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Committee



WOMAN'S HEALTH EMPOWERMENT PROJECT

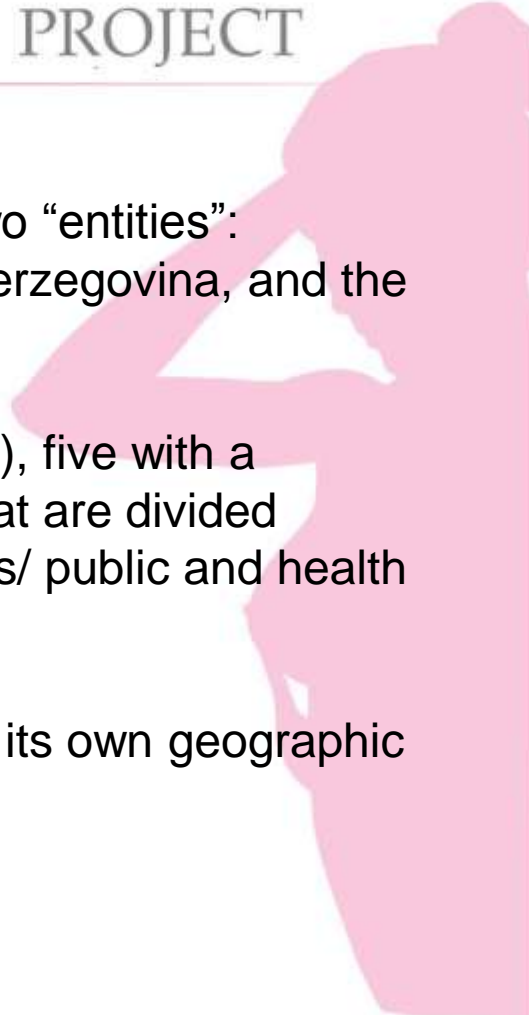




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WOMAN'S HEALTH EMPOWERMENT PROJECT

