



★ 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 or feel.
- > Breast composition can change over time due to age, genetics, and other factors.
- > Having dense breast tissue is common. 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.



Scan this QR code with the camera app on your cell phone for more about breast density.