

Breast Cancer Awareness: The Power of Early Detection

October is a time to prioritize screening, understand risk, and take proactive steps for breast health.

Breast Cancer Awareness Month highlights the importance of **preventive care and routine screenings**. Regular mammograms can help **detect breast cancer early**, when treatment is often **more effective**. Stay informed about your **personal risk factors** and follow the screening schedule recommended by your healthcare provider to support long-term breast health. Prioritizing awareness and early detection is one of the most important steps you can take.

Steps to Stay Ahead of Breast Cancer

- **Know your family history:** Ask relatives about breast and ovarian cancer in your family
- **Know your risk:** Talk with your provider about personal and family risk factors
- **Schedule recommended mammograms:** Stay current with your provider's screening recommendations
- **Know what is normal for you:** Be aware of changes in the look or feel of your breasts
- **Report changes promptly:** Talk with your healthcare provider about any new or unusual changes



SOURCE: THE CENTERS FOR DISEASE CONTROL AND PREVENTION