



Facing  
Breast Cancer  
*as a*  
Jewish Woman



**Sharsheret**<sup>®</sup>

Linking Young Jewish Women In Their Fight Against Breast Cancer

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The Susan G. Komen  
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# About Sharsheret

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Women who have been diagnosed with breast cancer can benefit from a strong support network. Support might come from family members and friends, Rabbis, and community members. For Jewish women concerned about privacy, support can also come from breast cancer organizations and Jewish organizations that offer confidential counseling and services.

Sharsheret is a national organization of Jewish breast cancer survivors. Hebrew for “chain,” Sharsheret pairs those facing breast cancer with volunteers who can share their experiences. Since the organization’s founding in 2001, Sharsheret has received thousands of phone calls from those affected by breast cancer, health care professionals, women’s organizations, Jewish organizations, and others interested in learning more about the important services we provide nationwide.

Sharsheret’s programs respond to the needs of the women we serve and include:

- **The Link Program**, a peer support network connecting young Jewish women newly diagnosed or at high risk of developing breast cancer with others who share similar diagnoses and experiences.
- **Education and Outreach Programs**, including health care symposia addressing the concerns of young women and Jewish women facing breast cancer. Recent events addressed the subjects of breast cancer and fertility, parenting through cancer treatment, and survivorship. Transcripts of all symposia are available on Sharsheret’s website, [www.sharsheret.org](http://www.sharsheret.org).
- **Quality of Life Programs**, including the Busy Box for young parents facing breast cancer, Best Face Forward to address the cosmetic side effects of cancer treatment, and Embrace for women living with advanced breast cancer.

Many women find valuable support and added strength in speaking to other women who share their religious or cultural background and have experienced breast cancer. Women who participate in Sharsheret’s Link Program can discuss a wide range of feelings and concerns that they may not feel as comfortable addressing with friends and family members.

If you would like more information about participating in Sharsheret’s programs, please call toll-free (866) 474-2774. All phone calls are confidential.

# Introduction

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A diagnosis of breast cancer can be overwhelming for any woman. For Jewish women, its grip may extend to family, community, dating, fertility, marriage, parenting, and religious life. Though you may confront many of the same issues as other women facing breast cancer, it can feel like a lonely journey.

You are not alone. Thousands of Jewish women are living with breast cancer today – juggling medical appointments as they prepare spiritually and physically for the holidays, struggle with concerns about breast cancer genetics, and cope with the impact of a cancer diagnosis on their careers. Their experiences are reflected in these pages.

This booklet is designed to raise awareness about the issues many Jewish women face in their fight against breast cancer and the resources available to help address those concerns. The booklet will highlight some of the difficulties shared by women who have called Sharsheret for information and support. You may identify with some of the issues addressed in this guide, while others may not seem relevant to you.

Whatever your concerns, the Resource Directory at the end of this booklet will help you identify many Jewish organizations and cancer organizations that are available to you as well as to your friends and family members. This booklet is not intended to provide comprehensive medical information. Many of the breast cancer organizations in the Directory can help you locate the information you may need over time. The Directory is organized by subject so that you can easily access the organizations that will be most useful in addressing your particular needs.

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# Breast Cancer Genetics

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***“My grandmother and aunt were both diagnosed with breast cancer. When I was diagnosed, I wanted to understand more about hereditary breast cancer so that I could determine the best treatment plan for me. Then I began to worry about my sisters and my daughters. With the information I have gathered, I can begin to make important decisions for my family.”***

Many Jewish women contact Sharsheret with concerns about a history of breast cancer or ovarian cancer in their family. No study to date has shown that breast cancer is more common in Jewish women than in the population at large. However, more Jewish women carry genetic alterations that may increase the likelihood that they will develop breast cancer or ovarian cancer in their lifetime. Specifically, 1 in 40 Jewish women of Ashkenazi descent carry an alteration in what are referred to as the BRCA1 or BRCA2 genes, compared to 1 in 345 women in the general population who carry an alteration in those genes. These alterations can be passed from generation to generation, from both mothers and fathers. Scientists are beginning to study the hereditary nature of breast cancer in Jewish families of Sephardi descent as well. While not all women who carry an altered gene will develop breast cancer, recent studies suggest that there may be as high as an 82% risk that someone who carries an altered gene will develop breast cancer by the age of 70.

