











4th PINK PARTY FOR THE CURE

WHEN? Saturday 24th of May
9 AM : 3 PM

WHERE? Cairo Marriott Hotel
Aida Ballroom

More Info: 01221127788-info@bcfe.org

 EVENTS/ PinkParty4
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The exciting and fun **Pink Party for the Cure ZUMBATHON®** is back for round 4. Come and join Cairo's most well-known Zumba instructors. Hurry up and book your ticket, limited number this time.
For more info: [Pink Party 4](#)



Find Us at
City Stars till 3 May
Maadi City Centre from 11-31 May



Happy Labour Day

we work to end breast cancer

Breast Cancer and Your Job

The impact of a breast cancer diagnosis on work life can vary from person to person. For some people, the effect is minimal. You may have an understanding supervisor, a flexible schedule, and an encouraging team to support you through treatment. For others, there might be some questions about how to manage work and treatment: What do I tell my boss? Should I take time off from work for treatment? How will I pay the bills?

This offers ways to manage the emotional, physical, and legal aspects of balancing your job and your treatment:



1. Telling Your Boss and Co-Workers About Your Breast Cancer Diagnosis

The first question you may want to ask yourself when thinking about talking to your boss or coworkers about your breast cancer diagnosis is “Should I tell?” You don’t have to tell anyone at work, unless it is apparent that your diagnosis or treatment will interfere with your ability to work or your work schedule. Keep in mind that if you decide not to discuss your health at work, some questions may be raised if your productivity level is affected, or if you miss a lot of time at work due to treatment

appointments.

You might decide to just tell some people — your supervisor, your closest colleagues, or someone with whom you share responsibilities. Or, you could decide to tell everything to everyone, depending on how comfortable you feel. So how do you tell them, and what do you tell them? Keep in mind that people may react differently; you may receive great amounts of support from some coworkers, while others might not be as comfortable with the conversation.

Your comfort is the most important, so do what feels right for you. Here are some things you might want to try to make the discussion a little easier:

- **Have the conversation in a comfortable, yet private area.**
- **Talk to your co-workers in smaller groups** of one to three people, to make conversation easier.
- **Assure your team of your commitment to your job.** Explain that you will do everything in your power to do the best job you can. For example, you can ask someone to handle your duties when you’re not at work and you’ll follow up when you return.
- **Don’t be afraid to ask your co-workers for help and understanding.** Explain that you may need some flexibility in your schedule and support in some projects.
- **Explain that you will keep everyone posted on your health as needed.** Allow coworkers to ask some questions about your situation — most likely, they care and want to help. At the same time, if they seem to be asking too many questions, let them know that you appreciate their concern, but that you’d like to focus on work.
- **Discuss a possible change in your appearance.** You may experience hair loss, for example, if you’ll be having chemotherapy treatments.



2. Looking for a New Job

If you’re looking for a new job, you might be wondering where your health status fits into the process. Remember, when you’re interviewing for a new job, you don’t have to tell prospective employers about your health status. In most cases, it is illegal for a potential employer to ask you about your health history UNLESS you have a limitation that is obvious and visible and causes concern that you may not be able to perform the job.

If questions do come up while interviewing, you can be discrete, yet honest. For example, if you are asked about a gap in your resume, you might respond that you had a health issue that was treated and resolved and that you’re ready to work. Focus on your skills and abilities. If you are still in treatment and have any accommodations that need to be met, such as a flexible schedule, you do need to let your potential employer know. Reassure your potential employer that your work ethic will not be compromised.

"Life comes with many challenges. The ones that should not scare us are the ones we can take on and take control of."

Angelina Jolie



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