Breast and Bone Health

St. Luke’s Breast and Bone Health is dedicated to providing you with professional, personalized care for all your breast and bone health needs. Our services are provided in a warm and relaxing setting, and are performed by experienced staff committed to making your experience with us as seamless and comfortable as possible.

Our team of specialists includes radiologists, technologists, sonographers, nurses, breast care coordinators, genetic nurse practitioners and a dedicated management team.

For more information

Please contact (319) 369-7216

UnityPoint Health® - Breast and Bone Health
202 10th St. SE, Suite 265
Cedar Rapids, Iowa 52403
unitypoint.org/cedarrapids

Breast Density

BREAST CANCER SCREENING

UnityPoint Health
St. Luke’s Hospital

St. Luke’s Breast and Bone Health has been recognized through the ACR as a certified BICOE Center (Breast Imaging Center of Excellence).
About 40% of women have dense breast tissue. And for those women, mammograms alone may not be enough to find breast cancer.

**What is breast density?**

Breast tissue is composed of fibrous, glandular and fatty tissue. Your breasts are considered dense if you have a lot of fibrous or glandular tissue but not much fat. Breast density is determined by looking at your mammogram, not by how your breast feels.

**How do I know if I have dense breasts?**

Breast density is determined by the radiologist who reads your mammogram. There are four categories of mammographic density. The radiologist assigns each mammogram a category. Your provider should be able to tell you whether you have dense breasts based on where you fall on the density scale (below).

**Why is it important to know my breast density?**

Dense tissue appears white on a mammogram. Lumps, both benign and cancerous, also appear white making mammograms harder to read in women with dense breast. Most importantly, dense breast tissue makes it much more difficult to find an abnormality such as cancer on a mammogram. Dense tissue can actually hide a cancer when it is early and the best chance for a cure.

**I have dense breasts what other screening tests should I consider?**

Together with your primary care provider you can determine which additional testing is right for you. Studies have shown that ultrasound, particularly 3D automated breast ultrasound (ABUS), can help find breast cancers that can’t be seen on a mammogram.

**Automated Breast Ultrasound (ABUS)**

ABUS breast cancer screening uses light compression with sound waves to create 3D pictures of the breast tissue. This is different from a routine ultrasound as the images provide different angles that allow the radiologist to detect change, even with dense breast tissue. This test takes approximately 30 minutes.

The coverage of ABUS may vary by insurance carrier, as there may be an out-of-pocket expense. Check with your insurance to understand your benefits. The CPT code is 76641-50 (bilateral breast) or 76641 (unilateral breast), and diagnosis codes is R92.2. Please contact St. Luke’s Breast and Bone Health for any additional questions.

**For more information visit:**

densebreast-info.org
iowabreastdensity.com

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**If I have dense breasts, do I still need a mammogram?**

Yes, a mammogram is the only medical imaging screening test proven to reduce breast cancer deaths. Many cancers are seen on mammograms even if you do have dense breast tissue. Additional screening tests are available for women with dense breasts to increase the cancer detection rate over that of mammography screening alone.

At St. Luke’s Breast and Bone Health we offer 3-D mammography (Breast Tomosynthesis), the most advanced form of mammography which can be done during your routine mammogram. Tomosynthesis collects multiple images of the breast from several different angles. The images are synthesized by a computer to form 3D images of the breast, reducing tissue overlap that can be caused by dense breast tissue.