



It's no secret - breasts come in all shapes and sizes and they change as you go through life. But you may not know whether you have dense breast tissue and it's a very important piece of your breast health.



Your breast tissue is as unique as you are.

Every breast is made up of two types of tissue:

- **Non-dense** breast tissue or fatty tissue.
- **Dense** breast tissue which is milk glands, ducts and supportive tissue.

The proportion of each type of breast tissue - non-dense and dense - determines your breast density.

Breast density differs from person to person, it can change over time and it is one of the identified risk factors for breast cancer.

## Make MIC your choice for advanced breast imaging.

MIC offers breast imaging at clinics throughout the Edmonton area. To book an appointment at a location convenient to you, contact us at:



### Central Booking

Ph: 780.450.1500

Fax: 780.450.9551

Toll Free 1.800.355.1755

When you call, please have available:

- Your Alberta Health Care Insurance card
- Your exam requisition with your healthcare practitioner's exam instructions

**Note: MIC accepts all diagnostic imaging requisitions.**



[mic.ca](http://mic.ca)



Breast density matters.



## Here's what you need to know about breast density:

### The only way to find out if you have dense breasts is by having a mammogram.

- Breast density has nothing to do with the size of your breasts or the way they feel.
- Dense breasts can feel soft, lumpy or firm and so can fatty breasts.
- The only way your healthcare team can assess whether you have dense breasts is when a radiologist looks at the images created during your mammogram.

### Dense breasts are common and normal.

- In Alberta, about 45% of women who undergo screening mammography have dense breasts.
- Breast density can change over time and tends to decrease as you get older.
- Family history, pregnancy and hormone therapy can also affect breast density.

### Breast density can increase your cancer risk.

- Dense breast tissue is one of the identified risk factors for breast cancer.
- It can also make it harder to find very small cancers which may delay a cancer diagnosis.



• Dense breast tissue    • Cancerous tissue

## Dense breast imaging at MIC



MIC uses Digital Breast Tomosynthesis (DBT) for all mammograms. DBT is an advanced form of mammography which creates 3-D images of the breasts and gives our radiologists a very good view of dense and non-dense breast tissue.

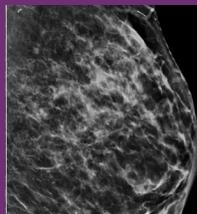


When you have a screening mammogram at MIC, our radiologist will include a description of your breast tissue density in the report we send to your healthcare practitioner.

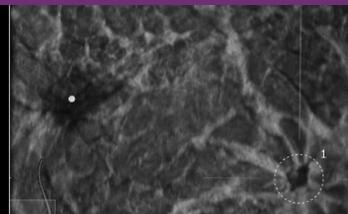
Based upon this description, your healthcare team may suggest a supplemental automated breast ultrasound or ABUS. This new type of ultrasound can increase detection of breast cancer in dense breast tissue.



MIC offers supplemental automated breast ultrasound to patients when clinically indicated.



Cancer obscured by dense breast tissue on mammogram



Cancer shows up as black on ABUS image.

If you have dense breast tissue, make breast imaging part of your health routine.

- It's important to set up a regular schedule for screening mammograms and stick to it.
- Follow your healthcare team's advice concerning a supplemental automated breast ultrasound or ABUS.

### Further testing is sometimes necessary.

- If our radiologists need to take a closer look at any areas of concern, they may request a diagnostic mammogram, a diagnostic hand-held ultrasound or a breast MRI.
- These tests can be stressful, but nine out of 10 women who go for extra testing do not have breast cancer.



Talk to your healthcare practitioner to determine what is best for you.

