



Empowering women to find out their breast density,
learn their options,
and take charge of their breast cancer screening.



You've discovered you have dense breasts, now what?

➤ **Speak with your doctor at your next appointment.**

Sample portal message: Dear Dr. (your doctor's name), I have discovered that I have dense breast tissue, and a mammogram may not be enough for me. I would like to discuss additional screening at my next appointment.

➤ **Make an appointment.**

Sample portal message: Dear Dr. (your doctor's name), I have discovered that I have dense breast tissue, and a mammogram may not be enough for me. I want to make an appointment right away to discuss additional breast cancer screening.

➤ **Discuss additional screening through your portal.**

Sample portal message: Dear Dr. (your doctor's name), It has come to my attention that I have dense breast tissue, and a mammogram may not be enough for me. What additional screening techniques are available to me, and would you prescribe one of them?

(use our 'Why My Density Matters' and 'potential roadblocks' downloads)