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A Study of Awareness Among Women on Prevention of Breast Cancer

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ABSTRACT

Awareness among women regarding the prevention of breast cancer is essential in reducing the incidence and improving outcomes. Breast cancer is the most common cancer among women, but early detection and preventive measures can significantly lower mortality rates. Understanding risk factors, such as age, family history, and genetic predispositions, empowers women to take proactive steps. Regular self-examinations, clinical breast exams, and mammography screenings are vital in detecting breast cancer at an early, more treatable stage. Moreover, lifestyle choices such as maintaining a healthy diet, engaging in regular physical activity, limiting alcohol consumption, and avoiding smoking can reduce the risk. Educational campaigns have played a crucial role in spreading awareness, but there is still a need for greater outreach, especially in rural and underserved areas where access to healthcare and information may be limited. By increasing awareness and providing resources, women can be better equipped to take charge of their health and make informed decisions that may prevent breast cancer or catch it early, leading to better treatment outcomes.