



QUESTIONS TO ASK YOUR DOCTOR

Breast Density (as seen on a mammogram)

Breast density is a measure used to describe mammogram images. It's not how the breasts feel. Dense breasts are made up of more breast tissue than fatty tissue. Younger women tend to have dense breasts. As women get older, their breasts become less dense. Women who have dense breasts have an increased risk of breast cancer.

Dense breast tissue can look white or light gray on a mammogram. Cancer can also look white or light gray. Because of this, cancer may be hard to see on a mammogram.

You may feel overwhelmed and unsure of what to ask your doctor about breast density. Here are some questions to start the conversation.

Q: Do I have dense breasts? How do you know?

A: _____

Q: What things might affect the density of my breasts?

A: _____

Q: What medications can affect breast density?

A: _____

Q: After I have a mammogram, how will I receive information about my breast density?

A: _____

Q: As I get older, if my breast density changes, will the changes affect my breast cancer risk?

A: _____

Q: Are there any clinical trials related to breast density that I might be eligible for?

A: _____

If you have dense breasts, ask the following:

Q: Since I have dense breasts, what steps can I take to lower my risk of breast cancer?

A: _____

Q: What screening tests should I get from now on and how often should I get them?

A: _____

Q: Since I have dense breasts, will my family members have them too?

A: _____

Notes:



For more information on breast health or breast cancer, please call our breast care helpline 1-877 GO KOMEN (1-877-465-6636) or visit komen.org. Susan G. Komen does not provide medical advice.

1-877 GO KOMEN (1-877-465-6636) komen.org