#), [HIS breast cancer awareness](#), [JScreen](#), [Male Breast Cancer Global Alliance](#), [Men of Reform Judaism](#) and [Sarnoff Center For Jewish Genetics](#).

New BRCA Genetics Video Series

The banner features the AstraZeneca and SHARSHERET logos on the left. The main text reads "BRCA HEREDITARY CANCER VIDEO SERIES". Below the text are two video thumbnails: "Jenny's Story" on the left and "Kerith's Story" on the right.

Watch both of these powerful firsthand accounts about how Kerith and Jenny's BRCA gene mutations impacted their children.

Kerith shares her experience telling her young adult children about BRCA.
Jenny discusses how her BRCA diagnosis shaped her reproductive decisions.

Contact [our genetic counselor](#) with questions about BRCA or any other genetic mutation that could increase your risk for breast cancer or ovarian cancer.

These videos are made possible with support from [AstraZeneca](#).
Thank you to our partners: [Living Beyond Breast Cancer](#), [Breastcancer.org](#) and [FORCE](#).

Jenny's Story

Kerith's Story



Raise awareness about breast cancer and ovarian cancer, and help save lives this February on Sharsheret Pink Day!

Lead an educational event, program or fundraiser at your school, organization or company.

Follow us for updates on our Instagram [@sharsheretofficial](#) and use [#SharsheretPinkDay2024](#).

For more information, please contact [Ellen Kleinhaus](#).

Pink Day is sponsored by [Daiichi Sankyo](#), and [Merck](#).

Check Out Our Recent Blogs



Knowledge is Power

By Peggy Cottrell, Sharsheret's Genetics Program Manager

"There have always been three good reasons for a person with cancer to have genetic testing."

This blog is made available with support from [GSK](#).

Knowledge is Power

Advances in HER2+ Treatment

By Lisa Hofheimer, Sharsheret Program Participant

"In 2002, there were no targeted treatments for my HER2+ tumor. I was able to enroll in a study where I was randomized to receive Herceptin, the first drug available to treat HER2+ breast cancer."

This blog is made available with support from [Puma](#).

Advances in
HER2+ Treatments

Unexpected Blessings

By Kathy Smith, Sharsheret Program Participant

"My tumor was HER2 low, a new classification for breast cancer tumors. I began taking a new mBC approved drug to treat HER2 + and HER2 low."

This blog is made available with support from [AstraZeneca](#).

Unexpected
Blessings

Thank You Adeena, Sharon And All The Pies For Prevention Bakers And Supporters!



A huge thank you to everyone who bought or baked delicious treats and sponsored bakers for our annual Pies for Prevention Thanksgiving Bake Sale! We hosted bake sales in **39 locations** across the United States that **brought in more than \$110,000** to support Sharsheret's ovarian cancer program.

We are grateful to sisters Sharon Wieder and Adeena Sussman who created and oversee the annual [Pies For Prevention Thanksgiving Bake Sale](#) in memory of their mother and grandmother, two of whom they lost to ovarian cancer.

This year, Sharsheret donated 10% of net proceeds (from baked goods sold) to [Haverut](#) and [Israel Lemonade Fund](#) both Israel-based organizations that serve Israeli families affected by cancer and by war-related trauma.

Pies for Prevention is supported in part by [Merck](#).

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

Are You ESR1 Out of 2? Get Tested. Know Your Status.

Nearly 1 out of 2 people with ER+/HER2- metastatic breast cancer will develop an ESR1 mutation as a result of exposure to hormone therapy. The ESR1 mutation can occur when cancer changes in an attempt to evade treatments. This mutation can make your mBC harder to treat, but the good news is there is a treatment for appropriate patients with ESR1-mutated advanced or metastatic breast cancer. A simple blood draw can help determine if your cancer has developed this mutation. Do you know your ESR1 status?

Talk with your doctor about if or when to test.

Learn more at <https://bit.ly/knowesr1>



Gain the most insight into your best treatment options through genetic testing.

A cancer diagnosis opens many questions about the right treatment decisions. Genetic testing can bring important health details to light so you and your provider can make informed, confident choices for a treatment plan tailored to you.

Learn more by visiting <https://myriad.com/oncology/patients/>.

Take the next step
in cancer care with
genetic testing



Myriad
genetics

myriad.com/oncology/patients/



Post - Mastectomy Numbness Is A Problem.

Resensation is a surgical procedure that offers women the potential to feel like themselves again after a mastectomy.

Learn more by visiting <https://www.resensation.com/> and check out Sharsheret's [education webinar](#) on this innovative technique.

When numbness is the norm, you can miss so much.

relief from a warm shower

comforts of intimacy

hugs from a little one

warmth from a hot stove

resensation
get back the feeling

Resensation has the potential to **restore the feeling lost** due to mastectomy

#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 natera.com/signatera-breastcancer.

CLICK HERE TO DONATE NOW

STAY CONNECTED



Sharsheret | 10 East 40th Street, 28th Floor, New York, NY 10016

[Unsubscribe jaltman@sharsheret.org](mailto:jaltman@sharsheret.org)

[Update Profile](#) | [Constant Contact Data Notice](#)

Sent by info@sharsheret.org