



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



Breast Density Information and Fact Guide

The more dense the breast, the harder it is to find cancer on a mammogram.

Multiple studies show that adding supplemental screening to mammography can find many more cancers in women with dense breasts. Ultrasound finds 2-3 more cancers per thousand women with dense breasts, and Molecular Breast Imaging (MBI), Magnetic Resonance Imaging (MRI), or Contrast Enhanced Spectral Mammography (CESM) find more than that. (1)



The more dense the breast, the higher the risk of developing breast cancer.

A woman with extremely dense breasts is 4-6 times more likely to develop breast cancer than a woman with very little breast density. (2)

The earlier the stage at breast cancer diagnosis, the greater the chance of survival. (3)

Approximately half of all women have dense breasts (Categories C and D). (4)

71% of breast cancers are found in women with dense breasts. (Categories C and D). (2)



If you have dense breasts, talk with your doctor about additional breast cancer screening.

References:

1. Wendie A. Berg, MD, PhD, Elizabeth A. Rafferty, MD, Sarah M. Friedewald, MD, Carrie B. Hruska, PhD, Habib Rahbar, MD. Screening Algorithms in Dense Breasts: *AJR* Expert Panel Narrative Review. *American Journal of Roentgenology*. 2021;216: 275-294. 10.2214/AJR.20.24436
2. Boyd NF, Guo H, Martin LJ, et al. Mammographic density and the risk and detection of breast cancer. *N Engl J Med*. 356(3):227-36, 2007
3. <https://www.cancer.org/cancer/breast-cancer/understanding-a-breast-cancer-diagnosis/breast-cancer-survival-rates.html>
4. Sprague BL, Gangnon RE, Burt V, et al. Prevalence of mammographically dense breasts in the United States. *J Natl Cancer Inst* 2014; 106:dju255 [PubMed: 25217577]