

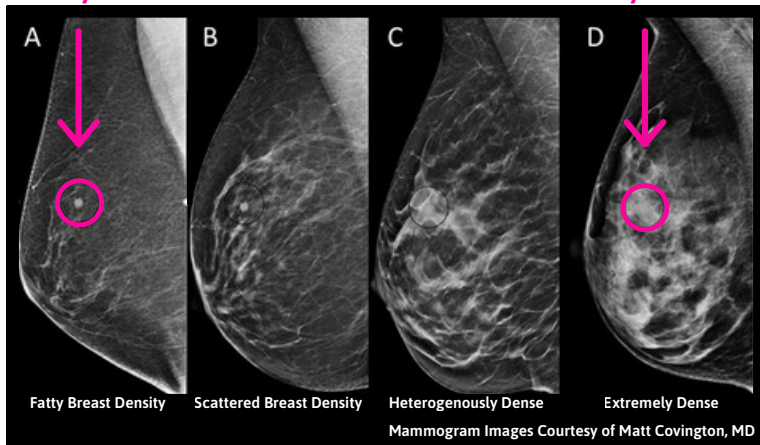
How to Find Your Breast Density in a Mammogram Report



Can YOU Find the Cancer?

Now you see it

Now you don't



Look for the following words and/or letters.

A. Fatty Breast Density

indicates that the breasts are almost entirely composed of fat.

B. Scattered Breast Density

indicates scattered areas of density, but the majority of breast tissue is not dense.

C. Heterogeneously Dense

indicates some areas of non dense tissue, but 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.

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.

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)

Look carefully for any radiologists recommendations.

A recommendation for additional screening is common, especially for women with dense breasts. If your report includes this recommendation, schedule your follow-up screening promptly to increase your chances of finding your cancer early.

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