- Ethnic division separates the population, divided into two “entities”: the Bosniak (Muslim)/Croat Federation of Bosnia and Herzegovina, and the Bosnian Serb Republika Srpska.
 - .
 - The Federation itself consists of ten *cantons* (provinces), five with a Bosniak majority, three with a Croat majority, and two that are divided between Bosniaks and Croats; with parallel governments/ public and health institutions, each of which functions autonomously.
 - Republika Srpska has one centralized government and its own geographic divisions.
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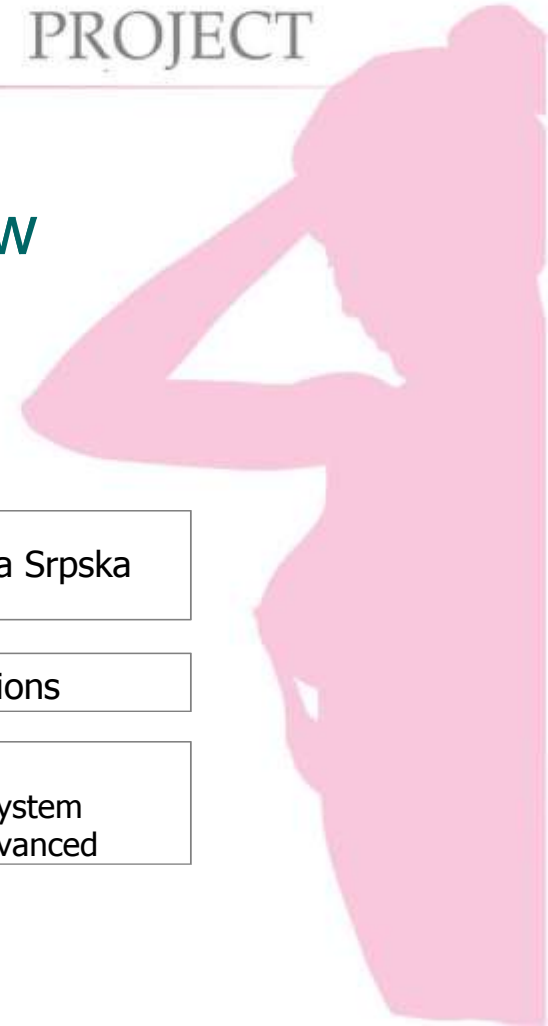
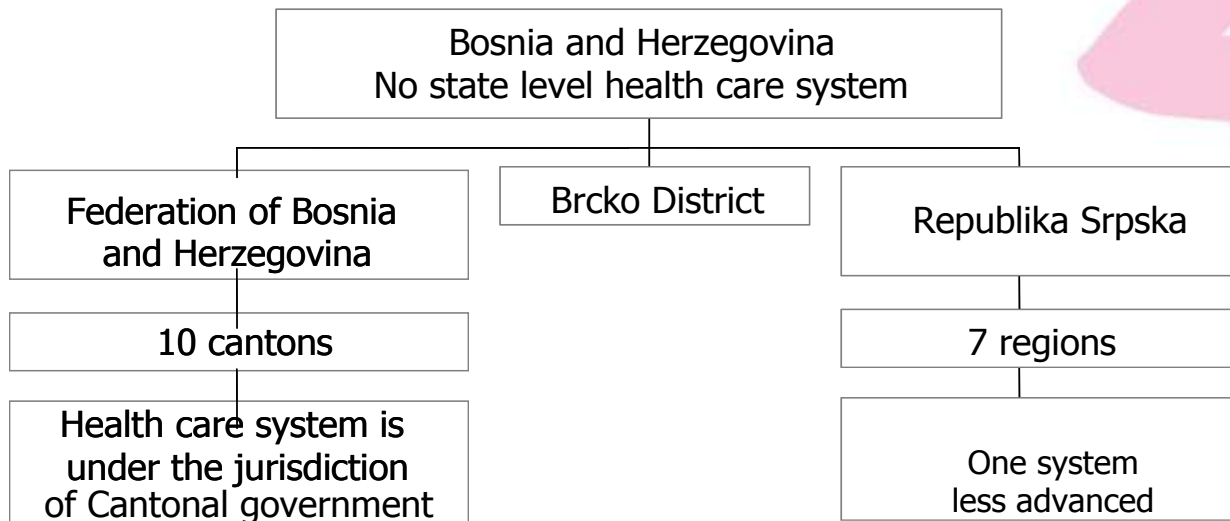


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Bosnia and Herzegovina now





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WOMAN'S HEALTH EMPOWERMENT PROJECT

WHEP OBJECTIVES

- Establishing new educational and psychosocial services for women with breast cancer
- Create and implement SOS line for breast cancer
- Offer professional seminars for physicians and health professionals to cancer early detection and better diagnose and treatments for breast cancer patients
- Provide organizational development training to NGOs active in the area of breast cancer to help ensure their viability and ability to sustain and expand





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- **Local women's organizations representing each region and ethnic group have joined JDC and the Susan G. Komen For the Cure as formal project partners, and since 2005, we have had further success at building bridges with other organizations, medical professionals, governmental entities and the media**



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WOMAN'S HEALTH EMPOWERMENT PROJECT

- **Through this project partner organizations are working in synergy on promotion of early detection, organizing awareness sessions for healthy women and for survivors, changing public policies to provide survivors with better health protection in almost all administrative units in the country. Other activities include:**
 - **Psihosocial support- creative and art workshops**
 - **Visiting recently opereted patients in the hospitals**
 - **Training session for NGO leaders**





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PRUŽIMO RUKE KA BOLIJEM ŽIVOTU
PROJEKAT OSNAŽIVANJA ZDRAVLJA ŽENA

INFORMATIVNI VODIČ



SOS LINIJA

080 02 02 10

SOS Hotline

On November 1, 2006 women across Bosnia and Herzegovina were given a new tool to fight breast cancer, a toll free SOS Hotline. Created to offer the women of the country a non-intimidating source for information and support, the hotline is staffed with volunteers who are themselves breast cancer survivors



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SOS Hotline

- This is a toll-free national number that is open five days a week where callers can receive emotional support, ask questions, receive general breast cancer information and receive our educational materials.





