

Race for the Cure®

The Komen Maryland Race for the Cure® is our premier fundraising event. The Race began as a 500 participant 5K in 1992 and has blossomed into the largest footrace in the state. Of the money raised at the Race, up to 75% stays in Maryland to fund local breast cancer programs. The remaining 25% of funding supports national research to find the cures for breast cancer.

Power of 10 Challenge

Be a part of the Power of 10 Challenge! If each Race participant successfully raises at least \$10 from 10 friends, the Komen Maryland Race for the Cure will have an additional \$3 million to fund programs in our area. What an amazing challenge!

Fundraise

Every day is an opportunity to raise funds to end breast cancer forever. Both individuals and organizations host events to raise funds for Komen Maryland.

To host your own event, become a sponsor of the Race or learn more about other ways to financially support Susan G. Komen for the Cure, contact Komen Maryland at 410-938-8990 or visit us online at www.komenmd.org.

Get Involved

- Host a fundraising event
- Remember Komen Maryland in your will
- Designate Komen Maryland in your workplace-giving campaign such as United Way, Combined Health Charities, Combined Federal or State campaigns. Visit our website for your designation code and instructions
- Remember someone special in our Honorarium/Memorial program
- Make a safe and easy online donation today!
www.komenmd.org

Who We Are

Nancy G. Brinker promised her dying sister, Susan G. Komen, she would do everything in her power to end breast cancer forever. In 1982, that promise became Susan G. Komen for the Cure® and launched the global breast cancer movement. Thanks to events like the Komen Race for the Cure®,



we have invested over \$1 billion to fulfill our promise, becoming the largest source of nonprofit funds dedicated to the fight against breast cancer in the world. For more information about Komen for the Cure, breast health or breast cancer, visit www.komen.org or call 1-877 GO KOMEN.

The Maryland Affiliate of Susan G. Komen for the Cure® fulfills the promise by awarding grants to programs that increase access to quality breast health care in our service area, which includes the entire state with the exception of Montgomery and Prince George's counties. Our grant partners provide a comprehensive range of breast health services including transportation to appointments, appropriate diagnostic testing and a wide range of follow-up services and support. Up to 75% of net proceeds remain in Maryland. At least 25% of net proceeds support the national Susan G. Komen for the Cure Grants Program for energizing science to find the cures.

Join us by calling 410-938-8990 or visiting us online at www.komenmd.org.

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Stay up to date with Komen Maryland news and events. Sign up for our email newsletter, The Promise, on our website, become a Fan on Facebook, and friend us on MySpace!

Susan G. Komen for the Cure® recommends that you:

- Talk to your family to learn about your family health history
- Talk to your doctor about your personal risk of breast cancer
- Ask your doctor which screening tests are right for you if you are at a higher risk
- Have a mammogram every year starting at age 40 if you are at average risk
- Have a clinical breast exam at least every 3 years starting at age 20, and every year starting at age 40
- Know how your breasts look and feel and report changes to your health care provider right away
- Make healthy lifestyle choices that may reduce your risk of breast cancer

OUR FOCUS IS DOWN HERE, MARYLAND

Our promise is to save lives and end breast cancer forever by empowering people, ensuring quality care for all and energizing science to find the cures.

**SUPPORT
YOUR LOCAL
BREASTS**

www.komenmd.org

Susan G.
Komen
FOR THE **cure**® MARYLAND

Funding Our Promise:

Grants and Education

The Komen Maryland Affiliate's granting, education, and outreach efforts are guided by the Community Profile Report, a study conducted every two years to determine the state of breast cancer in our service area. The report gives an overview of demographic and breast cancer data, existing breast health services and programs, and results of surveys and focus groups conducted with breast cancer survivors and health providers. The full Community Profile Report can be found on the Komen Maryland website.

Komen Maryland provides the following outreach and education:

- Resource Guide for Breast Health and Healing for newly diagnosed Marylanders
- Annual educational events for survivors and providers
- Breast cancer awareness material for community events
- Community education speakers and Breast Self-Awareness presentations
- Representatives at health fairs

We also fund innovative grant programs that offer a comprehensive range of breast health services, from screening and treatment to support services, across the State of Maryland. Our grant partners help those affected by breast cancer overcome cultural, social, educational and financial barriers. Additional funds go towards the National Komen for the Cure Award and Research Grant Programs so that we can have a world without breast cancer in the future.

Our Annual Grant Accomplishments

Over 7000	people educated about breast cancer and breast health services
5106	women received clinical breast exams
3582	women received mammograms or referrals
1662	survivors and families received support services and treatment
384	women received financial or treatment assistance
628	women educated about clinical trials
209	women enrolled in clinical trials
32	cases of breast cancer diagnosed

The Komen Maryland grant program supports:

- Free clinical breast exams
- Free mammograms
- Support groups and mentoring for breast cancer patients
- Transportation to screening and treatment
- Meals delivered to women undergoing treatment and their families
- Free counseling to women and families
- Outreach to foreign-born and minority populations
- Programs addressing survivors' needs, like fatigue and pain
- Education and enrollment of local women in clinical trials
- Innovative partnerships with leading educational institutes in the area

Volunteer

Volunteers are an important part of the Komen Maryland Affiliate. They are ambassadors to our community carrying the powerful message of Our Promise. We are supported by nearly a thousand volunteers ranging from one-day Race volunteers to weekly office support volunteers!

Komen Maryland is always welcoming new, dedicated volunteers with a passion for assisting our efforts to end breast cancer forever. We offer a variety of opportunities to ensure a good fit with both your interests and your schedule. Please check our online volunteer center for more information.



Volunteer opportunities include:

- Health Fair Representative
- Advocacy
- Fundraising
- Speakers Bureau
- Clerical Support
- Special Projects
- Race for the Cure Planning
- Annual Symposium
- Student Internships

Advocate

As a leader in the breast cancer movement, Komen Maryland educates local decision makers about breast cancer issues. You can help! Your voice can make a difference in important policy



issues affecting all aspects of breast cancer, locally and nationally. Educate your state legislators, other policy makers and the public about breast cancer, write a letter to your local newspaper and get involved. Komen Maryland regularly includes information in The Promise, our email newsletter, about state and federal legislative issues and how you can get involved.

The Susan G. Komen for the Cure Advocacy Alliance is a sister organization to Susan G. Komen for the Cure, and is a voice for change on Capitol Hill, in state legislatures and on the campaign trail. With the help of Komen's network of affiliates, the Advocacy Alliance engages policymakers and leaders to advocate for an increased investment in breast cancer research and greater access to breast health services. Find out more at www.komenadvocacy.org.

