

What Causes More Dense Breasts?

Throughout your life, breast density can change. A change in density is not a reason for worry. From year to year, your breasts may be either more or less dense.

Things that affect breast density are:

- Age – the younger the person the more dense the breast tissue
- Genetic factors – family history
- Use of hormones
- Pregnancy or breastfeeding
- Weight gain or loss

Do I Have Dense Breasts?

Your mammography result letter will let you know if you have dense breasts (Heterogeneously Dense or Extremely Dense). This is normal for most women and is very common.

What Should I Do if I Have Dense Breasts?

Increased breast density slightly increases your risk of getting breast cancer. If you have dense breasts, have yearly mammograms and clinical breast exams starting at age 40. Talk to your doctor or breast clinic about which type of breast imaging is best for you.

It is especially important for women with greater breast density to practice breast self-awareness. You know your body best. Get to know what your breasts feel like normally, watch for changes, and tell your health care provider if you notice a problem.

What if I Do Not Have Dense Breasts?

If you do not have dense breasts, have yearly mammograms and clinical breast exams starting at age 40.

How Does It Impact Screening?

The more dense the breast tissue, the harder it is to see changes on a mammogram. Both breast cancer and dense breast tissue appear white on a mammogram. On a regular mammogram, dense tissue may:

- Look like an area of concern.
- Make it harder to find a cancer.

**For more information
please call your provider.**

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Breast Density

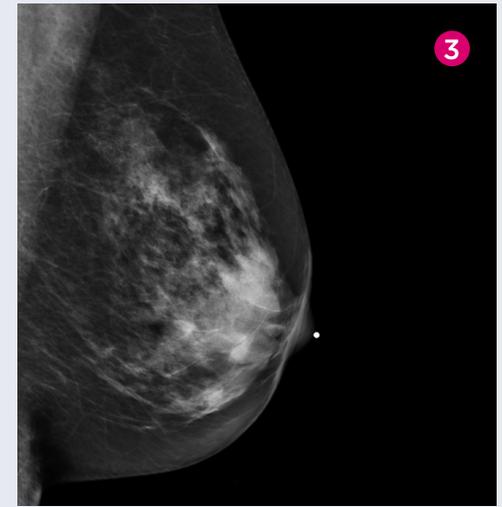
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What Is Breast Density?

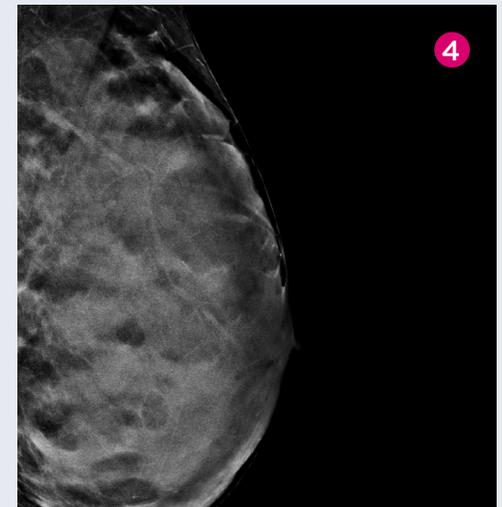
Breast density is a way of describing the types of breast tissue that are seen on a mammogram. Breast density is not determined by how your breasts feel. The only way to find out the density of your breasts is through a mammogram. Your breasts are considered dense if you have a lot of fibrous or glandular (glan-juh-ler) tissue but not much fat.

- Glandular tissue is made up of the milk ducts and glands.
- Fibrous tissue supports the breast.
- Fatty tissue fills in the spaces between the other tissues. It gives the breast its size.



What Are the Four Levels of Breast Density?

- 1 Almost all fatty: breast tissue is mostly made up of fat (1 out of 10 women)
- 2 Scattered areas of fibroglandular (fi bro glan-juh-ler) density: there are a few areas of fibrous and glandular tissue in the breast (4 out of 10 women)
- 3 Heterogeneously (het-er-uh-jee-nee-uhs-lee) dense: there are more areas of fibrous and glandular tissue throughout the breast (4 out of 10 women)
- 4 Extremely dense: mostly fibrous and glandular tissue (1 out of 10 women)



Breast cancer has no place to hide.