Genetic counselors, who are specialized health care professionals, can help you understand your family history and its impact, if any, on your surgery and treatment decisions. They can also help you determine if you are a good candidate for genetic testing, which is administered using a blood test. You can find a list of breast cancer genetics resources on page 16 of the Resource Directory at the end of this booklet.

Sharsheret's Link Program can connect you with other Jewish women who have a family history of breast cancer. You can also request a copy of the Sharsheret booklet, "Breast Cancer Genetics and the Jewish Woman," and a transcript of the symposium, "Breast Cancer Genetics: Impact on the Jewish Woman and Her Family," online at [www.sharsheret.org](http://www.sharsheret.org) or by telephone.

# Spirituality

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*“I truly believe that Jewish tradition can provide some of the tools we might need to face the difficult realities of cancer treatment. Often, when diagnosed with breast cancer or facing any serious illness, the natural question is to ask, ‘Why?’ Throughout my treatment, I found that ‘why’ was transformed into the questions of ‘what’ and ‘how’ and ‘when.’ What is there to learn from the challenges each of us must face in our lives? How might we garner the strength to face what might lay ahead? When will we know that this experience is yet one more fold in the fabric of our life? In grappling with these questions, I discovered that my faith, my spiritual life, and my deep connection to community were vital in carrying me through this passage.”*

Many Jewish women facing breast cancer have found support in speaking to Rabbis and Jewish communal leaders about incorporating spirituality, Jewish tradition, and ritual into their lives as they cope with the emotional and physical impact of breast cancer. Some women naturally look to Jewish tradition for wisdom and comfort. Prayer, healing services, and meditation can be helpful during treatment. Preparing for and celebrating Jewish holidays or other rituals with family and friends can create feelings of warmth and security during a time of life that may feel unstable. Hosting a Seudat Hoda'ah (celebration of thanks) can mark a closure to treatment and a beginning to healing.

Women who may not have felt connected to Judaism before may be motivated by illness to search Jewish tradition for meaning and guidance. The emotional and spiritual journey is fluid. Finding meaning in the journey can mean embracing the emotional range of feelings, accepting that there will be times when you feel less connected, and other times, more spiritual.

In addition to Rabbis and Jewish spiritual leaders, there are Jewish organizations that can help you find meaningful ways to integrate spirituality and Jewish tradition into the healing process. You can find a list of these organizations on page 16 of the Resource Directory at the end of this booklet.

# Prayer

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*“During treatment, I sought a way to focus that would be healing. Choosing prayers that were meaningful to me helped me envision the words nurturing my body and transforming chemotherapy into the nourishment that I needed to create a healing environment.”*

Many Jewish women living through breast cancer turn to prayer for a sense of spiritual and Jewish healing during treatment and beyond. Through prayer, women often describe feeling more hopeful about the future and more connected to the Jewish community. Prayer may also provide a quiet and reflective time to momentarily put aside concerns during breast cancer treatment.

Some women turn to a Rabbi or spiritual leader for assistance in selecting meaningful prayers. Other women have selected prayers they find particularly comforting or hold personal significance. Family members and friends may feel empowered by organizing a prayer group, and many community groups gather to recite Tehillim (Psalms) for those facing breast cancer.

A list of organizations offering spiritual support during illness can be found in the Resource Directory on page 16 of this booklet. Rabbis and Jewish leaders in your community may also provide meaningful guidance.

