



KAISER PERMANENTE. **thrive**

# CULTIVATING AWARENESS IS GOOD HEALTH.

Practice protection through detection. Breast cancer is most treatable when detected early. Regular self-exams, clinical breast exams, and mammograms can be valuable screening tools.

## BREAST CANCER

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Breast cancer is one of the most common cancers among women in the United States. Visit [kp.org/breastcancer](https://kp.org/breastcancer) to learn more about:

- **Recommended screenings.** Understand the methods commonly used to detect breast cancer.
- **Risk factors.** Know how your health history affects your risk, and learn about risk factors you can control.
- **When to see your doctor.** Learn which regular checkups to have and which symptoms to watch for.

[Click here to learn more.](#)

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