

High Mammographic Breast Density

An introduction to what it means to have high mammographic breast density and what you can do about it.

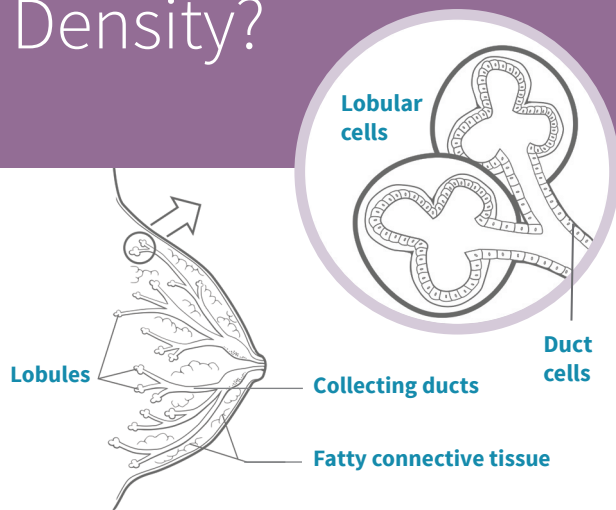
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**Wellend
Health**

Preventing Breast Cancer

What is Breast Density?



Breasts are made up of lobules, ducts, and fatty and fibrous connective tissue.

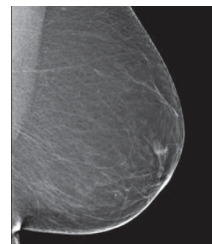
- Breasts are categorised as dense if the ‘active’ tissue (lobules, ducts, and fibrous connective tissue) creates a white barrier on a mammogram that makes it difficult to see the cancers.
- Breast density is related to genetic and reproductive factors (eg. Pregnancy, ‘The pill’, HRT).
- Breast density isn’t based on breast size, shape, firmness or lumpiness. It can only be detected by a mammogram.
- It is common for women with dense breast tissue to experience breast tenderness or soreness.

On a mammogram dense breast tissue appears as solid white.

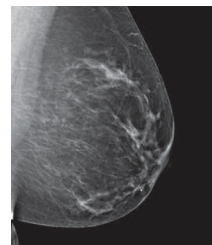
LOWEST DENSITY

Normal Mammograms

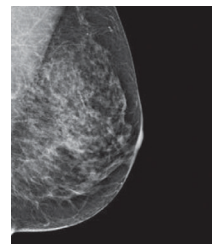
The breast is almost all fatty tissue with very little dense tissue.



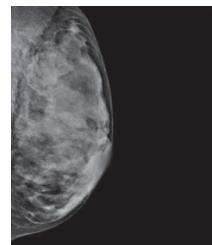
The breast contains scattered areas of dense glandular and fibrous tissue.



More of the breast is made of dense glandular and fibrous tissue. This can make it hard to see small tumors in or around the dense tissue.



The breast is extremely dense, which makes it hard to see tumors in the tissue.



Images and information from American Cancer Society www.cancer.org

HIGHEST DENSITY

What does it mean to have High Mammographic Breast Density?

- It is common. Around **45% of women aged 40 to 65** have high mammographic breast density.
- There is a **higher risk of getting breast cancer**.

Women with high breast density are between 4 to 10 times more likely to develop breast cancer.

- Dense breast tissue makes it more **difficult to see breast cancers on a mammogram**.
- Breast density **may reduce after menopause**.



What do I need to do?

Seek out specialist advice with regard to your breast screening. A screening mammogram alone may not be adequate investigation on its own. An MRI or ultrasound may also be necessary.

Review medication that could increase breast density, such as HRT or hormonal contraception.

We recommend you make an appointment to speak with one of our Wellend Health breast density specialists who can recommend an individualised treatment to reduce your breast density.

Treatment to reduce breast density

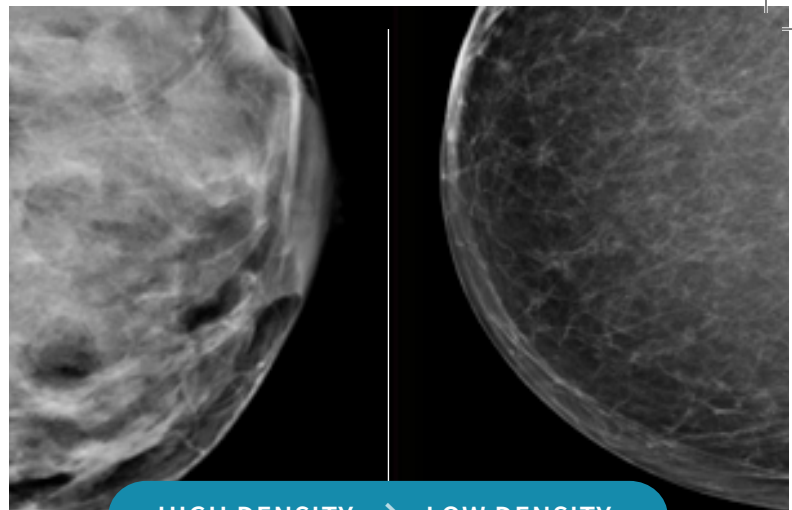
It has been demonstrated that by reducing your breast density, you significantly reduce your risk of developing breast cancer.

KEY BENEFITS

Reduces breast cancer risk.

Improves breast cancer detection.

Reduces symptoms caused by inadequate hormone availability.



HIGH DENSITY → LOW DENSITY

- This is an individualised treatment that uses hormonal regulation to reduce breast density.
- Specialised ultra-sound as well as blood tests are used to monitor the effectiveness of the treatment.
- **In many women there is the added benefit of reducing or eliminating the symptoms of hormonal imbalance suffered from pre-menopause through to post-menopause.** Patients experience relief from depression, hot flushes, fatigue, brain fog, low libido, headaches, and other debilitating symptoms.
- Treatment for high breast density is for a period of two years on average. However, this will depend on the individual patient's response to treatment.

→ CONTACT US

T: 1300 652 028

F: 08 8125 6634

hi@wellendhealth.com

www.wellendhealth.com

Suite 5, Attunga House,
97 Hewitt Avenue, Toorak Gardens,
South Australia 5065

→ LEARN MORE

If you would like to learn more please visit
our website.

www.wellendhealth.com

Or visit some of these other informative
websites.

- www.breastdensity.org.au
- www.cancer.org
- www.areyoudense.org