

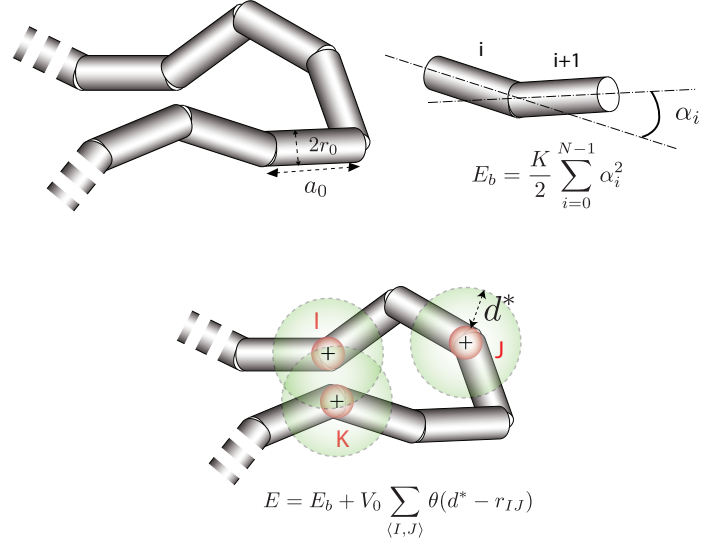


Figure 1: *Discrete cylinder approximation of a self-avoiding worm-like chain model.* Two upper panels: geometric parameters of the cylinders and the quantities specifying the bending energy E_b of a semi-flexible polymer. Lower panel: adding interactions between specific sites along the chain.