



★ The star in the images represents how cancer may be hidden on a mammogram.

Know your breast composition

Breast composition is classified into four different categories: a, b, c, or d.

- Breasts are composed of fatty (adipose) tissue and dense (fibroglandular) tissue.
- Breast composition is determined by a mammogram or MRI, not by how the breasts look feel.
- Breast composition can change over time due to age, genetics, and other factors.
- Having dense breast tissue is normal. Nearly half of US women over the age of 40 have dense breasts.
- Dense tissue can hide cancer as both appear white on a mammogram.
- Dense tissue may increase your risk for developing breast cancer.
- Women with breast composition c or d, or specific risk factors, may require additional screening after a mammogram.
- Women should monitor their breast health over time and participate in regular screenings.