



# SHARSHERET

## Sharsheret Welcomes Dr. Amy Comander to its National Medical Advisory Board

*New Appointment Enhances Expertise in Breast Oncology and Lifestyle Medicine*

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**New York, NY – May 18, 2026** — [Sharsheret](https://sharsheret.org), the only Jewish not-for-profit organization dedicated to addressing the needs of women and families of all Jewish backgrounds living with or at an increased genetic risk for breast cancer and ovarian cancer in the U.S. and Israel, is proud to announce the appointment of Amy Comander to its esteemed National Medical Advisory Board.

Amy Comander, MD, DipABLM, FACLM, is a breast oncologist and Medical Director of the Mass General Brigham Cancer Institute in Waltham, Director of the Lifestyle Medicine Program at the Mass General Brigham Cancer Institute, and an instructor in medicine at Harvard Medical School. She brings extensive expertise in breast oncology, cancer survivorship, and lifestyle medicine to Sharsheret's mission of supporting women and families facing breast and ovarian cancer and hereditary cancer risk.

As a breast oncologist, Dr. Comander has witnessed the challenges patients face during and after cancer treatment and is deeply committed to improving the overall health and well-being of breast cancer survivors through evidence-based lifestyle interventions. In collaboration with Dr. Beth Frates, she launched the PAVING the Path to Wellness Program, a lifestyle medicine initiative designed specifically for breast cancer survivors. She also co-authored *PAVING Your Path Through Breast Cancer and Beyond*, which focuses on the role of lifestyle medicine in cancer survivorship and recovery.

Dr. Comander has been an active supporter of Sharsheret's mission for many years, including participating as a member of Team Sharsheret in the TCS New York City Marathon and serving as a featured speaker at Sharsheret campus events, where she has educated students and young adults about breast cancer, survivorship, and healthy living.

Dr. Comander was the first oncologist to serve on the Board of Directors of the American College of Lifestyle Medicine and was also the first oncologist to receive the Fellows designation from the organization, recognizing her leadership and contributions to the field of lifestyle medicine.

The Jewish Breast Cancer and Ovarian Cancer Community

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In addition to her clinical and academic leadership, Dr. Comander is passionate about promoting physical activity and wellness. She has completed 13 consecutive Boston Marathon races with the goal of improving the lives of individuals diagnosed with cancer. She often describes marathon running as a metaphor for life, guided by her favorite mantra: “Every mile out there is a gift and every finish line is a gift.”

“Dr. Comander’s expertise in evidence-based wellness and cancer survivorship will be an invaluable asset to Sharsheret’s educational initiatives and national programming,” said Adina Fleischmann, Sharsheret’s Chief Services Officer. “Her commitment to empowering patients through lifestyle interventions aligns closely with our mission to support individuals and families at every stage of their cancer journey.”

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## **ABOUT SHARSHERET**

Sharsheret, Hebrew for chain, an international cancer organization with offices in the Midwest, Southeast, Northeast, West, and Israel, serves 275,000 women, families, healthcare professionals, community leaders, and students in all 50 states. Sharsheret improves the lives of Jewish women and families living with or at increased genetic risk for breast or ovarian cancer through personalized support and saves lives through educational outreach.

While our expertise is in young women and Jewish families as related to breast cancer and ovarian cancer, Sharsheret programs serve all women and men.

As a premier organization for psychosocial support, Sharsheret is a member of the Federal Advisory Committee on Breast Cancer in Young Women, works closely with the Centers for Disease Control and Prevention (CDC), and participates in psychosocial research studies and evaluations with major cancer centers, including Georgetown University Lombardi Comprehensive Cancer Center. Sharsheret is accredited by the Better Business Bureau and has earned a 4-star rating from Charity Navigator for ten consecutive years.

## **What We Do**

One-on-one support for women and their families touched by breast cancer and ovarian cancer (all free, confidential, and convenient), featuring:

- Online 24/7 Live Chat
- Mental Health Professionals

- Genetic Counselor
- Peer Support
- Customized Beauty Kits
- Busy Boxes for Children
- Specialized Programming for Women Living with Metastatic Cancer
- Financial Subsidies for Non-Medical Services
- Men's Educational Resources

Education and Outreach for women, men, families, and community and medical professionals

- Healthcare Webinars
- College Campus Programming
- Community Educational Seminars
- Cultural Competency Trainings
- Comprehensive Resource Booklet Series
- Community Action for Women and Men of all Ages
- B'nai Mitzvah Projects
- Team Sharsheret Races and Walks
- Young Professionals Circle
- Teal and Pink Shabbat
- Local Volunteer Opportunities

For more information and to get involved today, visit us online at [www.sharsheret.org](http://www.sharsheret.org) or call us at 866-474-2774. Tag us on Instagram @sharsheretofficial

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