

## Celebrate Hope and Strength: The International Breast Cancer Awareness Month

1500 Persons Took a Step in Fighting Women's Cancers with Zumba and Running. The Breast Cancer Foundation of Egypt (BCFE) organ-ized "Globe-athon Egypt: the Walk to End Women's Cancers" on Saturday, September 28, 2013. The day started with the 3rd Zumba Pink Party for the Cure at the Marriott Hotel in Zamalek to raise awareness of women's cancers and in particular breast cancer. Later in the day, participants raced at the Gezira Equestrian Club as part of Globe-athon. More Details







### **Survivor Story**

I had stage 2 carcinoma when I was 35 years old... I did a lumpectomy, I took 3 FEC sessions and 12 Weekly Taxol....the worst sessions were the FEC ones because of the nausea.... Looking back I feel like, thanks God.... I shouldn't complain.....because It could have been worse.....time with friends has helped me a lot......their support and love was overwhelming...my sister....what

husband.....never have I felt his love as much as I did now.....truly concerned.....he was the first one to complement me when I shaved off my hair...he called me Demi Moore.....my boys....or rather my two young men...needed guidance....on how to help me...When I needed help....I would ask them to do chores....and they were very obedient.....we spent more quality time together,....the younger one....was always helping me with my new looks...People always complemented me on my smile. **Ghada Salah Gad** 

#### **Early Detection is the Key Through:**

Having a breast self examination once monthly starting at age 20.

Having a clinical breast exam at least every 3 years starting at age 20, and yearly starting at age 40.

Having a mammogram yearly starting at age 40.



# Breast Cancer is not a Choice...

Your Donation supports early detection, and helps women with breast cancer:

Mammogram, Clinical Examination, Surgeries, Lymphedema Treatment

Donate on our CIB Bank account 6666(EGP) or 2590300493(USD).

Swift Code : CIB EE GCX025



#### To Learn More About Breast Health..Visit Us At:

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Carrefour Mall: 15-31 October Genena Mall: 25 - 31 October Arkan Mall: 27 - 31 October