

# What does it mean to have dense breasts?

If you have dense breasts, you may need more screening in addition to your mammogram.



## What is breast density?

Breast density measures the different types of tissue in your breasts. Women who have more fibrous and glandular tissue than fat tissue have dense breasts.

## Breast density matters because:

Breast cancers and other masses may be hidden in dense breast tissue. Both dense breast tissue and tumors appear white on mammograms. A screening ultrasound can help ensure tumors are visible.

Women with dense breasts are at slightly higher risk for getting breast cancer.

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## Are dense breasts common?

Yes, around **40% of women** in the United States have dense breast tissue.

## It's more common if you are:



### Under 50 years old

Almost half of women with dense breasts are ages 40-49.



### Pregnant or breastfeeding



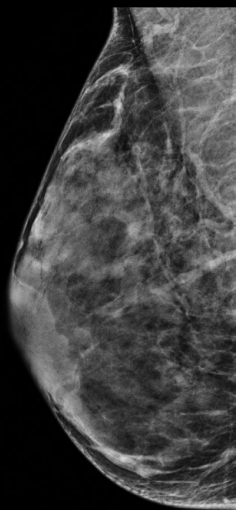
### A lower body weight



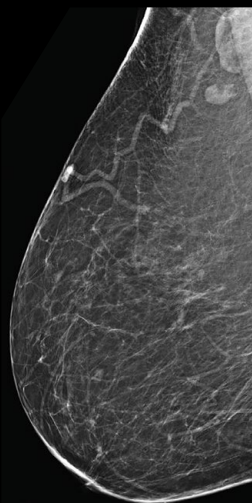
### Taking hormone replacement therapy



Your mammogram will show whether your breast tissue is dense.



Dense



Not dense

If your mammogram shows you have dense breasts, you may be referred for a screening ultrasound.

Unlike a mammogram, the ultrasound is done lying down and a scanner is placed on top of your breast. Sound waves create images that show more information. Together with your mammogram, these tests may provide a more complete evaluation of your breasts.

If you've been told you have dense breast tissue, ask your doctor about additional testing.

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