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**A Study of Women Awareness Among Detection Method for
Breast Diseases**

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ABSTRACT

Awareness among women regarding detection methods for breast diseases is vital for early diagnosis and effective treatment. Breast diseases, including benign conditions and breast cancer, can often be managed successfully if detected early. The primary methods of detection include self-breast examinations (SBE), clinical breast examinations (CBE), and mammography. Regular self-examinations allow women to become familiar with the normal look and feel of their breasts, enabling them to notice any unusual changes early on. Clinical breast examinations, performed by healthcare professionals, provide an additional layer of scrutiny and can identify abnormalities that might be missed during self-examinations. Mammography, an X-ray imaging technique, is crucial for detecting breast cancer, especially in its early stages before any symptoms appear. However, despite the availability of these methods, there is still a lack of awareness and access in many communities, particularly in rural and underserved areas. Educational initiatives are essential to increase knowledge about these detection methods, emphasizing their importance and encouraging regular screening. By enhancing awareness, women are empowered to take proactive steps in monitoring their breast health, leading to earlier detection, better treatment outcomes, and ultimately, a reduction in breast disease-related mortality.