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**Day of Awareness Highlights Widely Unknown Cancer Risk
and Empowers Women to Get Screened**

Chicago, February 17, 2022, – What if one piece of additional information could be the difference in your breast health? Most women do not know their breast density and are unaware that breast density is a risk factor for breast cancer. Mammography alone can miss up to 50% of cancers in dense breasts, leaving cancers to grow and possibly spread. For women with dense breast tissue, screening mammography alone (including 3D) might not be enough.

The My Density Matters nonprofit founded by Leslie Yerger created an awareness day to educate women and save lives. This day titled “Find Out My Breast Density Day” provides education and empowerment for women to find out their breast density, understand their cancer risk and get the proper screening. On February 22, 2022, the organization will be launching a campaign on social media with the hashtag #FindOutMyBreastDensityDay, talking with women, sharing an educational video, and hosting a live Twitter chat at 5:00pm CST with Randy C. Miles MD, MPH, Breast Imaging Division Chief, and Associate Director of Research at Denver Health, on @mydensitymatter utilizing the hashtag #FindOutMyBreastDensityDay to share this crucial, life-saving information.

Why is Find Out My Breast Density Day so vitally important? As Leslie shares,

"I was diagnosed with stage IV breast cancer in November of 2017, two months after an 'all clear' mammogram and ultrasound. My cancer was hiding in my dense breast tissue, left undetected to grow and spread. What happened to me could happen to you and to anybody you know. I created My Density Matters, and this important day, so that my story doesn't become your story".



The goal of Find Out My Breast Density Day is to empower women to find out their breast density, and to speak with their doctors about screening. There is only one way to find out your breast density: get a mammogram and ask for the report. Most women are missing this important step, and this information is often not shared without initiating the conversation. Once you understand if your density is an A, B, C or D, (from least to most dense) you can take action and talk to your doctor about whether additional screening is appropriate for you. This message is what women everywhere need to know and understand.

My Density Matters is a breast cancer nonprofit supported by private donations and corporate sponsorships from CMR Naviscan, Delphinus Medical Technologies, and Volpara Health.

About My Density Matters:

My Density Matters is on a mission to empower women to find out their breast density, learn their screening options, and insist on essential additional screening. Visit their website mydensitymatters.org or call 847-612-5182.

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