



PROJECT KESHER

February 23, 2012

In 2011-2012, we began the “Initiative to Reduce Breast Cancer among Jewish Women in Belarus, Russia and Ukraine” through the support of the Jewish Women’s Foundation of the Greater Palm Beaches. I received a letter today from a Project Keshet activist in Cherkassy, Ukraine – one of the communities implementing the project. This letter is about the direct impact of this program on the life and health of an amazing woman, Anna Duvinskaya, who is very involved in the community and who, herself, experienced how much Project Keshet and your foundation has done for her!

I wanted to share the letter from Anna with Project Keshet donors. Her largely unedited letter is pasted below.

Regards,

Marina Konstantinova

Project Keshet “Women in Society” department

Women’s Health Program Coordinator

Member of State Duma of Russian Federation Committee of Experts on Family, Women and Children’s Affairs

Thank you letter to "Women’s Health" program -

For a number of years I have been studying at and participating in Project Keshet programs. And, probably like many other women, my head is filled with ideas and plans while my body aches disturb me. Maybe it’s our past and our upbringing that affect us, but usually my bad mood was treated with a pain-killer I took, never consulting a doctor. My attitude about my health changed after one of Project Keshet’s seminars on women’s health issues, where Marina Konstantinova, understanding the psychology of Ukrainian women, said that a mother who doesn’t take care of her health behaves selfishly towards her child. I thought - but I love my child! And I decided to consult a doctor. The year after that, all of my salary was spent for medication but it didn’t improve my health. And who knows what the outcome would have been but for the next "Women’s health " meeting, where Julia Zussman, coordinator of the "Breast cancer prevention " project in Cherkassy, and Tanya Aizina, a member of the project work team, invited a qualified doctor to speak with us. (Based on my personal experience in communication with Ukrainian doctors, I am sure that half of them should be barred from practicing). Thank God, a true expert was invited for the Women’s Health meeting! He identified my problem, referred me to a doctor for a check-up, and developed a comprehensive plan of steps required for my healing. Now I expect to go for an operation. It was a difficult decision for me. But my friends support me and I believe

everything will be for the best. Your program is really helpful. It helps people understand complicated situations.

Thank you!! Thanks to the Project Keshet program, I consulted a doctor at the right time, and I believe that I have a chance to beat this illness.

Regards,
Anna D., Cherkassy women's group leader