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- **We have conducted seven National and two Regional conferences**
- **The participants were 700 medical professionals, NGO leaders, governmental representatives and survivals**





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HOME

GRÁŽAVNE
KONFERENCIE

REGIONÁLNĚ
KONFERENCIE

SOS LINKA

RACE FOR
THE CURE

GRUPE ZA
SAMOPOMOC

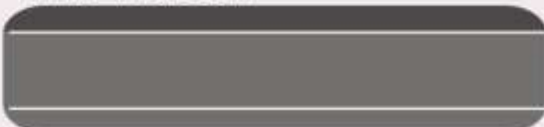
EDUKATIVNÁ
PREDÁVANĀ

SEHOLOŠKO
DRUŠTVO

O PROJEKTU OSNAŽIVANĀ ZDRAVLĀ ŽENA

JDC je 1995. godine počeo prenositi znanje žena koje su preživjele karcinom dojke kako bi poboljšao kvalitet života žena koje žive s tom bolešću u Češkoj Republici, Izraelu, Palestinskoj Samoupravi i Ukrajini. Pilot projekat osnaživanja zdravlja žena je napravio JDC u Češkoj Republici 1995. pomoću granta USAID-a. Godine 1997. projekat je proširen na Izrael gdje je približio raznoliko stanovništvo te zemlje koju čine sekularne i ortodokane jevrejke, arapkinje kršćanske vjeroispovjesti, žene muslimanke i žene iz novostvorenih useljeničkih zajednica. Nakon toga je projekat 2000. godine uveden u Palestinsku Samoupravu i Ukrajinu, gdje je doživio veliki uspjeh u pružanju šanse za pomirenje u nekim od najpodjeljenijih regija na svijetu. U junu 2004. godine JDC je počeo partnerstvo sa Susan G. Komen for the Cure, jednom od vodećih organizacija u borbi protiv karcinoma dojke, kako bi započeli rad na novom projektu koji je vezan za karcinom dojke

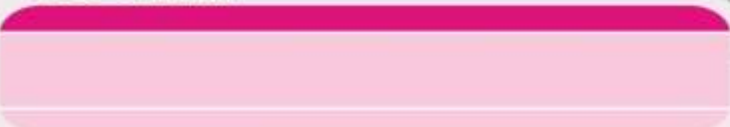
WHEP NOVOSTI



RACE FOR THE CURE 2009.



VIDEO GALERIJA



RACE FOR THE CURE 2009.



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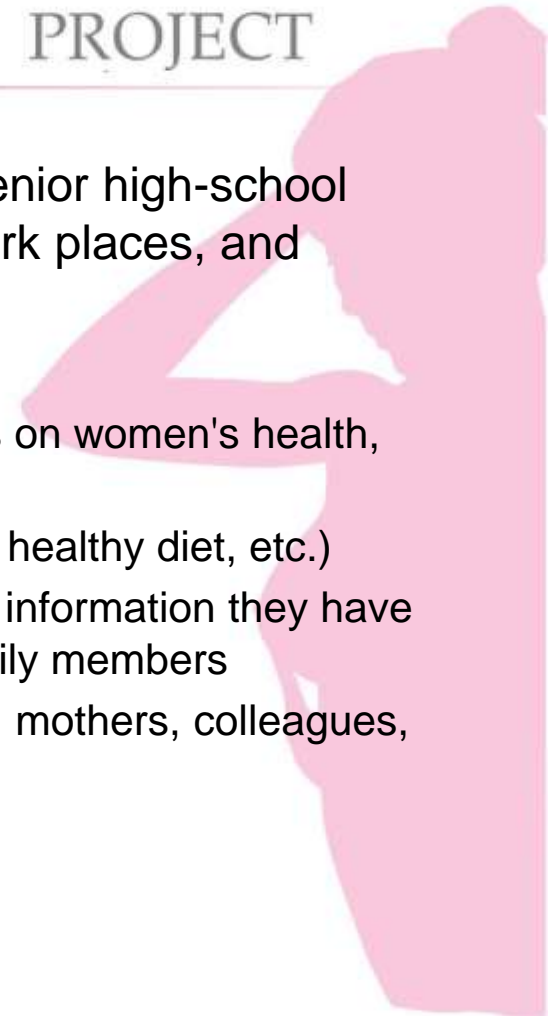