Sharsheret’s Link Program can connect you with other women who have found prayer a helpful tool in the healing process. If you feel you would benefit from speaking with other Jewish women who have used prayer, please consider joining Sharsheret’s Link Program.

# Jewish Holidays

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*“I began chemotherapy treatments right around the time of Rosh Hashanah. It was challenging to prepare for guests when I felt numb and disconnected from the routine of Jewish life. But that year, my Tefillot – my prayers – took on greater meaning, as I prayed for healing, for health, and for a long life of celebrations. Though the holidays brought with them a roller coaster of emotions – fear, anxiety, and deep sadness – they also created some moments of true calm and connection to the friends and family whose support proved invaluable.”*

Jewish holidays provide meaningful opportunities for family and friends to celebrate together, bringing us closer to loved ones. The holidays can also be an important time of deepening spirituality and self-reflection. Candle-lighting associated with many of the holidays brings additional light into the Jewish home.

For Jewish women facing breast cancer, navigating the physical and emotional demands of the holidays may also make these trying times. Some women find general holiday preparations – shopping, cooking, and cleaning – physically taxing. Others do not feel emotionally ready to celebrate. The High Holy Days, in particular, can bring with them added anxiety about the uncertain future as the New Year approaches.

Sharsheret can connect you with other women who have experienced the challenges and joys of preparing for the Jewish holidays during breast cancer treatment. If you feel you would benefit from speaking with others who have addressed similar concerns, please consider joining Sharsheret's Link Program.

# Privacy and Confidentiality

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*“My instincts told me to ‘stay private.’ Cancer can be scary, and I worried that I would be labeled as someone who was untouchable. I would peek through the window of the doctor’s office to see if I knew anyone before I went in. I didn’t want to be pitied and I didn’t want people talking about me. The stress of keeping private was almost worse than being sick. I never appreciated people and the power of connecting to others. It is tremendously healing, just having people around you.”*

Living in a close-knit community can be a wonderful source of support for those facing illness. For some women, though, breast cancer is an experience they would prefer to approach privately. Others are concerned about the impact of a cancer diagnosis on their place in the community – their own marriage prospects or those of their children. For you, privacy and confidentiality may be a critical component of support. At the same time, you may recognize the benefits of connecting with family members, friends, and others who have shared a similar experience.

There are breast cancer organizations and Jewish organizations that can offer resources and support with the degree of confidentiality you require. If you are concerned about confidentiality, consider asking the organizations you contact to specify the ways in which they can accommodate your privacy needs. Some organizations will offer to mail materials to you in plain white envelopes. Others will allow you to use your first name only or a name of your choice, and will not identify your phone number through Caller ID.

Sharsheret is sensitive to the concerns of those who phone in for support or to offer their support, and we are committed to accommodating requests for confidentiality. For those who would prefer not to receive Sharsheret envelopes in the mail, we will arrange to ship materials in plain white envelopes. We will also accommodate requests from those who would prefer not to share their names or to speak with other women who live in their own neighborhood.

# Community Support

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*“It was uncomfortable to accept help from friends and family, but ultimately very important. I had the opportunity to feel the love and support that comes from the community. And I knew that no matter how I was feeling, there would always be someone to take care of me and my family. I was not alone, and knowing that was a very powerful feeling.”*

As part of a community that values Tikun Olam (making the world a better place) and Tzedakah (giving to others), asking for help or accepting assistance can often be difficult for the Jewish woman facing breast cancer. Some women who call Sharsheret describe how uncomfortable it can feel to be on the receiving end of another person’s good deeds. Other Jewish women take comfort in being part of a close-knit community that will offer to prepare meals, tend to children, and help with shopping and housekeeping. Understanding that friends and family members feel empowered when they are useful to you can often make their offers of assistance easier to accept.

