



# understand your density

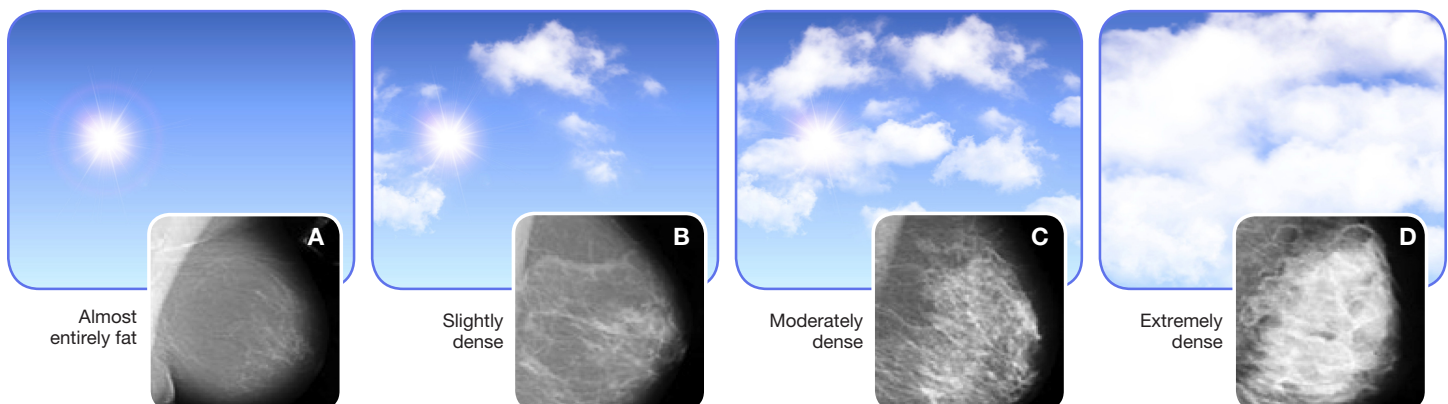
CONTROL YOUR DESTINY

## All Women Deserve Clear Answers about Their Breast Health

Have you had mammography screening before? Did anyone ever talk to you about breast density and the fact that mammography screening may not be sufficient for you? **We believe you have the right to know about your breast density and breast cancer risk.**

Breast density is the ratio of fibrous tissue vs. fat within your breast. Breast density can vary among women and it can have an impact on your cancer risk. Mammograms of dense breasts are harder to read than mammograms of fatty breasts. Tumors appear white on a mammogram therefore, dense tissue can hide tumors.<sup>1</sup>

**Dense breast tissue acts like clouds making the sun harder to see in the sky.**



Breast density is determined by mammography and about half of all women over 40 who get mammograms are found to have dense breasts.<sup>1</sup>



Your risk of developing breast cancer may be higher if you have dense breasts compared to women with fatty breasts.<sup>2</sup>



Fibroglandular tissue shows up on a mammogram as white, but so do cancers.<sup>1</sup>



Recent screening studies in women with dense breasts have shown that supplemental imaging, in addition to mammography, has benefits in terms of detecting more breast cancers.<sup>3,4</sup>



**Remember to speak with your doctor about your breast density, breast screening and all other health care needs.**

<sup>1</sup> Dense Breasts: Answers to Commonly Asked Questions. <https://www.cancer.gov/types/breast/breast-changes/dense-breasts> Accessed March 2020 | <sup>2</sup> Dense breast tissue: What it means to have dense breasts. Mayo Clinic. <https://www.mayoclinic.org/tests-procedures/mammogram/in-depth/dense-breast-tissue/art-20123968>. Updated February 18, 2020. Accessed July 1, 2020. | <sup>3</sup> Thigpen D, et al. The Role of Ultrasound in Screening Dense Breasts-A Review of the Literature and Practical Solutions for Implementation. *Diagnostics (Basel)*. 2018;8(1):20.; | <sup>4</sup> Comstock CE, et al. Comparison of Abbreviated Breast MRI vs Digital Breast Tomosynthesis for Breast Cancer Detection Among Women With Dense Breasts Undergoing Screening. *JAMA*. 2020;323(8):746-756.