

# CANCER SURVIVORS & BREAST DENSITY

## WHAT YOU NEED TO KNOW



Dr. Monique Gary, DO

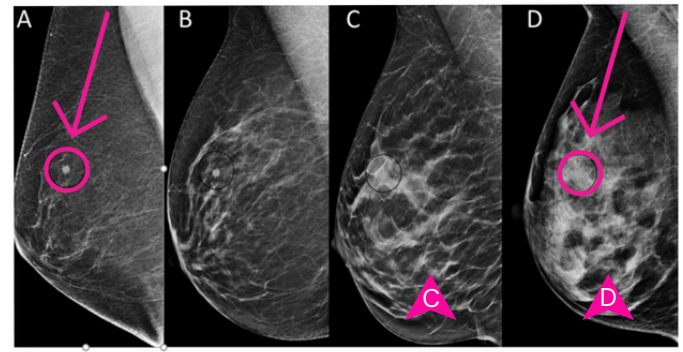


Dr. Barry Rosen, MD

## Can YOU Find the Cancer?

Now you see it

Now you don't



Fatty Breast Density Scattered Breast Density Heterogeneously Dense Extremely Dense  
Mammogram Images Courtesy of Matt Covington, MD

Breast density makes it harder to see cancer on a mammogram, AND it is an independent risk for developing breast cancer.

Mammograms save lives, but they are not enough for the 40-50% of the female population who have dense breasts. The only way to know your breast density is to get a mammogram (or an MRI) and read your report.

Learn more about how to find out your breast density.  
[mydensitymatters.org](http://mydensitymatters.org)

If you have dense breast tissue,  
you **NEED** additional screening.

### About 80% of breast cancer diagnoses are in women with NO known family history.

Starting a conversation with your doctor about breast density can lead to a further important conversation about your overall risk. If you feel you are not being heard by your primary care physician or your OBGYN and you are concerned about your breast cancer risk, consult with your local breast surgeon and ask to co-create your personal screening plan.

### BREAST CANCER SURVIVORS

- You are automatically at high risk for another unrelated breast cancer, a recurrence, or another type of cancer. Every survivor needs a precision personal surveillance plan. Use your overall personal plan to feel empowered in taking control of your health.
- Ask your physician about *systemic surveillance with circulating tumor DNA testing* - a good option that is not affected by breast density.

### SURVIVORS & SUPPORTERS

- Take note, take charge, take action - be empowered to co-create with your doctor(s) the right overall personal survivorship plan for you.
- Please use your important voice as a survivor. People will listen to you!
- Have hope and stay positive. Things are getting better all the time.

Advocate for The Find It Early Act which calls for insurance coverage for mammograms and diagnostic mammograms as well as **additional screening for women with dense breasts** and other risk factors, with no cost sharing. Urge your congressperson to co-sponsor the bill by following the four simple steps outlined here <https://mydensitymatters.org/breast-cancer-legislation/federal-find-it-early-act/>