If you are in need of community support during breast cancer treatment, you can contact Bikur Cholim organizations (providing care for the ill and infirm) in your area. Many of these organizations offer assistance with meals, transportation, hospital visits, child care, counseling, and home care. For a state-by-state listing of Bikur Cholim organizations, visit [www.bikurcholimcc.org](http://www.bikurcholimcc.org). To find a local Jewish Family and Children’s Agency, visit [www.ajfca.org](http://www.ajfca.org).

# Single Jewish Women

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*“When I was first diagnosed, I panicked: Who will marry me? Will I ever be able to have children? I felt overwhelmed having to manage the breast cancer ordeal without a partner. When you have a spouse, you have a sounding board: someone to discuss treatment decisions and surgery options, someone to care for you when you cannot care for yourself. It made all the difference when I realized that there were other young women out there living with breast cancer, people I could speak with over the telephone, who could help me understand what to expect.”*

Breast cancer can be overwhelming for a woman at any stage of life. Facing cancer as a single Jewish woman can raise a series of unique challenges. Some of the single women who have called Sharsheret have done so to discuss:

- Establishing a consistent support system of friends and family members.
- The difficulty of possibly moving back home to be cared for by loved ones.
- How to begin dating again.
- When and how to tell a prospective partner that you have or have had cancer.
- Concerns about the impact of breast cancer treatment on fertility and the ability to biologically parent a child.
- Wearing a wig or hat during chemotherapy, generally a ritual of marriage in Orthodox Jewish communities.
- Support groups sensitive to the unique needs of single women.
- Educational outreach programs that focus on the needs of single Jewish women.

Sharsheret can connect you with other single Jewish women who have experienced breast cancer or who are concerned about a family history that may increase their risk of developing breast cancer. If you feel you would benefit from speaking with others who have addressed similar concerns, please consider joining Sharsheret’s Link Program.

# Marriage

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*“Surgery had a serious impact on my body image. I felt a sense of loss, and it was painful and embarrassing for me. My husband and I both needed to adjust to this significant change in our relationship. I found it very reassuring when we were both able to discuss our feelings openly.”*

For Jewish women who are married, a diagnosis of breast cancer can impact relationships at home. Busy with medical appointments and often fatigued as a result of treatment, many women find that they do not have the time or energy that they are accustomed to spending in their relationships with their spouses. Spouses may need to assume additional household or child care responsibilities. Other women express the concern that their husbands require support, but do not have others with whom they feel comfortable discussing breast cancer. Changes in one’s physical appearance as a result of surgery or chemotherapy may affect body image. These feelings can be difficult to discuss with a spouse and may affect intimacy both emotionally and sexually.

There are breast cancer organizations and Jewish organizations that can address your concerns about the impact of breast cancer on life with your spouse. Many organizations can provide direct support to your spouse, or provide you with resources that may be helpful to share. Others can provide household help or child care assistance. You can find a list of these organizations on page 17 of the Resource Directory at the end of this booklet. Additionally, Sharsheret can connect you with other Jewish women who experienced the impact of breast cancer on their relationships at home.

# Mikvah

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*“Using the Mikvah for the first time after surgery was an emotional experience. Standing alone in the mirrored and brightly-lit preparation room, I was anxious about the attendant’s reaction upon seeing my scars. I carefully warned her, even though at the time it was difficult for me to discuss my diagnosis. How much more whole I felt after each Mikvah visit.”*

For many women, using the Mikvah (ritual bath) after diagnosis can mark the beginning of healing. Whether they are returning to the Mikvah or using the Mikvah for the first time, women often experience a range of emotion. Some may view their time in the water as one of heightened spirituality or as an opportunity for reflection. At the same time, the prospect of using the Mikvah after surgery or during chemotherapy treatment can be accompanied by anxiety and vulnerability about exposure of surgical scars or hair loss.

Several communities across the country offer “Healing Waters” spiritual support groups at their local Mikvaot. For more information, please contact the organizations addressing spirituality listed on page 16 of the Resource Directory at the end of this booklet. In addition, Sharsheret’s Link Program can connect you with other women who shared similar Mikvah experiences.

