

Racing to *beat cancer*



Find up-to-date race details and information about ordering EFY pride items at www.especiallyforyourace.org.

Something amazing happens when you and 15,000 of your closest friends, family members and neighbors get together to make a difference by participating in the **Oct. 2 Especially for You® (EFY) Race Against Breast Cancer.**

Whether you walk or run, you will be making strides to support free mammograms and other breast-care services to area individuals in need through the EFY Fund. ALL race proceeds go to the fund. Choose the event that's right for you – the 5K Run, 5K Walk or 1 Mile Family Walk.

The race was founded by General Mills and Mercy, and is dedicated to the memory of Sandy Knight, a brave and caring woman who lost her fight against breast cancer in July 1991. Sandy was a founder of the EFY After Breast Cancer Support Group at Mercy.

In 2010, 605 individuals received 831 services, like screening and diagnostic mammograms, ultrasounds, biopsies and other support services. Breast cancer is most treatable and curable when detected in its earliest stages. Even so, breast cancer claims an estimated 39,840 lives each year. This number can be reduced with early detection through clinical breast exam and mammography.

Another key resource to fighting breast cancer will be Mercy's new Hall-Perrine Cancer Center, scheduled to open in Spring 2012. This new center will provide access to world-class, patient-centered, comprehensive care at one location.

Whether you're a team of five – or 500 – you'll make a difference by participating in the EFY Race Against Breast Cancer to show your commitment to battling breast cancer.

The Mercy Touch® magazine is published as a community service for the friends and patrons of Mercy Medical Center, 701 10th St. SE, Cedar Rapids, IA, (319) 398-6011.

Mercy Medical Center provides healthcare services 24 hours a day, seven days a week, regardless of race, creed, sex, national origin, disability, age or ability to pay.

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Mercy Medical Center



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The Mercy Touch® magazine features insightful and practical medical information, warm human interest stories, medical triumphs, medical breakthroughs and new technologies at Mercy Medical Center.

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