

Dear Mammography Patient:

The purpose of this letter is to explain to you the breast density classifications.

The breasts are composed of predominately 2 different kinds of tissues. These are:

1. Fibroglandular tissues that are involved in producing milk.
2. Supporting tissues, which are predominately fatty tissue.

The breast densities are classified under 4 alphabetical groups, depending on the combination of the tissues described above. These are the groups and their meanings:

A Almost entirely fatty: predominately fatty tissue and small or no fibroglandular tissues.

B Scattered fibroglandular tissues: equal amounts of fibroglandular and fatty tissue.

C Heterogeneously dense: mostly fibroglandular tissues and a small amount of fatty tissue.

D Dense: predominately fibroglandular tissues and small to non-fatty tissue.

*Patients with more fibroglandular tissues (C and D) may be at higher risk to develop breast cancer in their lifetime when compared to (A and B) groups.

*The more fibroglandular tissues in the breasts, the more difficult it is to detect breast cancer.

*3D mammography (Tomosynthesis) helps detect more breast cancer than 2D mammography.

*3D mammography is more beneficial for groups (B, C and D) than group (A).

*Screening Mammography is recommended annually by most medical entities for **All** densities.

Please consult with your physician if you have any questions regarding your breast density.

Thank you for trusting us with your health.

Wilmington Health – Radiology Department