



## Breast Density

Breast density is a way to describe the makeup of a woman's breasts. Dense breasts contain more breast tissue than fatty tissue. Women who have dense breasts have an increased risk of breast cancer. Younger women tend to have dense breasts. As women get older, their breasts become less dense. Dense breast tissue can look white or light gray on a mammogram. Cancer can also look white or light gray. Because of this, dense tissue can "mask" or "hide" a cancer from view on a mammogram. The questions below can help you gather information about breast density so that you can make the right choices for you.

### General questions about breast density:

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**Q:** Do I have dense breasts? If so, how do you know?

**A:**

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**Q:** How is breast density measured?

**A:**

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

**A:**

If you have dense breasts, ask the following:

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**Q:** What can I do to lower my risk of getting breast cancer?

**A:**

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**Q:** What screening tests should I get and how often should I have them?

**A:**

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**Q:** If my family members have dense breasts, will I have dense breasts too?

**A:**



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

**[www.komen.org](http://www.komen.org) 1-877 GO KOMEN**