

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



What to look for in your mammogram report - with regard to breast density

Breast tissue is composed of milk glands, milk ducts and supportive tissue (dense breast tissue), and fatty tissue (non dense breast tissue). When viewed on a mammogram, women with dense breasts have more dense tissue than fatty tissue. On a mammogram, fatty tissue appears dark and transparent. Dense breast tissue appears as a solid white area on a mammogram, which makes it difficult to see through. (1)

The radiologist who analyzes your mammogram determines the ratio of non dense tissue to dense tissue and assigns a level of breast density. The levels of density are often recorded in your mammogram report using letters, words, or both.

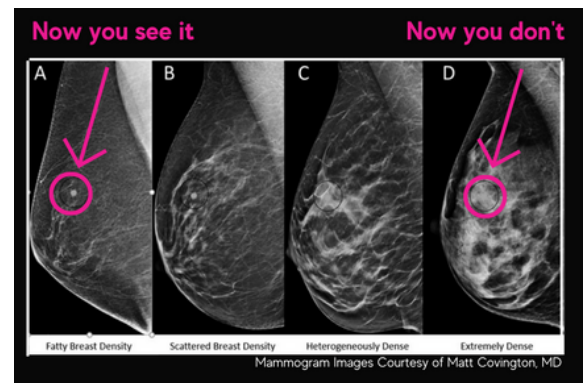
Look for the following words and/or letters. The levels of density are: (1)

A: almost entirely fatty - indicates that the breasts are almost entirely composed of fat.

B: scattered fibroglandular density - indicates there are some scattered areas of density, but the majority of the breast tissue is non dense.

C: Heterogeneously dense - indicates that there are some areas of non dense tissue, but that the majority of the breast tissue is dense.

D: Extremely dense - indicates that nearly all of the breast tissue is dense.



In general, women with breasts classified as heterogeneously dense (C) or extremely dense (D) are considered to have dense breasts.

➤ **Look carefully for any radiologists recommendations.** Some radiologists may recommend additional screening due to breast density. It is against the law for radiologists to prescribe additional imaging. **If your report contains a recommendation for additional imaging, contact your referring physician for a prescription.**

References:

1. <https://www.mayoclinic.org/tests-procedures/mammogram/in-depth/dense-breast-tissue/art-20123968>

Disclaimer: This document is for information purposes only; it is not a substitute for medical advice from a physician. Please see a doctor for medical care, questions, concerns, or diagnosis.