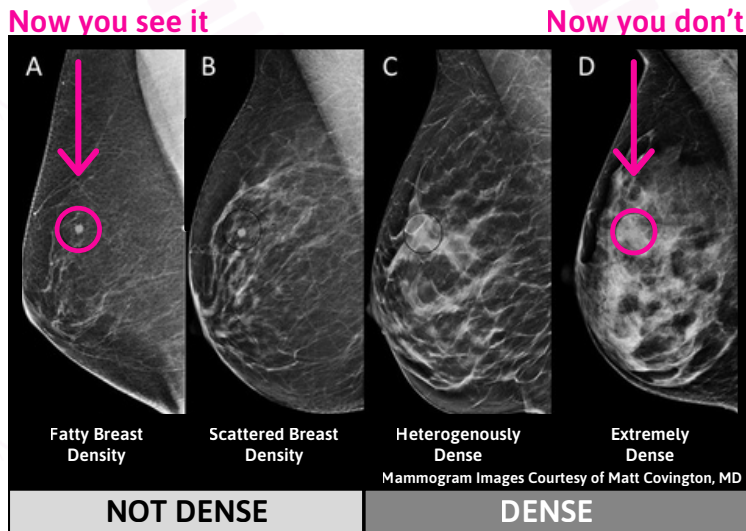


How to Find Your Breast Density in a Mammogram Report

Can YOU Find the Cancer?



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.

Dense breast tissue refers to the appearance of breast tissue on a mammogram and is a common finding in about 50% of women, specifically those whose breasts are classified as **heterogeneously dense** (C) or **extremely dense** (D).

Breast tissue is composed of milk glands, milk ducts and supportive tissue. These elements make up the dense tissue in the breast. Breasts also include fatty tissue, which is nondense tissue. When viewed on a mammogram, women with dense breasts have more dense tissue than fatty tissue.

Nondense breast tissue appears dark and transparent on a mammogram. In contrast, dense breast tissue appears as a solid white area, 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 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.