



# SHARSHERET

Your Jewish Community Facing Breast Cancer

HOW WE HELP

GET INVOLVED

DONATE NOW

September 2015

National Ovarian Cancer Awareness Month

## Sharsheret Goes Teal



Today is [Ovarian Cancer National Alliance's Wear Teal Day!](#) Sharsheret's staff is gearing up and preparing culturally relevant ovarian cancer resources and teal giveaways for September, National Ovarian Cancer Awareness Month. Want to plan an awareness event and help educate others? [Order our ovarian cancer resources and giveaways today.](#)

## Survivor Spotlight



"The beginning of our marriage was supposed to be filled with hope, promise, and dreams for the future. But cancer stole that magical sense of newness. I had to get through the surgery, the chemo, and I had to find a way to have children." [Read Nina's inspiring story on our blog.](#)

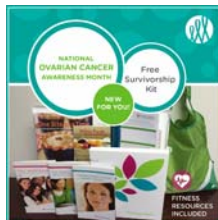
## 7th Annual Pies for Prevention



Love to bake? Ready to raise

## New! Ovarian Cancer Survivorship Kit

Sharsheret is proud to offer a new tailored kit for ovarian cancer survivors. This critical resource features a survivorship care plan, free cookbook, exercise resources, and information to address your individual concerns. [Order your free ovarian cancer survivorship kit.](#)



## Sharsheret in the News

Sharsheret has been highlighted in *Health and Living* magazine in an article about ovarian cancer and how Sharsheret can help. Myrna Cohen, an ovarian cancer survivor and Sharsheret program participant quoted in the article, said, "Sharsheret found me the perfect link. Knowing someone that has already walked in your shoes really helps." [Read the full article.](#)



## Host a Sharsheret Teal Shabbat

Join communities across the country hosting Sharsheret Teal Shabbat education and awareness programs in local synagogues, Jewish centers, and private homes. To get started, contact [Sarah Eagle](#).



## Learn Signs and Symptoms

One in forty Ashkenazi Jews carries a BRCA gene mutation, nearly ten times the rate of the general population, making Jewish families significantly more susceptible to hereditary ovarian cancer. Ovarian cancer is difficult to detect, especially in the early stages. Learn the [signs and symptoms](#) and discuss any personal questions with your health care provider.



awareness? Pies for Prevention is Sharsheret's pre-Thanksgiving bake sale in cities all across the country. All proceeds support Sharsheret's ovarian cancer initiatives. If you want to learn more about becoming a baker in your community, contact [Sarah Eagle](#).

## National Resource Distribution



Sharsheret educates health care providers about the unique concerns of Jewish women facing ovarian cancer. Throughout September, Sharsheret will distribute an additional 10,000 copies of our "Facing Ovarian Cancer as a Jewish Woman" booklet to help health care providers better care for their patients. [Click here](#) to download and view the newly updated booklet.