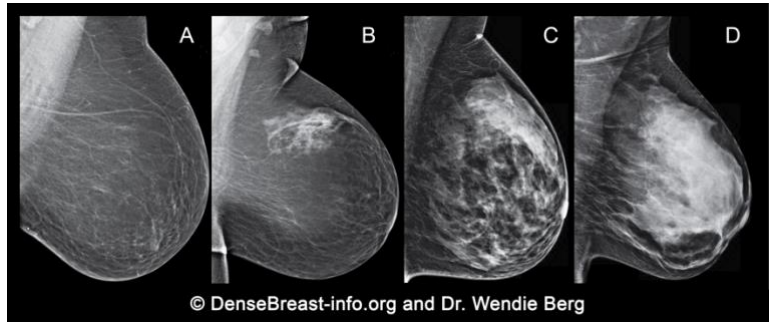


## Why a Conversation About Your Breast Density Matters

1. Breast density is determined through a woman's mammogram and described as one of four categories:

- (A) Fatty;
- (B) Scattered fibroglandular density;
- (C) Heterogeneously dense; or
- (D) Extremely dense

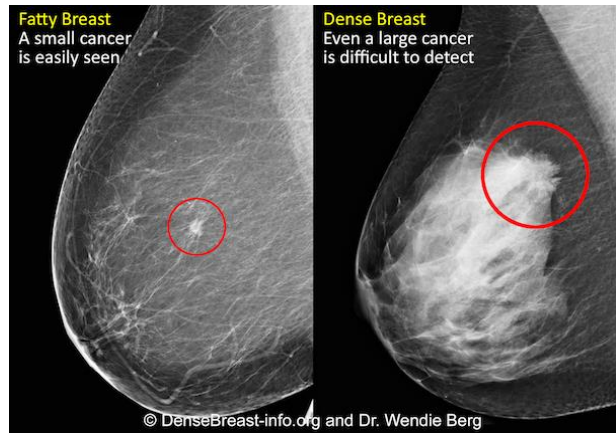


(C) Heterogeneously dense or (D) Extremely dense are considered "dense breasts."

2. Dense breasts are normal. 40% of women over age 40 have dense breasts.
3. Although normal, dense breast tissue is a risk factor for developing breast cancer. The denser the breast, the greater is the risk.

4. Mammography remains the standard screening test for breast cancer and is proven to reduce deaths due to breast cancer. However, in dense breasts, cancers can be hidden on mammography and may go undetected until they are larger and more likely to have spread.

Cancer on a mammogram of a fatty breast vs. a dense breast



5. Other screening tests, such as ultrasound or MRI, when added to mammography, substantially increase the detection of early stage breast cancer in women with dense breasts.

[DenseBreast-info.org](http://DenseBreast-info.org) is a medically-sourced website developed to provide educational tools on breast density.

THIS MATERIAL IS NOT INTENDED AS MEDICAL ADVICE. IF YOU HAVE ANY QUESTIONS ABOUT YOUR HEALTH, PLEASE CONTACT A QUALIFIED MEDICAL PRACTITIONER.