

What You Should Know About Breast Density

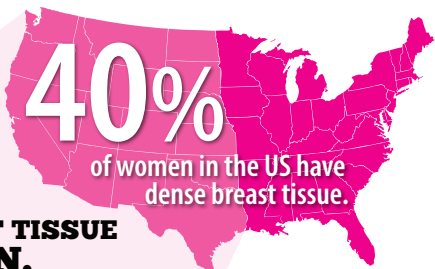
 **NORTH OAKS**
Health System

www.northoaks.org/3dmammo

DID YOU KNOW?



Louisiana requires breast imaging professionals to inform patients of their breast density as seen on their mammogram.



DENSE BREAST TISSUE IS COMMON.

WHAT DOES IT MEAN?

DON'T BE SCARED IF YOU HAVE DENSE BREASTS.

HAVING DENSE BREASTS DOESN'T MEAN YOU HAVE CANCER.

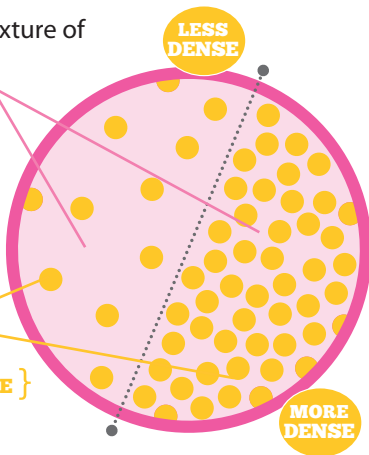
Breasts are made up of a mixture of

FATTY TISSUE



FIBROUS AND GLANDULAR TISSUE.

{ **FIBROGLANDULAR TISSUE** }



**DENSER BREASTS
=
LESS FATTY
TISSUE**



**BREAST DENSITY
IS NOT RELATED
TO THE SIZE OR
FIRMNESS
OF YOUR
BREASTS.**

FLIP TO LEARN MORE.

What You Should Know About

Breast Density



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RADIOLOGISTS CATEGORIZE BREAST DENSITY INTO

FOUR CATEGORIES:

80% OF WOMEN ARE CLASSIFIED INTO
ONE OF THESE MIDDLE CATEGORIES.

10%

FATTY
BREASTS

40%

SCATTERED AREAS OF
FIBROGLANDULAR DENSITY
IN BREASTS

40%

HETEROGENEOUSLY
DENSE BREASTS

10%

EXTREMELY
DENSE
BREASTS

HOW DOES HAVING DENSE BREASTS AFFECT ME?

Detecting breast cancer in dense breasts is more difficult because both cancer and dense breast tissue appear **BRIGHT** on a mammogram.

DENSE BREASTS ARE GENETIC.

It has nothing to do with the food you eat, shape or size of your breasts, or amount of exercise you do.



FAMILY HISTORY and GENETIC RISK FACTORS influence your risk of breast cancer far more than breast density, but dense tissue is considered a risk factor.

WHAT SHOULD I DO?



It is important that women are aware of dense breast tissue and other risk factors. Be sure to have these discussions with your health care provider in order to understand your risk profile and options for further imaging or testing that might benefit you.

**FOR MORE INFORMATION ON BREAST DENSITY,
SPEAK WITH YOUR HEALTH CARE PROVIDER.**

Source: www.areyoudense.org

FLIP TO LEARN MORE.