# Fertility and Pregnancy

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*“When I was first diagnosed, I was afraid I was going to become infertile. On top of all else, I was worried I would be childless. Before chemotherapy, I visited doctors and asked important questions about the impact of breast cancer treatment on my fertility. I made decisions that I feel good about. It was an extremely stressful time, but I know I did the best research I could. I wasn’t paralyzed.”*

The emphasis of Jewish tradition and culture on the importance of family makes the impact of breast cancer on fertility a particularly critical concern for Jewish women, both single and married. Many women begin treatment with questions about their ability to have children after cancer, particularly after they learn that chemotherapy can induce premature menopause. Others are concerned about the effects of chemotherapy agents on subsequent pregnancies. Finally, women are concerned about the effects of breast cancer treatment during pregnancy or while nursing, and about the effects of pregnancy on the recurrence of breast cancer.

There are cancer organizations and Jewish organizations that can help you understand the impact of breast cancer treatment on fertility and your fertility options beyond breast cancer. You can find a list of these organizations on pages 16-17 of the Resource Directory at the end of this booklet.

Sharsheret’s Link Program can connect you with other Jewish women who faced similar concerns about fertility and pregnancy beyond breast cancer. You can also request a transcript of Sharsheret’s symposia, “Fertility and Breast Cancer” and “Surviving Young: Life After Breast Cancer,” online at [www.sharsheret.org](http://www.sharsheret.org) or by telephone.

# Parenting

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*“I had five young daughters when I was diagnosed with breast cancer. I had images of myself in the hospital, pushing an IV, a sickly person. My big concern was continuing my energetic lifestyle, being there for homework, eating dinner together, giving them their baths. I didn’t know what to tell my children, and I worried about how my illness and treatment would affect their lives. Ultimately, I put a lot of effort into keeping their lives normal. Although there were days I felt very tired, I made it my focus to save my energy for the Mommy moments.”*

The issue of how to best parent through breast cancer is a significant concern for many Jewish women who phone Sharsheret. Some women seek guidance about discussing breast cancer with young children and teenagers. Other women who are eager to keep their diagnosis private look for help in addressing the needs of their children through cancer treatment and beyond.

There are cancer organizations that can help you determine the best ways to approach cancer with your family, and Jewish organizations that can provide family counseling and guidance. You can find a list of these organizations on page 17 of the Resource Directory at the end of this booklet.

Additionally, Sharsheret’s Busy Box Program is a unique resource designed to meet the needs of younger children who have a parent facing breast cancer. Each Busy Box includes educational resources for parents as well as a starter kit of games and activities to keep children occupied while their mother is resting or attending an appointment. You can also request a transcript of Sharsheret’s symposium, “How Do We Care for Our Children?,” online at [www.sharsheret.org](http://www.sharsheret.org) or by telephone.

# Working Women

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*“Continuing to work during breast cancer treatment was extremely challenging. Managing a family, a job, medical appointments, and treatments was a very complex juggling act. At times, especially during the holidays and preparing for Shabbat, I felt as though nothing was getting 100% of the attention it deserved.”*

Working in the midst of breast cancer treatment can be both normalizing and challenging. Many women find that continuing to work gives them a sense of purpose and a routine in an otherwise chaotic schedule of medical appointments. Working through treatment can also pose challenges, including sharing one’s diagnosis with employers and co-workers, juggling work responsibilities and appointments, and the impact of treatment side effects – including fatigue – on work performance. Women who have called Sharsheret have also noted the added pressure of balancing work schedules with the responsibilities of preparing for the Jewish holidays and Shabbat.

There are organizations that can help you, your employer, and co-workers address some of the challenges that may arise at work during breast cancer treatment. They offer guidance on sharing the news, managing fatigue, and your rights in the workplace. You can find a list of these organizations on pages 17-18 of the Resource Directory at the end of this booklet.

