

# Navigating the DENSE Road of Breast Health



**¡Feliz cumpleaños! You're 40!**  
Time for your mammogram!



**You've got mail!**  
It's your mammogram results!

## What's Your Breast Density?

Extremely or Very  
Dense (Type D)

Heterogeneously  
Dense (Type C)

If your results look like this, you have dense breasts. But what does that mean for your health?



**Follow up with your doc, ask these questions to inform your breast health!**

**The denser the breast, the more questions you should have!**

**1.**

**Is breast density genetic, or do I need genetic testing?**

**2.**

**Does this mean I should get more imaging?  
How often should I have imaging?**

**3.**

**What is my risk of breast cancer considering my unique density?**

**4.**

**If it's harder to see cancer on a mammogram, does that mean I still need one?**