

Survivor's Guide to Screening

Under 50 + Dense Breasts

WHAT MY DOCTOR NEEDS TO KNOW ABOUT ME

- ☒ I have dense breast tissue
- ☒ I was diagnosed with breast cancer before my 50th birthday

WHAT I SHOULD KNOW

FOOD AND DRUG ADMINISTRATION (FDA)
BREAST IMAGING

AMERICAN COLLEGE OF RADIOLOGY (ACR)
2023 GUIDELINES

"Breast tissue can be dense or not dense. Dense tissue makes it harder to find breast cancer on a mammogram and also raises the risk of developing breast cancer.

YOUR BREAST TISSUE IS DENSE.



In some people with dense tissue, other imaging tests in addition to a mammogram may help find cancers. Talk to your healthcare provider about breast density, risks for breast cancer, and your individual situation."

Women diagnosed with breast cancer will continue their annual mammograms and those diagnosed before their 40th birthday should begin annual mammograms at the time of diagnosis.

Women diagnosed with breast cancer before their 50th birthday should undergo annual supplemental breast MRI.*

ADD IN ACR GUIDELINES

WHAT I SHOULD DISCUSS WITH MY DOCTOR

When you sit down with your doctor to map out your long-term surveillance plan, ensure your care reflects the ACR & FDA's recommendations:

- ☒ **Continue Annual Mammogram**
- ☒ **Annual Breast MRI**

*For those who cannot undergo breast MRI, contrast-enhanced mammography (CEM) or ultrasound could be considered.

FOR MORE INFORMATION ABOUT THE RESEARCH BEHIND THESE RECOMMENDATIONS, VISIT THIS WEBPAGE.