

Breast and Bone Health

Iowa Breast Density Law

Iowa Breast Density Law – Effective January 1, 2018 your mammogram result letter will now inform you of your breast density category.

What is Breast Density?

Breasts are made up of a mixture of fibrous, glandular and fatty tissue. Your breasts are considered dense if you have a lot of fibrous or glandular tissue (dense) but not much fat (not dense). Breast density is not a measure of how breasts feel but rather how the breasts look on a mammogram.

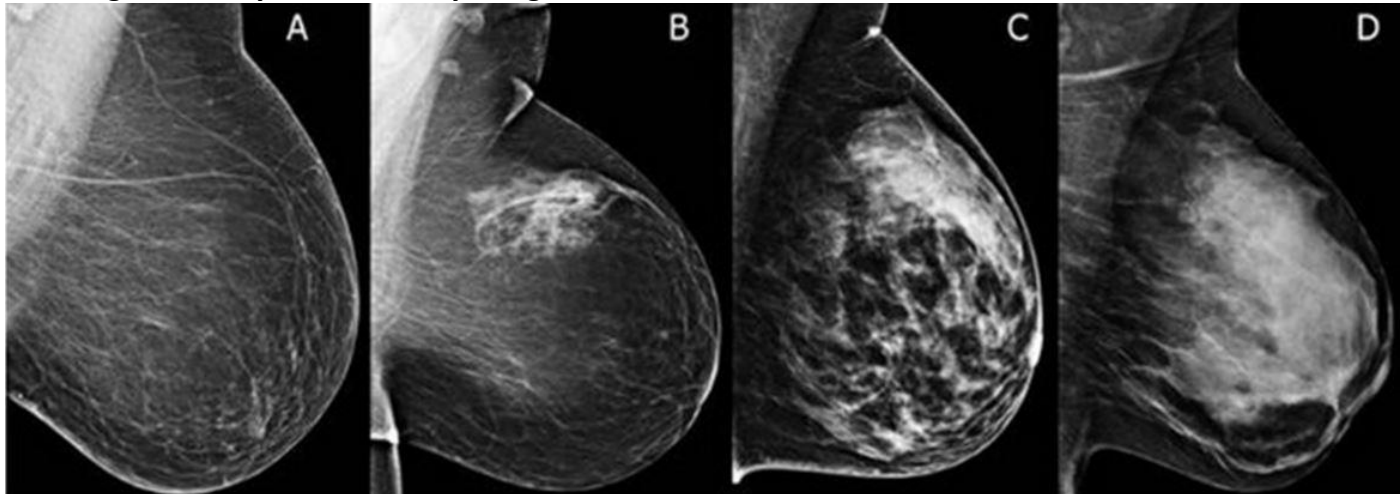
Breast Density: Why it matters

Although normal, dense breast tissue makes interpretation of mammograms more difficult. Dense tissue can hide a breast cancer at an early stage. Depending on how dense your breast tissue is, it may moderately increase your risk of breast cancer.

How do I know if I have dense breast tissue?

Breast density is determined by the radiologist who reads your mammogram. There are four categories of mammographic density. The radiologist decides which category best describes your breast tissue density.

Radiologists classify breast density using a 4-level scale



Almost Entirely Fatty

Scattered areas of
fibroglandular density

Heterogeneously Dense

Extremely Dense

This information is given to you to raise your awareness and to promote discussion with your physician regarding other risk factors, in addition to dense breast tissue.

Resources: densebreast-info.org and iowabreastdensity.com