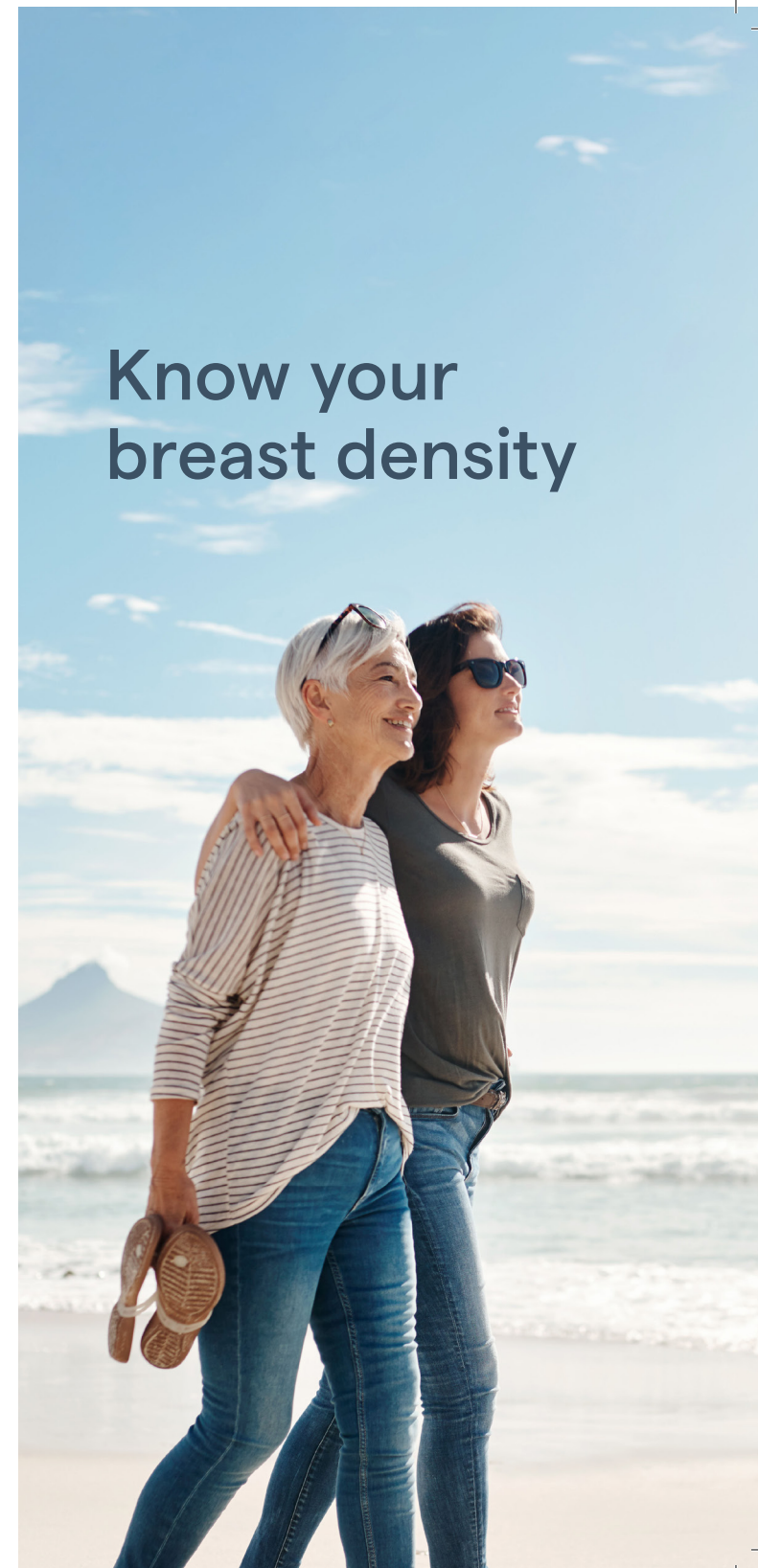


## About us

## Contact us

## Know your breast density

Where can I learn more?



# What is breast density?

Your breasts are composed of fatty (adipose) tissue and dense (fibroglandular) tissue. Breast density describes how much of your total breast volume is fibroglandular tissue, which includes glands and ducts. Breast density is determined from your mammogram and not by the way your breasts look or feel.

## Why is breast density important?

Every woman has some degree of breast density. It is important to know your breast density for managing your health, just like knowing your cholesterol score. Having high breast density, like strong family history of breast cancer, has been linked to a higher risk of developing breast cancer.

We use Volpara® Scorecard™ software to automatically and objectively determine your breast density, and provide more accurate results.



# What should I do if I have high breast density?

First, don't worry. Having high breast density is very common. In fact, **almost half of US women** over 40 have dense breasts. We have included your breast composition in the breast imaging report that goes to your doctor.

Second, being "breast aware" is important for all women. It is important that you discuss any breast changes with your referring doctor.

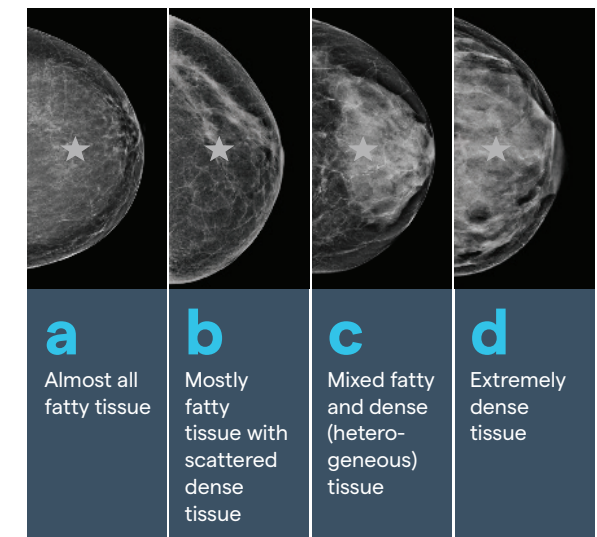
Sometimes women require supplementary testing in addition to their mammogram. This can include breast ultrasound, breast MRI, or more frequent mammograms. We may suggest this in your report based on our findings today. Your personal and family history may also impact your breast cancer risk, so we encourage you to ask us or speak with your doctor for more information.

We are here to help, and will provide you and your doctor with a personalized Breast Care Plan so you can make an informed decision about how best to manage your health.

# Why a mammogram?

Mammograms are the most effective tool we have for screening women for breast cancer. They are used to find cancers early, when they are small and easier to treat. Mammograms are also used to assess your breast density. Some women have low breast density while other women have high breast density. Both are common, but mammograms are somewhat less effective at detecting cancer in women with dense breasts.

Like dense breast tissue, cancers are white on the mammogram, making it harder for the radiologist to detect. Our radiologist will classify your breast density as belonging to one of four categories:



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