

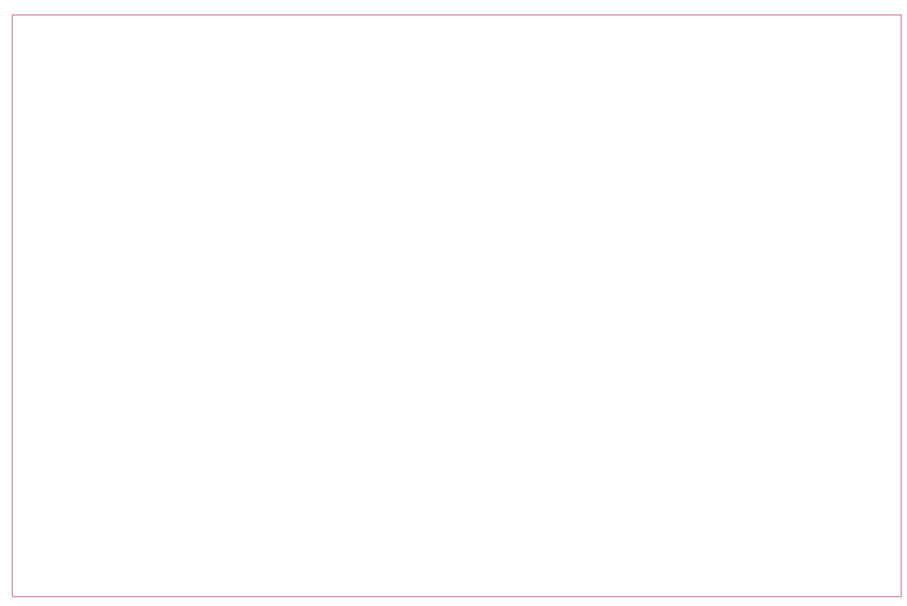
# What is DenseBreast-info.org?

**DenseBreast-info.org** is the world's leading educational website about dense breasts. Patients and health care professionals can find accurate, up-to-date and medically-sourced information developed by breast imaging experts and researchers.



## GET SMART ABOUT BEING DENSE™

### Notes & Appointment Information

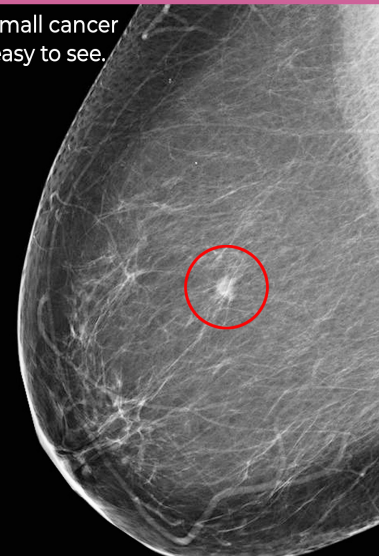


### THERE ARE FACTS YOU SHOULD KNOW.

**Dense breasts** have nothing to do with the way a breast looks or feels. Dense breast tissue **makes cancer harder to see** on a mammogram and **increases the risk** of developing breast cancer.

Mammogram of "Not Dense" Breast

A small cancer is easy to see.



Mammogram of "Dense" Breast

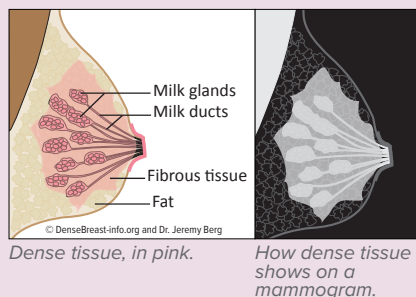
Even a large cancer may be hidden and not seen.



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

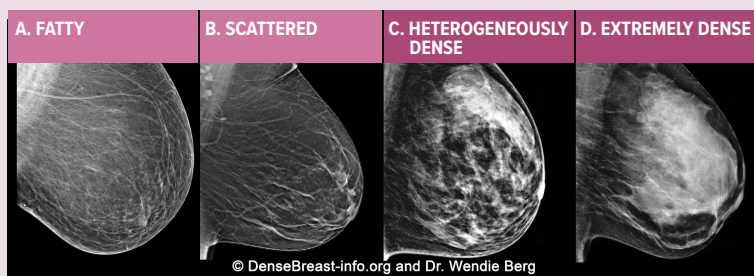
# 5 FACTS YOU SHOULD KNOW

**1** Breasts are made of **fat and glands that make milk**, held together by fibrous tissue. The more glands and fibrous tissue compared to fatty tissue that a woman has, the “denser” her breast tissue.



**2** **Many women have dense breasts.** This is normal and common. In fact, nearly half (over 40%) of women over age 40 have dense breasts.

**3** When radiologists look at mammograms, **they can see how dense the breasts are.** In these four mammogram images, the dense tissue appears as white. Categories A and B are “not dense” breasts. Categories C and D are “dense” breasts.



**4** Dense tissue appears white on a mammogram, and so does cancer. This makes it **harder for radiologists to see cancer in dense breasts.** Because cancer can be missed, it is often found when larger and at a later stage in women with dense breasts.

**5** **Dense breasts are also a risk factor for breast cancer.** A woman’s risk for breast cancer increases with the level of density in her breasts.

## I HAVE DENSE BREASTS...NOW WHAT?

- **Ask for a 3D mammogram** (digital breast tomosynthesis) if available (instead of a digital 2D mammogram).
- **Ask about additional screening tests** that can find cancer that may be hidden on a mammogram.
- The type of additional screening tests recommended will depend on your breast density and other risk factors. **Talk with your health professional** to learn your risk level and what tests may be right for you.
- If your lifetime risk of breast cancer is 20% or greater, you are “high risk.” You can do a risk assessment using free tools like: <https://magview.com/ibis-risk-calculator/>.

### IMPORTANT BREAST CANCER RISK FACTORS TO CONSIDER

- Dense breasts
- Disease-causing genetic variant (like *BRCA*)
- Prior breast biopsies with “atypical” results, lobular carcinoma in situ (LCIS), or breast cancer
- Family history of cancer, esp. breast cancer or ovarian cancer
- Prior chest radiation therapy before age 30
- High body mass index (BMI) after menopause
- Alcohol consumption (the more consumed, the greater the risk)

### SHOULD I GET MORE SCREENING TESTS AFTER MY MAMMOGRAM?

**If you are at high risk, with or without dense breasts,** have a yearly breast MRI\* in addition to your mammogram.

**If you have dense breasts and are not otherwise at high risk,** talk with your health care professional about additional screening tests to consider (like breast MRI\*).

**If you have had breast cancer,** have a yearly mammogram and breast MRI\* especially if you still have dense breasts or were diagnosed before age 50.

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\*If you are not able to have a breast MRI, a contrast-enhanced mammogram (CEM) or molecular breast imaging (MBI) may be other options. Ultrasound can be considered if these options are not possible.

**Europeans:** The European Society of Breast Imaging recommends that women with extremely dense breasts aged 50 to 70 years be offered breast MRI every 2 to 4 years. If breast MRI is unavailable, ultrasound with mammography may be used.