Take the first step.

When discovered early, breast cancer can be successfully treated. Survival rates for women with breast cancer continue to increase due to improved treatments and early detection. The three main methods for early detection are:

- Monthly self-exams performed at home.
- Clinical breast exams performed by your doctor.
- Regular mammograms as recommended by your doctor or our screening guidelines.

Self-exams are important, but clinical breast exams and mammograms can help detect changes you might miss, so be sure to make appointments for both as recommended. Visit kp.org/breastcancer (en español) for more information.

Kaiser Permanente health plans around the country:
Kaiser Foundation Health Plan, Inc., in Northern and Southern California and Hawaii • Kaiser Foundation Health Plan of Colorado • Kaiser Foundation Health Plan of Ohio • Kaiser Foundation Health Plan of Georgia, Inc., Nine Piedmont Center, 3495 Piedmont Road NE, Atlanta, GA 30305 (404) 261-2590 • Kaiser Foundation Health Plan of the Mid-Atlantic States, Inc., 2101 E. Jefferson St., Rockville, MD 20852 • Kaiser Foundation Health Plan of the Northwest, 500 NE Multnomah St., Portland, OR 97232