

BREAST DENSITY: WHAT SHOULD I KNOW?

BREAST DENSITY refers to the normal tissue inside the breast. Breasts that are less dense have more fatty tissue and look dark on a mammogram. Breasts that are more dense have more glandular or fibrous tissue and look white on a mammogram.

- **You can only determine breast density by a mammogram.** Breast size and firmness are not related to density, so you cannot feel density by physical examination.
- **Cancer looks white** on a mammogram. Since fat appears dark, cancer is easier to see in mammograms of less dense breasts.
- **Denser breast tissue is normal** but can increase future risk of breast cancer.

Radiologists classify breast density using a 4-level density scale:

A (almost entirely fatty)—least dense

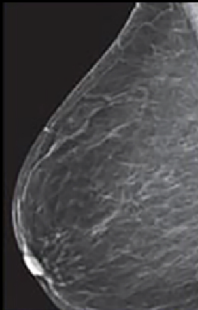
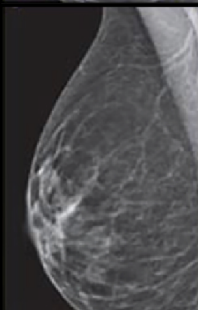
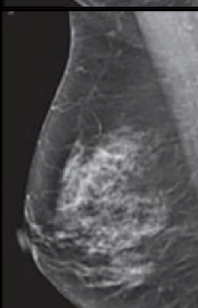
B (scattered fibroglandular densities)

C (heterogeneously dense)

D (extremely dense)—the most dense

What do I do next?

Make a breast cancer screening plan with your health care provider based on your breast density, risk factors and preferences.

BREAST DENSITY CATEGORY	% OF WOMEN	
A Almost entirely fatty LEAST DENSE	10%	
B Scattered fibroglandular densities	40%	
C Heterogeneously dense	40%	
D Extremely dense MOST DENSE	10%	