# Schedule your appointment with Charlotte Radiology.

Any and all breast health concerns should be discussed with your primary physician first. Our breast services are completely comprehensive, from diagnostic mammography and breast MRI to needle biopsy and more.

For annual screening mammograms, no physician's referral is required. And breast experts still agree that 40 is the age to start. **Please make a point to schedule screening mammograms every year, and urge all of the women in your life to do the same.** 

704.367.2232 877.362.2232 (toll-free)

For more information about Charlotte Radiology, visit us online at CharlotteRadiology.com.



The Imaging Experts.

# Screening Saves.

**BREAST DENSITY** 

### What is breast density?

Breast density measures the amount of fatty, glandular and fibrous tissue in the breast. A dense breast consists of more glandular and fibrous tissue than fat. "Lumpy" breast tissue is not the same as dense breast tissue, as density is determined by a mammogram, not by feel.

### Why is breast density important?

Dense breast tissue is fairly common and can be associated with an increased risk of breast cancer. Overlapping breast tissue increases the difficulty of detecting abnormalities. Dense tissue appears white on a mammogram, which can obscure the presence of lumps (cancerous and noncancerous), which also appear white.

#### How can I find out whether I have dense breasts?

A mammogram is the only tool that can determine breast density. The radiologist reading your mammogram will determine your density based on a four-level scale (A, B, C, D) approved by the American College of Radiology. The Breast Density Notification and Awareness Bill, approved by North Carolina legislation, requires all mammography providers to inform women of their breast density level as interpreted on their mammogram. This information will be included in the mammography report sent to you and your physician. Breast density is assessed with each annual mammogram and may vary based on radiologist interpretation, as well as naturally occurring changes in breast tissue.

#### Screening for women without dense breast tissue

#### Fatty (A) or Scattered Fibroglandular (B)

These breast tissue types are easier to evaluate for breast cancer and are not considered independent risk factors. Mammograms are most effective at detecting breast cancer in women that have mostly fatty breast tissue; therefore, we recommend annual mammograms along with monthly self-breast exams and yearly breast exams by your physician.

### Screening for women <u>with</u> dense breast tissue

## Heterogeneously Dense (C) or Extremely Dense (D)

These breast tissue types are associated with increased risk for breast cancer, because cancers can remain hidden. Mammograms remain the only medical imaging test proven to reduce breast cancer deaths. Women with dense breasts can decide with their physician whether additional screening exams can be of benefit. Charlotte Radiology offers the following exams to further evaluate dense tissue:

- 3D MAMMOGRAPHY (TOMOSYNTHESIS), a digital mammogram that creates multiple images or "slices" through the breast tissue, providing better visualization of breast abnormalities.
- SCREENING BREAST ULTRASOUND and/or MRI, advanced tools that can improve breast cancer detection in women with dense breasts if used in conjunction with mammography.



Almost entirely fatty (A)





Heterogeneously dense (C)



Extremely dense (D)





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