



Get Smart About Being Dense

For Patients

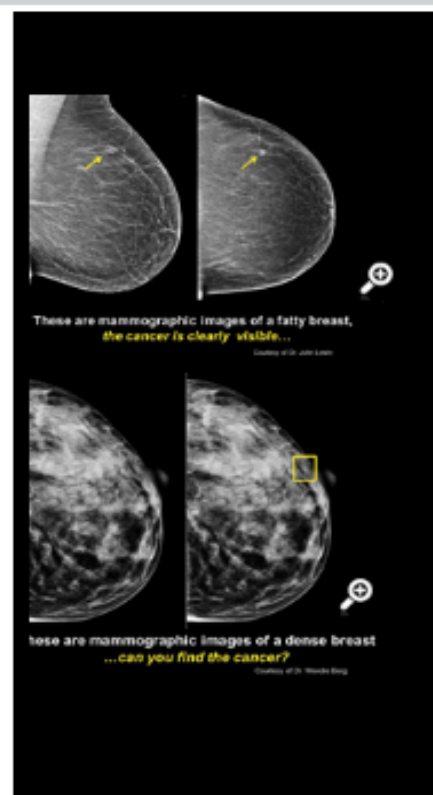
For Health Professionals

Screening Technologies

Legislation

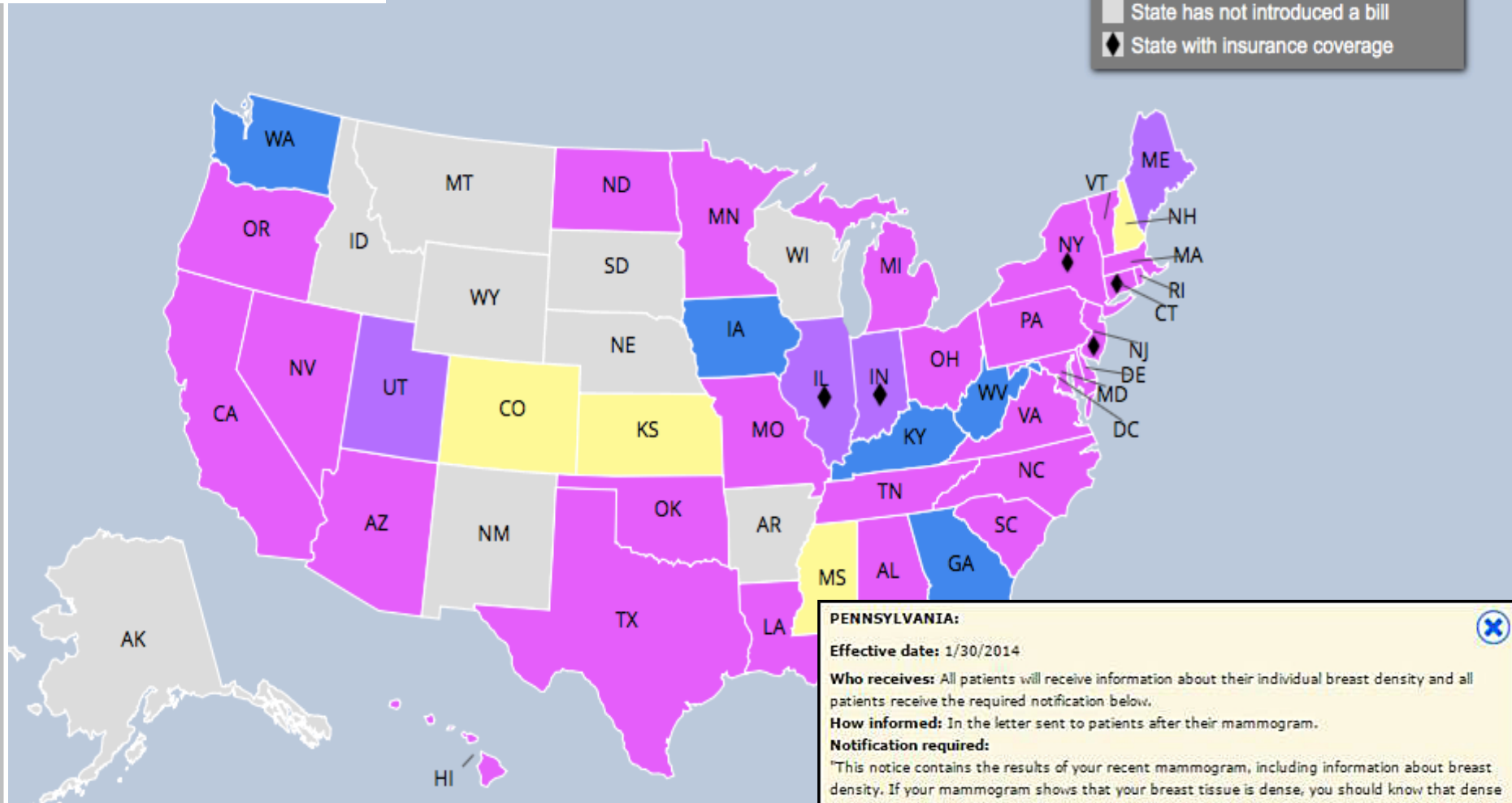
An Introduction to Dense Breast Tissue

1. Breast density is determined through a [woman's mammogram](#) and described as one of four categories.
2. 40% of women age 40 and over have dense breasts.
3. Cancer is 4-6 times more likely in women with extremely dense breasts than in women with fatty breasts.
4. Though mammograms find some cancers not seen on other screening tests, in dense breasts, mammograms will miss more than 50% of the cancers present.
5. Other screening tests, such as [ultrasound](#) or [breast MRI](#), in addition to mammography substantially increase detection of early stage breast cancers in dense breasts.



Map Legend

- State law requires notification
- State suggests notification/educati...
- State with an active bill
- State with an inactive bill
- State has not introduced a bill
- State with insurance coverage



PENNSYLVANIA:

Effective date: 1/30/2014

Who receives: All patients will receive information about their individual breast density and all patients receive the required notification below.

How informed: In the letter sent to patients after their mammogram.

Notification required:

"This notice contains the results of your recent mammogram, including information about breast density. If your mammogram shows that your breast tissue is dense, you should know that dense breast tissue is a common finding and is not abnormal. Statistics show many patients could have dense or highly dense breasts. Dense breast tissue can make it harder to find cancer on a mammogram and may be associated with an increased risk of cancer. This information about the result of your mammogram is given to you to raise your awareness and to inform your conversations with your physician. Together, you can decide which screening options are right for you, based on your mammogram results, individual risk factors or physical examination. A report of your results was sent to your physician."

CLICK ON THE STATE →

Tri-State Comparison

	Who gets letter:	Notification text:
New York	Women with hetero or extremely dense breasts	“Your mammogram shows that your breast tissue is dense. ”
Connecticut		“ If your mammogram demonstrates that you have dense breast tissue...”
New Jersey	ALL Women	“Your mammogram may show that you have dense tissue...”