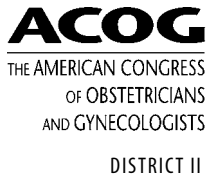


Women 40+ get your yearly mammogram!



DENSE BREASTS Frequently Asked Questions (FAQ)

Why was I notified that I have dense breasts?

New York Governor Andrew Cuomo signed a law that requires mammogram providers to let a woman know when she has dense breast tissue.

Do dense breasts mean I could have breast cancer?

All women are at risk of developing breast cancer, regardless of their tissue patterns.

How common are dense breasts?

Dense breast tissue is very common, particularly before the age of menopause. Dense breast tissue may make it more difficult to see abnormal tissue on a mammogram.

Are there guidelines for additional dense breast testing?

There are no medical guidelines indicating what type of additional testing - if any - should be performed for women when mammograms detect dense breasts.

What screening and diagnostic options are available?

Discuss options with your doctor to decide which - if any - are right for you:

- **Ultrasound** – sound waves are used to examine the breast for abnormal densities or show characteristics of a breast lump
- **MRI** – magnetic resonance imaging uses radio waves and strong magnets to produce detailed images that can illustrate blood flow patterns and abnormal masses in the breast

According to the American College of Radiology –

“...Studies have shown that ultrasound and magnetic resonance imaging (MRI) can help find breast cancers that can’t be seen on a mammogram. However, both MRI and ultrasound, show more findings that are not cancer, which can result in added testing and unnecessary biopsies. Also, the cost of ultrasound and MRI may not be covered by insurance.”

What else should I know to keep my breasts healthy?

ACOG Recommends annual mammograms starting at age 40 and annual clinical breast exams for women 40 and older and every one to three years for women ages 20 to 39. The traditional monthly breast self-exam has been replaced with a newer concept called “breast awareness”—knowing how your breasts normally look and feel.

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