

December 2009

Are you confused by the current controversy over mammography screenings?

We aren't. Until science improves, Komen believes the current screening recommendations - mammograms every year beginning at age 40 for women of average risk - should remain. [Click here to see how we are speaking out to protect access to mammograms.](#)

What can you do to help? [Click here and sign the Komen Advocacy Alliance petition](#) to help us ensure that all women have access to this life-saving screening.

Want to find out more about Komen's current screening guidelines? [Click here.](#)

Make Healthy Lifestyle Choices This Holiday Season

Leading a healthy lifestyle will not eliminate your risk of serious health problems like cancer, but it is one way that you can lower your risk. Research shows that maintaining a healthy weight, being physically active and limiting your alcohol intake can all reduce your personal risk of breast cancer but we all know this can be very difficult during the holidays!

There are many ways you can add these healthy choices into your life, like parking at the back of the parking lot during your shopping trips to get in a few extra steps during the day.

[Click here to download our Healthy Living Facts for Life](#) or visit Komen's [Understanding Breast Cancer Section](#) to learn more about breast cancer risk and prevention.

Looking for Unique Gifts That Support Breast Cancer?

Shop for great Komen apparel, gifts and accessories while supporting Komen Richmond! 25% of your purchases come back to support our local community.

Hope, Promise, Cure This Holiday Season

Consider a donation to Komen Richmond in honor of, or in memory of, someone special. Your gift - 75% of which stays in the local area to fund education, screening and treatment programs and 25% of which goes to fund vital research - makes such a difference!

For instance:

- \$10 could provide educational materials for a newly diagnosed patient and their family to help them understand and cope with the challenge of breast cancer
- \$25 could provide transportation for a patient who has to travel long distances to radiation or chemotherapy treatment
- \$50 could provide a surgical bra to a women who has undergone a mastectomy
- \$100 could provide a mammogram for a woman who cannot afford one. A woman whose survival rate would be 98% after 5 years if her cancer were detected early.

Your honoree will be notified of your gift with a special holiday card.

If you would like to make multiple gifts, please [click here to use our downloadable form](#).

Online registration for the 2010 Richmond Race for the Cure opens on January 1st!

The 13th Annual Richmond Race for the Cure will be held **Saturday, May 8, 2010** – back on Brown’s Island!

Online registration opens January 1, 2010. There are many ways to participate including:

Walk/Run the 5k as an Individual (Timing Chip available)

Sleep-In for the Cure®: Can’t make it on Race day? Then Sleep-In! You’ll still receive your Race t-shirt and a special sn00ze race bib!

Form a Team with your family, friends or co-workers! Any group of people can form a team and team members can even Sleep-In!

Kids for the Cure: Capital One Kids for the Cure Run® is a 1/2 mile run open to children ages 6-12

1k Fun Run: a shorter version of our 5k

Fundraise: Go the extra mile and help defeat breast cancer by collecting donations from family, friends and co-workers! If each participant asked just 10 people for \$10, we could raise more than \$1 million to support the fight against breast cancer! (Fundraising is optional)

Email us at info@komenrichmond.org to learn more about ways to get involved including corporate teams, the High School Team Challenge and Tinkled Pink!

Visit www.komenrichmond.org for more information.

Komen Scholarships Now Available

The Komen College Scholarship Program is now accepting applications! The program helps students who have lost a parent or guardian to breast cancer or have had their own breast cancer diagnosis before age 25. [Click here to learn more and apply before February 15, 2010!](#)