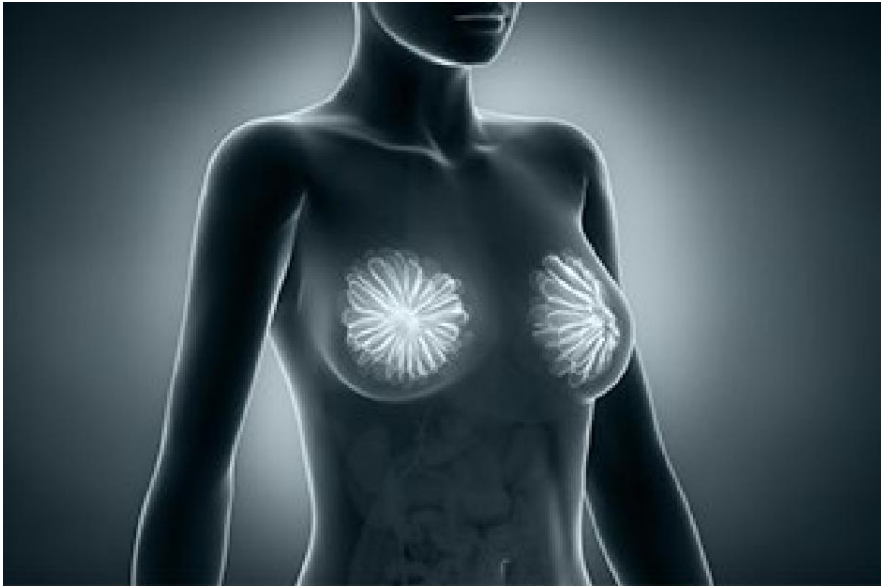




Breast Cancer Screening



Overview

It's best to catch breast cancer as early as possible. And we do this with regular breast cancer screening. "Screening" refers to all the ways we check breasts for cancer. Let's take a moment to learn more.

At home

Basic screening starts at home, with your own awareness of the size, shape and feel of your breasts. Every month, do a breast self-exam. Look at and feel your breasts while standing up and lying down. If you notice changes, tell your doctor.

Clinical breast exam

More advanced screening is done by your healthcare provider. They may want to do a "clinical breast exam." This is when a doctor or nurse uses their hands to feel for lumps in your breast.

Imaging tests

Depending on your age, health and medical history, your doctor may also want you to have regular imaging tests. The most common type is called a "mammogram." It's an x-ray of your breast tissue. Another type of imaging test is a "breast MRI." This is a detailed image made using radio waves. It's helpful for those who have a high risk of breast cancer.

Conclusion

Breast cancer screening is the best way we have to find breast cancer early. Early detection helps us fight the disease. For more info, talk to your doctor.

