



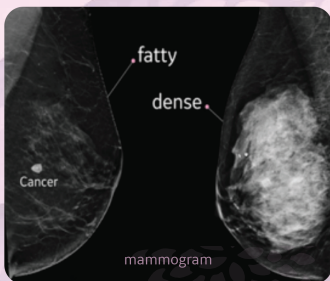
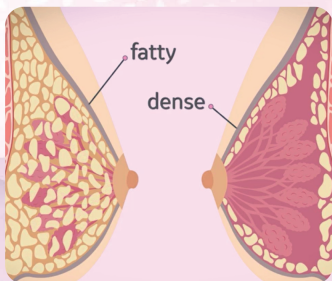
What is dense breast and what are my next steps?

Breast screening can be personalized using individual risk factors. When dense breast tissue is present, physicians may recommend additional imaging such as ultrasound to help visually differentiate dense tissue from cancer.

What is Dense Breast?



Scan to watch ABUS Patient Animation video



Not all breast are the same.

I've been told that I have dense breast tissue – what does that mean?

Breasts are made of fat and breast tissue. When there is more breast tissue than fat, breasts are considered to be dense. On a mammogram, dense tissue looks white. Since masses or lumps also appear white on a mammogram, a lump may be hidden by the dense breast tissue. Dense breast tissue is also linked with an increase in the risk of developing breast cancer.

Having dense breast tissue normal; it is a part of you, like having green eyes or brown hair. Dense breast tissue is common; Approximately 70% of Asian women have

dense breast tissue,¹ one of the strongest common risk factors for developing breast cancer.² Since mammography has limited visibility in women with dense breast tissue, screening dense breasts with ultrasound, in addition to mammography, may improve the likelihood of detecting cancer.

All women should discuss personal risk factors, including breast density, with their physician.

1. Ellison-Loschman, et al, PLOS ONE July 2013.
2. Engmann NJ, et al, JAMA Oncol. 2017;5(9):1228-1236.

How To Do A Breast Self-Exam?

By Looking

In front of a mirror, inspect your breasts and nipples for any discharge, puckering, dimpling, or scaling.



By Touching

Raise your left arm. Use 3 or 4 fingers of your right hand to explore your left breast firmly. Repeat with the right breast.



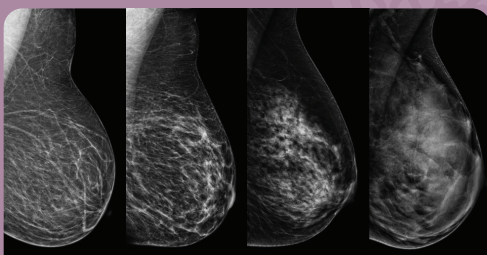
While Lying Down

While lying down, position your fingers flat and move gently over every part of the breast. Check for any lump, hard knot or thickening by moving the fingers in a uniform search pattern, as shown. Finally, squeeze the nipple of each breast gently between thumb and index finger. Any discharge, clear or bloody, should be reported to your doctor immediately.



http://knowyourrisk.gehealthcare.com/~media/downloads/us/know%20your%20risk/gehealthcare_breast-self-exam-patient-pamphlet.pdf

Please bring this along during your next visit to the doctor to know your breast density classification.



A
Almost entirely fatty

B
Scattered fibroglandular densities

C
Heterogeneously dense

D
Extremely dense