WOMAN'S HEALTH EMPOWERMENT PROJECT

WHEP conducts an educational outreach program for senior high-school students, university students, healthy women in their work places, and public places like libraries, churches, and mosques

Goals:

- educating female and male high school and university students on women's health, prevention and early detection methods
- reinforcing the adoption of general health behaviors (exercise, healthy diet, etc.)
- motivating students to act as "educators" and convey both the information they have gathered and specific documentation to their mothers and family members
- passing the message of prevention-early detection to teachers, mothers, colleagues, and friends





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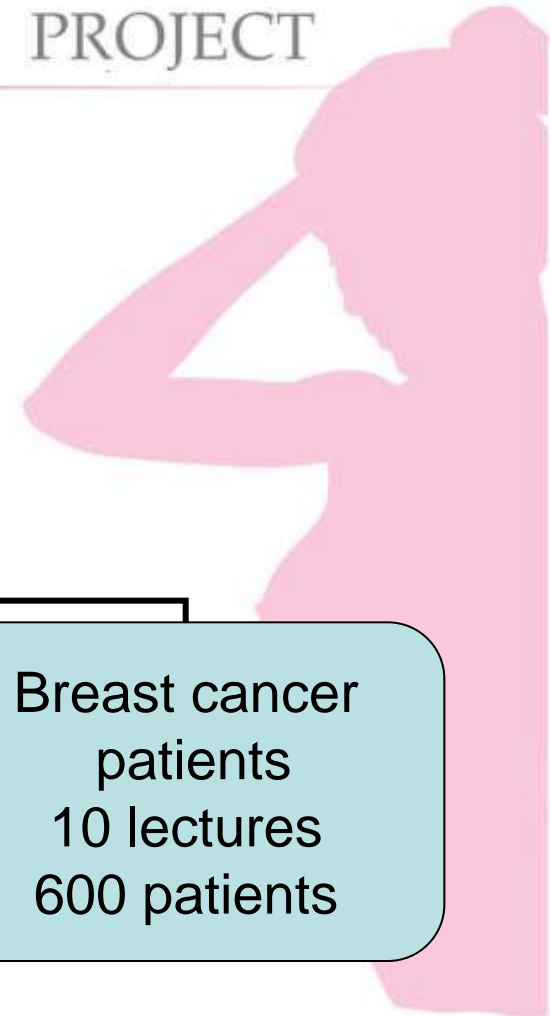
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Educational
outreach

High school students
300 schools

Healthy women
3750 participants

Breast cancer
patients
10 lectures
600 patients





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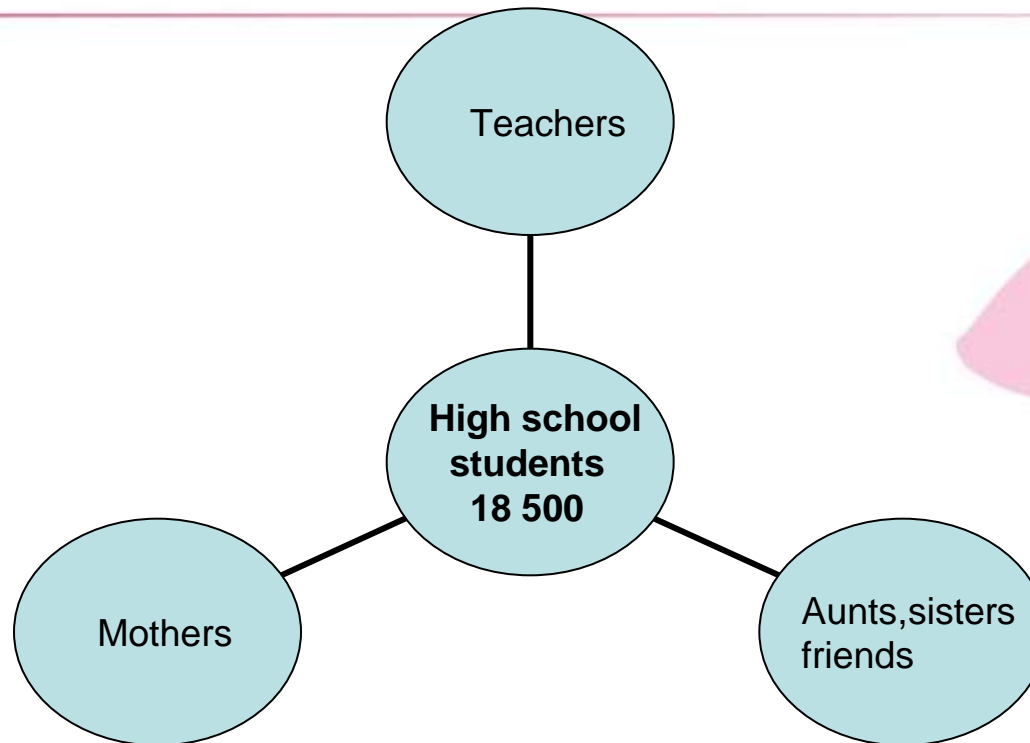