Sharsheret’s Best Face Forward Program can help ease your transition back to work by addressing some of the cosmetic side effects of breast cancer treatment. Additionally, Sharsheret can connect you with other working women who experienced similar challenges.

# Survivorship

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*“I find myself calculating how many more months until I no longer have to undergo breast cancer treatment. Though my efforts have been to put cancer behind me, I am learning, slowly, that it is much more important that I learn to walk comfortably beside cancer.”*

As women live longer lives beyond breast cancer, survivorship has become a pressing subject in the health care community. The term “survivor” itself raises a number of questions: When exactly are you considered a breast cancer survivor? How often do you need to see the doctor once you have survived cancer? How do you reconcile the term “survivor” with that persistent voice in your head whispering, “It’s going to come back. Is it just a matter of time?”

For Jewish women contemplating their rights to the title “survivor,” on-going issues affecting family, friends, community, fertility, marriage, parenting, and religious life remain a challenge. Many women feel internal pressure or pressure from others to return to being the person they were prior to their diagnosis. Often, great effort is put into maintaining normalcy during this time of life-altering changes.

There are cancer organizations and Jewish organizations that can offer resources, guidance, and support as you work to create a “new normal” beyond treatment. You can find a list of these organizations on page 18 of the Resource Directory at the end of this booklet.

Sharsheret’s Link Program can connect you with other Jewish women who will offer support and help you identify many of the concerns facing Jewish breast cancer survivors. In addition, you can request a transcript of Sharsheret’s symposium, “Surviving Young: Life After Breast Cancer,” online at [www.sharsheret.org](http://www.sharsheret.org) or by telephone.

# Resource Directory

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## **Organizations Addressing Breast Cancer in Jewish Women**

### **Sharsheret**

1086 Teaneck Road, Suite 3A, Teaneck, NJ 07666

[www.sharsheret.org](http://www.sharsheret.org)

Email: [info@sharsheret.org](mailto:info@sharsheret.org)

Toll-Free: (866) 474-2774

### **Chai Lifeline**

(800) 343-2527

[www.chailifeline.org](http://www.chailifeline.org)

### **Partners in Health/Bikur Cholim**

(845) 425-7877

[www.bikurcholim.org](http://www.bikurcholim.org)

## **Breast Cancer Organizations**

### **American Cancer Society**

(800) ACS-2345

[www.cancer.org](http://www.cancer.org)

### **breastcancer.org**

[www.breastcancer.org](http://www.breastcancer.org)

### **Living Beyond Breast Cancer**

(610) 645-4567

[www.lbbc.org](http://www.lbbc.org)

### **Dr. Susan Love's Website for Women**

[www.susanlovemd.org](http://www.susanlovemd.org)

### **National Breast Cancer Coalition**

(800) 622-2838

[www.natlbcc.org](http://www.natlbcc.org)

### **SHARE (Self-Help for Women with Breast or Ovarian Cancer)**

(866) 891-2392

[www.sharecancersupport.org](http://www.sharecancersupport.org)

### **The Susan G. Komen Breast Cancer Foundation**

1.800 I'M AWARE®

[www.komen.org](http://www.komen.org)

### **Y-Me National Breast Cancer Organization**

(800) 221-2141

[www.y-me.org](http://www.y-me.org)

## **For Young Women Facing Breast Cancer**

### **Sharsheret**

(866) 474-2774

[www.sharsheret.org](http://www.sharsheret.org)

### **Ulman Cancer Fund for Young Adults**

(888) 393-FUND

[www.ulmanfund.org](http://www.ulmanfund.org)

### **Young Survival Coalition**

(212) 206-6610

[www.youngsurvival.org](http://www.youngsurvival.org)

## **Breast Cancer Genetics**

### **Chicago Center for Jewish Genetic Disorders**

(312) 357-4718

[www.jewishgeneticscenter.org](http://www.jewishgeneticscenter.org)

