

FOLD

FOLD

HOW A FEW SIMPLE CIRCLES COULD HELP SAVE YOUR LIFE



Learn the steps you can take to reduce your breast cancer risk.



I AM THE CURE.

iamthecure.org

YOUR BEST PROTECTION IS EARLY DETECTION

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



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



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



The third tag 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.

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.

*Studies have shown that breast self-exams, when used alone, do not decrease mortality rates.

GET THE FACTS ABOUT BREAST SELF-AWARENESS

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

Test your breast health knowledge.

www.iamthecure.org

Learn simple steps to protect yourself.

2130 Commerce Street • Dallas, TX 75201 877.361.6700 469.364.6500			
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ELEMENT: Brochure		SCALE: 100% COLORS: 4cp	
LIVE: .125"	STUDIO: Michael Sparks		
TRIM: 11" x 8.5"	PP: -		
BLEED: .125"	DATE: 11.10.10 vD		