

September and October are all about women.  
Women's Cancers Months: Learn...Listen...Act

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## Celebrate Hope and Strength with BCFE

September is Gynecological Cancer Awareness Month whereas October is Breast Cancer Awareness Month across the world. BCFE considers this an opportunity to raise awareness of cancers that affect women's health in Egypt. Several events will be held to spread knowledge, encourage women to get screened and show support to women who fight cancer.

**Learn** about the risk factors and symptoms of gynecological cancers. Know your family history and the recommended tests.

**Listen** and pay attention to your body's signals. If you have any unusual spotting, bloating, watery discharge, or itching, then make an appointment with your doctor. Don't put it off. Early detection is the key to fighting these diseases.

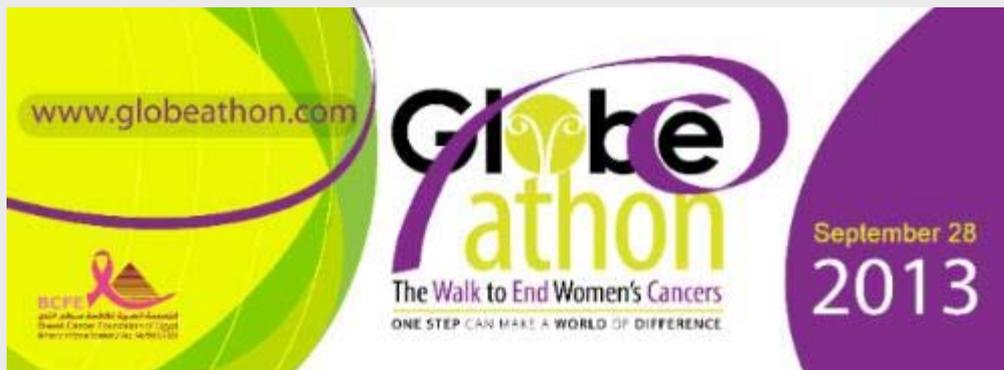
**Act** to reduce your risk and take steps to protect yourself. Making healthy food choices, exercising regularly and managing your weight, can help reduce your risk. Seek help from specialized doctors if you have been diagnosed with a gynecological cancer.

For more info:

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



[Join The Fight](#)



**Globe-athon Egypt  
(The Walk to End Women's Cancers)  
Start Acting**

Join BCFE and participate in this first ever global synchronous event. Walk and run with us on Sturday 28th September 2013 (4pm - 8pm) at the Equestrian Club in Zamalek. Bring your family and friends, wear your comfort shoes and join us!!  
For more info visit our website or our Facebook page.



**The Third Pink Party for the Cure**

The Zumba ladies-only event hosted by the Marriott Hotel on Sturday 28th of September 2013. (9am -3pm)

**The Second Pink on the Nile  
(Row for the Cure)**

Hosted by the Arab Contractors Rowing Club on the 26th of October 2013.  
(12 pm – 3 pm)



**Rally for the Cure (Ladies Golf Event)**

Hosted by Qatamyia Heights Golf Club. Saturday 26th of October 2013.  
(9 am - 3 pm)

## Jan-Aug, 2013 Activities



### Pink Friday Curves Palm Hills Walk

The family event at Palm Hills Compound with Curves Palm Hills included a 3 km walk to draw attention to breast cancer and support survivors. The day's included a mascot show and artwork corner. The first ten participants received prizes.



### Train for the Cure

A sports event at Gezira Club with Train for Aim team to raise awareness on breast cancer and the importance of practicing sports. The day's activities included running, cycling, breathing and fitness exercises, Zumba, circus show, kids corner and talkshow.



### Look Good Feel Good

A two-day workshop for 40 survivors followed by a closing ceremony hosted by the Marriott Hotel for women aimed at boosting the self-esteem of women after cancer treatment. The workshops cover different ways to stay healthy, latest fashion trends in terms of color, style, elegance as well as the benefits of early detection.

## Corporate Partnerships of the Year



### Novartis Oncology

BCFE partnered with Novartis Oncology to hold PR campaigns and awareness events. BCFE also participated in two workshops organized by Novartis on advanced breast cancer. The first one was held in UAE to establish the Middle East Network of Breast Cancer Patient Groups. The second one was held in Belgium with the presence of Dr. Norran Hussien, BCFE Executive Director. Consequently, BCFE is now taking part in the international research on the invisible women,

### Apache

Apache Corporation is considered one of BCFE's most loyal sponsors. In 2013, Apache continued to support BCFE. Ms. Justine Cotter, Apache Nurse Consultant, invited Dr. Mohamed Shaalan, BCFE Chairman, to sign the sponsorship contract for BCFE's charity events this year.



## Marriott Cairo Hotel

As part of the Marriott International initiative, known as the "Spirit to Serve Our Communities", Cairo Marriott Hotel & Omar Khayyam Casino signed a partnership agreement with BCFE for 2013 activities. The agreement was signed by Dr. Mohamed Shaalan, BCFE Chairman and Richard Zeolla, General Manager of the Cairo Marriott Hotel, during a cocktail reception at Salon Royal



## Global Involvement with Susan G. Komen for the Cure®



Ambassador. Nancy Brinker, Dr. Samia El Amoudy, Mrs. Laura Bush and Dr. Mohamed Shaalan at the Komen Global Women's Cancer Summit



Komen & Bush Institute's Women's Initiative Fellowship Program—BCFE experience presentation by Dr. Mohamed Shaalan