



Breast care

Facts about Breast Density

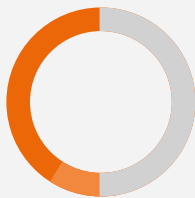
Give yourself every chance at early detection.

Early detection of breast cancer in women with dense breasts can be challenging because cancer can “hide” within the tissue. For this reason, additional screening may be recommended.

Talk to your healthcare provider about additional screening options, like Tomosynthesis, Ultra-sound or Magnetic Resonance Imaging (MRI).



Dense breast tissue **cannot be felt** during a self-exam or by your doctor during a manual clinical exam.¹



Approximately **40–50%** of women aged 40 and over have dense breast tissue, which is classified as either heterogeneously dense or extremely dense.²



Women with extremely dense breasts have a **2X higher risk** of developing breast cancer compared to women with average breast density.³



Dense breasts can affect women of any race, size, age, etc., but if you are Asian or on Hormone Replacement Therapy, you may be more likely to have dense breasts.^{4,5}

1 – <https://www.cancer.gov/types/breast/screening/dense-breasts#:~:text=Dense%20breast%20tissue%20cannot%20be,sometimes%20called%20mammographically%20dense%20breasts>. Accessed 22 August 2024
2 – American Cancer Society (ACS) <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4200066>. Accessed 22 August 2024; Sprague BL, Gangnon RE, Burt V, Trentham-Dietz A, Hampton JM, Wellman RD, et al. Prevalence of mammographically dense breasts in the United States. JNCI: Journal of the National Cancer Institute. 2014 Sept 12;106(10). doi:10.1093/jnci/dju255

3 – Bodewes FTH, van Asselt AA, Dorrius MD, Greuter MJW, de Bock GH. Mammographic breast density and the risk of breast cancer: A systematic review and meta-analysis. Breast. 2022 Dec;66:62-68. doi: 10.1016/j.breast.2022.09.007. Epub 2022 Sep 26. PMID: 36183671; PMCID: PMC9530665.
4 – <https://www.mayoclinic.org/tests-procedures/mammogram/in-depth/dense-breast-tissue/art-20123968>. Accessed 22 August 2024
5 – <https://aacrjournals.org/cebpa/article-abstract/32/11/1524/729734/Impact-of-BMI-on-Prevalence-of-Dense-Breasts-by?redirectedFrom=fulltext>. Accessed 22 August 2024



Access additional videos and support materials here.

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