



BREAST DENSITY

What is dense breast tissue?

- Dense breast tissue refers to the appearance of breast tissue on a mammogram.
 - Breasts contain glandular, fibrous, and fatty tissue. Dense breasts have a lot of glandular or fibrous tissue and not much fatty tissue.
 - Dense breasts are common and not abnormal.
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Why does breast density matter?

- Dense breast tissue slightly increases your risk of getting breast cancer, but it is pretty common.
 - Dense breast tissue looks white on a mammogram, making it more difficult for doctors to see cancer because breast masses or tumors also look white.
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How do I know if I have dense breasts?

- Breast density cannot be felt.
- Breast density is determined by the radiologist who reads your mammogram.
- After you have had a mammogram, you will receive a letter from the radiologist with your mammogram results and your breast density.

What should I do if I am notified that I have dense breasts?

- You should consider discussing any questions you may have with your health care provider.
 - Together, you can decide if any additional tests are needed based on your overall risk for breast cancer.
 - Tests may include breast magnetic resonance imaging (MRI), breast ultrasound, or breast-specific gamma imaging.
 - Check with your health insurance company to see what is covered, as some plans may not cover these tests.
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If I have dense breasts, should I still get a mammogram?

- Yes, a regular mammogram is recommended and the best way to find breast cancer early.
 - Whether you have dense or almost entirely fatty breasts, it is important to get regular mammograms.
 - Talk to your health care provider about how often you should get a mammogram.
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What do I do if I cannot afford to pay for a mammogram?

Women's Way may provide a way to pay for mammograms.

Call 800-449-6636 or visit
hhs.nd.gov/womenway to see if you are eligible.

