

Dense Breast Tissue



What is Dense & Fatty Breast Tissue?

All breasts contain a mix of fatty and dense tissue, which the radiologist can see on your mammogram. Fatty tissue appears dark and is easy to see through, while dense tissue is more opaque and may make it more difficult to see cancer within that tissue.

What Does My Dense Breast Category Mean?

Our breast radiologist will note your breast density category on your report.

- A. Almost entirely fatty:** Easier to interpret the images.
- B. Scattered fibroglandular density:** Mostly fatty tissue, with some dense areas.
- C. Heterogeneously dense:** Mostly dense tissue, with some fatty areas.
- D. Extremely dense:** Nearly all dense tissue, very little fat.

Category C or D are considered dense and may carry a higher risk of developing cancer.

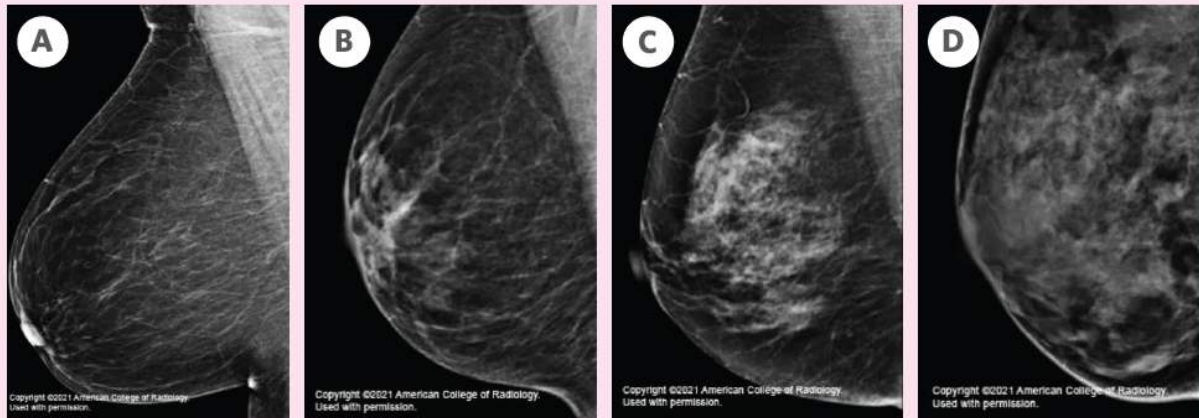


Figure: Breast Cancer Awareness Infographic. Note: Reprinted with permission by the American Cancer Society.

What Additional Imaging Will Help if I have Dense Breasts?

At Jefferson Radiology, all screening mammograms **use 3D mammography technology, the gold standard for detecting breast cancer.** For patients whose recent mammogram shows dense breast tissue, a screening breast ultrasound may be recommended along with the screening mammogram to help detect breast cancer. *Always consult your doctor or health insurance provider with any questions or to verify your coverage.*