### **FORCE: Facing Our Risk of Cancer Empowered**

(866) 824-7475

[www.facingourrisk.org](http://www.facingourrisk.org)

### **National Society of Genetic Counselors**

(610) 872-7608

[www.nsgc.org](http://www.nsgc.org)

## **Spirituality**

### **National Center for Jewish Healing**

(212) 399-2320

[www.ncjh.org](http://www.ncjh.org)

### **Ritualwell (Project of Kolot: The Center for Jewish Women's and Gender Studies)**

(215) 576-0800, ext. 149

[www.ritualwell.org](http://www.ritualwell.org)

## **Fertility and Pregnancy**

### **A T.I.M.E (Torah Infertility Medium of Exchange)**

(718) 437-7110

[www.atime.org](http://www.atime.org)

**Fertile Hope**

(888) 994-HOPE

[www.fertilehope.org](http://www.fertilehope.org)

**Pregnant with Cancer Network**

(800) 743-4471

[www.pregnantwithcancer.org](http://www.pregnantwithcancer.org)

**For Family and Friends****Association of Jewish Family & Children's Agencies**

(800) 634-7346

[www.ajfca.org](http://www.ajfca.org)

**Bikur Cholim National Directory**

[www.bikurcholimcc.org](http://www.bikurcholimcc.org)

**Busy Box (A Sharsheret Program)**

(866) 474-2774

[www.sharsheret.org](http://www.sharsheret.org)

**Family Focus (A Sharsheret Program)**

(866) 474-2774

[www.sharsheret.org](http://www.sharsheret.org)

**Gilda's Club**

(888) GILDA-4-U

[www.gildasclub.org](http://www.gildasclub.org)

**Kids Connected**

(800) 899-2866

[www.kidsconnected.org](http://www.kidsconnected.org)

**Men Against Breast Cancer**

(866) 547-6222

[www.menagainstbreastcancer.org](http://www.menagainstbreastcancer.org)

**Mothers Supporting Daughters with Breast Cancer**

(410) 778-1982

[www.mothersdaughters.org](http://www.mothersdaughters.org)

**Managing Cosmetic Side Effects****Best Face Forward (A Sharsheret Program)**

(866) 474-2774

[www.sharsheret.org](http://www.sharsheret.org)

**Look Good Feel Better**

(800) 395-LOOK

[www.lookgoodfeelbetter.org](http://www.lookgoodfeelbetter.org)

**Shop Well With You**

(800) 799-6790

[www.shopwellwithyou.org](http://www.shopwellwithyou.org)

**“TLC” (American Cancer Society Catalog)**

(800) 850-9445

[www.tlccatalog.org](http://www.tlccatalog.org)

**Facing the Mirror with Cancer**

(312) 214-3545

[www.facingthemirror.org](http://www.facingthemirror.org)

**Working Women****Cancer and Careers: Living and Working with Cancer**

[www.cancerandcareers.org](http://www.cancerandcareers.org)

**Survivorship****Lance Armstrong Foundation**

(866) 235-7205

[www.livestrong.org](http://www.livestrong.org)

**Living Beyond Breast Cancer**

(888) 753-5222 (Survivors' Helpline)

[www.lbbc.org](http://www.lbbc.org)

**National Coalition for Cancer Survivorship**

(877) 622-7937

[www.cansearch.org](http://www.cansearch.org)

The information contained in this booklet is intended to provide broad knowledge of available breast cancer resources and should not be construed as an endorsement of any health care professional, organization, or program mentioned in the Resource Directory. All medical information should be discussed with a health care professional.

# Booklets Available in this Series

Breast Cancer Genetics and the Jewish Woman

Facing Breast Cancer as a Jewish Woman

Facing Breast Cancer as an Orthodox Jewish Woman

The Jewish Family Facing Breast Cancer

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Satmar Bikur Cholim  
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# Sharsheret<sup>®</sup>

Linking Young Jewish Women In Their Fight Against Breast Cancer

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