Survivor Screening Guide

MY DENSITY Matters®

Who This Guide Is For

Women with a personal history of breast cancer, atypia, or LCIS (lobular carcinoma in situ)

My Risk Profile

	I currently have dense breasts	I don't have dense breasts
Diagnosed with breast cancer before my 50th birthday	**Start yearly breast MRIs at diagnosis** *plus yearly mammograms*	**Start yearly breast MRIs at diagnosis** *plus yearly mammograms*
Diagnosed with breast cancer after my 50th birthday	**Start yearly breast MRIs at diagnosis** *plus yearly mammograms*	**Strongly consider yearly breast MRIs,** *especially if other risk factors are present, plus yearly mammograms*
Diagnosed with atypia or LCIS	**Consider yearly breast MRIs,** *especially if other risk factors are present, plus yearly mammograms*	

Evidence-Based Screening Standards

Screening plans should reflect ACR Guidelines and FDA Mandate

American College of Radiology® (ACR®) Breast Cancer Screening Guidelines

The ACR recommends annual breast MRI for women diagnosed with breast cancer before age 50 and for women with a personal history of breast cancer and dense breasts. Others with a personal history of breast cancer should strongly consider MRI, and women with atypia or LCIS should consider it, especially if other risk factors are present. For those who qualify for but cannot undergo breast MRI, contrast-enhanced mammography (CEM) or ultrasound could be considered.

FDA Breast Density Mandate

Every mammogram report must now tell you whether your breast tissue is 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. For people with dense tissue, other imaging tests in addition to a mammogram may help find cancers.

Advocating for my Annual Screening Plan

Mammograms and MRIs are typically spaced 6 months apart

- ○ **Continue yearly mammograms** *or begin them at diagnosis*
- ○ **Ask about yearly breast MRIs for my risk profile** *discuss ultrasound or contrast-enhanced mammography, if MRI isn't an option*

Bring this guide to your doctor for a shared decision-making conversation about your screening plan

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