

"If there's one thing I can say to any woman out there, it would be to take care of yourself. Get your mammogram, prioritize your health, now!"



Natalie Harrison
Today a healthy woman.



Next steps

Book your supplemental screening:

Call	
Date, time	
Location	

We welcome women aged: –



Access additional videos and support materials here.

References

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2 – Understanding Breast Density and Breast Cancer Risk. Peres J. *J Natl Cancer Inst* [Internet]. 2012 Sep 19;104(18):1345-6. Available from: <https://doi.org/10.1093/jnci/djs403>

3 – Mammograms Fact Sheet. American Cancer Society [Internet]. Available from: <https://www.cancer.gov/types/breast/mammograms-fact-sheet>

4 – Guterbock TM, Cohn WF, Rexrode DL, Eggleston CM, Dean-McKinney M, Novicoff WM, Yaffe MJ, Knaus WA, Harvey JA. What Do Women Know About Breast Density? Results From a Population Survey of Virginia Women. *J Am Coll Radiol*. 2017 Jan;14(1):34-44. doi: 10.1016/j.jacr.2016.07.003. Epub 2016 Sep 24. PMID: 27687752

5 – Sprague BL, Gangnon RE, Burt V, Trentham-Dietz A, Hampton JM, Wellman RD, Kerlikowske K, Miglioretti DL. Prevalence of mammographically dense breasts in the United States. *J Natl Cancer Inst*. 2014 Sep 12;106(10):dju255. doi: 10.1093/jnci/dju255. PMID: 25217577; PMCID: PMC4200066

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Breast care

Facts about Breast Density

Give yourself every chance at early detection.

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Breast care

Facts about Breast Density

Every woman deserves every chance at early detection of breast cancer.

In women with dense breasts, cancer is harder to see on mammograms because both dense tissue and cancer appear white.

If you've been told that you have dense breasts, there are facts you should know and steps you can take to give yourself the best chance to detect breast cancer early.

Your breast density can only be determined by a mammogram. It can't be felt. Your radiologist can tell you whether you have dense breasts based on where you fall on the breast density scale (category A–D).

Screening options

Mammography is the gold standard in detecting breast cancer early, and many cancers are seen on mammograms even if you have dense breast tissue. However, about half of cancers might be undetected in dense breast tissue if only standard mammography is used for screening.¹

Supplemental screening options like Tomosynthesis (a series of images from multiple angles), Ultrasound and Magnetic Resonance Imaging (MRI) are available to aid diagnosis.

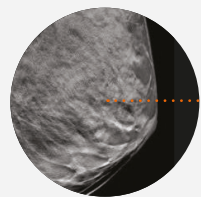
If you have dense breasts, please talk to your doctor. Together, you can decide which additional screening exams are right for you.

Women with dense breasts are more likely to:

- > Develop breast cancer compared to women with average breast density.²
- > Receive a mammogram report that **appears normal**, even though cancer is present.³

Spread the word

Only **1 in 8 women** know that dense breast tissue increases the risk of breast cancer.⁴



Dense breast tissue refers to the appearance of the breast on a mammogram.

Dense breast tissue has less fatty tissue and a higher proportion of glandular and fibrous tissue, which both appear white on a mammogram.



Approximately

40–50%

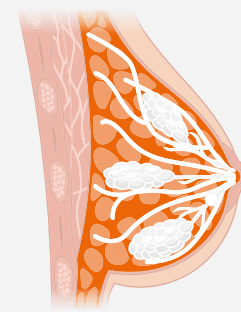
of women aged 40 and over have dense breast tissue.⁵

Dense breast tissue categories A–D

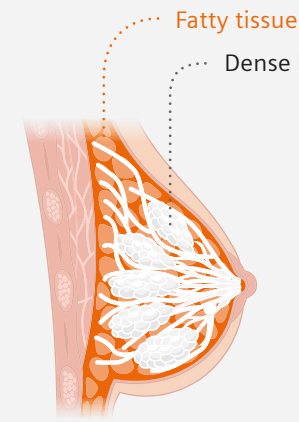
On the breast density scale



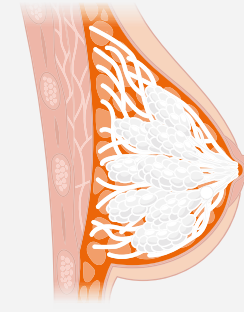
A | Almost entirely fatty



B | Scattered areas of density



C | Heterogeneously dense



D | Extremely dense