

# Know Your Breast Density



## What is Breast Density?

Your breasts consist of fat and fibroglandular tissues, which includes the glands and ducts that support breast feeding. Breast density is the amount of fibroglandular tissue compared to your breast size. Breast density is determined from your mammogram and not by the way your breasts feel, or their appearance.

### Why is Breast Density important?

Every woman has some amount of breast density. It is important to know your breast density for managing your health, just like knowing your cholesterol score. Having high breast density, like strong family history of breast cancer, has been linked to higher risk of developing breast cancer.

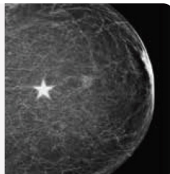
At [Facility Name] we use Volpara TruDensity™ software to automatically and objectively determine your breast density and provide you more accurate results.

## Why a Mammogram?

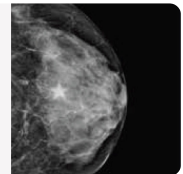
Mammograms are the most effective tool we have for screening women for breast cancer. They are used to find cancers early, when they are small and easier to treat. Mammograms are also used to assess your breast density. Some women have low breast density while other women have high breast density. Both are common, but mammograms are somewhat less effective at detecting cancer in women with dense breasts.

Like dense breast tissue, cancers are white on the mammogram, making it harder for the radiologist to detect. Our radiologist will classify your breast density as one of four types:

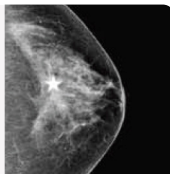
**A** Fatty



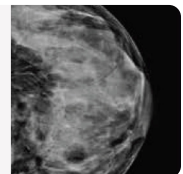
**C** Heterogeneously Dense



**B** Scattered Fibroglandular Densities



**D** Extremely Dense



The white star mimics a cancer – easy to see in a fatty breast, much harder to see in a dense breast.

## If I Have Dense Breasts...

Not to worry.

Many women have dense breasts. We have sent a letter to your doctor including our suggestions for next steps. Together, you and your doctor can decide which recommendations may be right for you. Ask your doctor to review your medical and family history and any other factors that might increase your risk of developing breast cancer.

### My Breast Care Reminder

#### My Breast Density



➤ For more information, visit [DenseBreast-Info.org](https://DenseBreast-Info.org)



Scan this QR code with the camera app on your cell phone for more about breast density.

Based on your breast density, we recommend that your next exam be:

Exam Type	Date	Notes
<input type="checkbox"/> Mammogram	_____	_____
<input type="checkbox"/> Ultrasound	_____	_____
<input type="checkbox"/> Breast MRI	_____	_____
<input type="checkbox"/> Contrast-Enhanced Spectral Mammography	_____	_____
<input type="checkbox"/> Molecular Breast Imaging	_____	_____

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