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Through this activity the students are also encouraged to share the information they receive with their mothers and families





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WOMAN'S HEALTH EMPOWERMENT PROJECT

Educational
materials

Shower cards
with method
of self breast
Examination
40 000 copies

Resource guid
1000 copies

"All about
breast cancer"
2000 copies





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SAMOPREGLED

Odmah nakon što vam završi menstruacija (ili u isto vrijeme svaki mjesec ako nemate menstruaciju), provjerite da li ima ikakvih promjena vaših grudi u normalnom izgledu ili na dodir. Odmah recite svom liječniku ili medicinskoj sestri ako je došlo do takvih promjena. Idite na redovne preglede grudi i raspitajte se o mamogramu.



PRVI KORAK: Ležite

Opipajte svoje grudi i potražite tvrdi kvržicu, zadebljanje ili bilo kakvu promjenu na tkivu vaših grudi.

- Ležite na leđa i stavite jastuk ispod vašeg desnog ramena
- Koristite jagodice tri srednja prsta na vašoj lijevoj ruci da ispitete desnu dojku
- Pritisnite koristeći lagani, srednji i jaki pritisak i kružnim pokretima ispitajte dojku
- Koristite se ovim pokretima u pravcu gore-dole
- Potražite promjene na vašoj doji, iznad i ispod ključne kosti i u područjima pazuha
- Ponovite postupak na lijevoj doji koristeći desnu ruku



Ovi koraci se mogu koristiti tokom kupanja ili tuširanja koristeći hladne ruke od sapunice.

DRUGI KORAK: Ispred ogledala

Potražite promjene u obliku, veličini ili izgledu vaših grudi. Potražite udubine, ošip ili nabor na koži ili bradavici, upalu na bradavicama ili bilo kakvu promjenu od normalnog stanja. Pregledajte svoje grudi u četiri koraka:



- Držite ruke sa strane
- Držite ruke iznad glave
- Stavite ruke na bokove i pritisnite da biste napregnuli svoje prsne mišiće
- Nagnite se prema naprijed sa rukama na bokovima



PRUŽIMO RUKU KA BOLJEM ŽIVOTU
PROJEKT OSNAŽIVANJA ZDRAVLJA ŽENA



SOS LINIJA ZA PRUŽANJE INFORMACIJA I POMOĆI

080 02 02 10

BESPLATNI POZIVI

Projekat podržan od

**AMERICAN JEWISH JOINT
DISTRIBUTION COMMITTEE**

**THE SUSAN G. KOMEN
BREAST CANCER FOUNDATION**



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WOMAN'S HEALTH EMPOWERMENT PROJECT



SVE
O
KARCINOMU
DOJKE

ZA ŽENE SUOČENE
SA BOLEŠĆU



PROJEKAT OSNAŽIVANJA ZDRAVLJA ŽENA





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JDC and its partner, Susan G. Komen for the cure arranged the Second Bosnia and Herzegovina Race for the Cure, in Sarajevo on 3 October 2009 in Vilsonovo Setaliste





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Race for the Cure is a series of 5K runs / walks that raises significant awareness and funds for the fight against breast cancer in over 140 cities around the world. In summer 2008, JDC decided to arrange the First BH Race, mainly to honor Komen's 25th Anniversary of the Race

