

Screening and Early Detection:

- **Follow cancer screening guidelines:**

Regular mammograms can help detect breast cancer early, when it's easier to treat.

- **Know your family history:**

If you have a family history of breast cancer, discuss your risk with your doctor and consider genetic testing.

- **Breast self-examination:**

Regularly check your breasts for any changes, such as lumps, bumps, or changes in the skin.

- **Clinical breast examination:**

Have your breasts examined by a healthcare professional during regular checkups.

