

FOLD


FOLD

## HOW A FEW SIMPLE CIRCLES COULD HELP SAVE YOUR LIFE



and give you a chance to **WIN A TRIP FOR TWO** to the 2011 Susan G. Komen Italia Race for the Cure® in Rome, Italy, courtesy of Ask.com!\*

**I AM THE CURE®**

Sponsored by: 

[iamthecure.org](http://iamthecure.org)

### YOUR BEST PROTECTION IS EARLY DETECTION

These circles represent breast lumps found through various detection and screening methods.



The smallest circle represents the average size lump detected by yearly mammograms when past films can be compared.



This circle shows the average size lump found by a first mammogram.



The third circle shows the average size lump found by women doing regular breast self-exams.



The largest tag shows the average size lump found by accident. The size compares to a half-dollar coin.

[iamthecure.org](http://iamthecure.org)

I AM THE CURE® is a breast health education program from Susan G. Komen Race for the Cure® that teaches people simple steps they need to know to take charge of their breast health.

## GET THE FACTS.

**TAKE CHARGE OF YOUR BREAST HEALTH.**

### See your doctor, learn your risk!

Your doctor can help you learn about your personal breast cancer risk. You should talk to your family to learn about your family health history.

### Get mammograms and breast exams!

Ask your doctor which screening tests are right for you if you are at higher risk. Have mammograms every year starting at age 40. Have clinical breast exams at least every three years beginning at age 20 and every year starting at age 40.

### Notice changes to your breasts!

Know how your breasts look and feel, and report changes to your health care provider right away.

### Start the fight by living right!

Make healthy lifestyle choices that may reduce your breast cancer risk such as:

- Maintaining a healthy weight
- Adding exercise to your routine
- Limiting alcohol intake



**I AM THE CURE®**

## YOUR ANSWERS HOLD THE KEY!

Susan G. Komen for the Cure® wants you to learn proactive steps you can take for your own breast health. Take our breast health quiz at [www.iamthecure.org](http://www.iamthecure.org) and get a **FREE** exclusive I AM THE CURE® wallpaper download. You can also enter for a chance to **WIN** a trip for two (2) to the 2011 Susan G. Komen Italia Race for the Cure® in Rome, Italy, courtesy of Ask.com!\*

NO PURCHASE OR QUIZ COMPLETION NECESSARY TO ENTER OR WIN THE I AM THE CURE® BREAST HEALTH QUIZ SWEEPSTAKES. Open to legal residents of the 50 U.S. & D.C., 18 or older. Sweepstakes starts 12:01 a.m. ET 1/4/10, and ends 11:59 p.m. ET 3/31/11. Void where prohibited. Limit one (1) entry per person & per email address, regardless of the method of entry. Subject to Official Rules (with complete eligibility, prize and other details), available at the I AM THE CURE® booth/tent at participating Susan G. Komen Race for the Cure® events and at [www.iamthecure.org](http://www.iamthecure.org). Quiz download offer ends at 11:59 p.m. on 3/31/11. Available while supplies last. Limit one (1) quiz download per person. Sponsor: Susan G. Komen for the Cure.