Breast Health and Screening

Breast health is about knowing what is normal for you and feeling comfortable asking questions. Screening can help find changes before symptoms appear, while being aware of your body helps you recognize when something needs attention.

Know your breast health:

- Notice changes such as a new lump, swelling, skin or nipple changes, or unexpected nipple discharge.
- Share a personal or family history of breast or ovarian cancer with your healthcare provider.
- Book an appointment if you notice a new or unusual change. Do not wait for your next screening test.

Make screening part of your care:

- Ask when to begin mammograms and how often to have them based on your age and personal risk.
- Talk through the benefits and limitations of screening so you can make an informed choice.
- Keep track of your appointments and follow up on any recommended additional tests.

A short conversation with your healthcare provider can help you decide what is right for you.

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