

# QUESTIONS TO ASK YOUR DOCTOR

## Breast Density (as seen on a mammogram)

Breast density is a measure used to describe mammogram images. It's not how the breasts feel. Dense breasts are made up of 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.

You may feel overwhelmed and unsure of what to ask your doctor. Here are some questions to start the conversation.

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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 things might affect the density of my breasts?

**A:** \_\_\_\_\_  
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**Q:** As I get older and my breasts change, will the changes in my breast (breast density) affect my breast cancer risk?

**A:** \_\_\_\_\_  
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**If you have dense breasts, ask the following:**

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**Q:** Since I have dense breasts, what steps can I take to lower my risk of 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: \_\_\_\_\_  
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Q: What medications can affect breast density?

A: \_\_\_\_\_  
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Q: What clinical trials are there related to breast cancer?

A: \_\_\_\_\_  
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Notes:

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For more information on breast health or breast cancer, please call our breast care helpline 1-877 GO KOMEN (1-877-465-6636) or visit [komen.org](https://www.komen.org). Susan G. Komen does not provide medical advice.

**1-877 GO KOMEN (1-877-465-6636) [komen.org](https://www.komen.org)**