

Mayo Clinic Minute

What are dense breasts?

Video	Audio
	Mammography is a screening tool to help detect breast cancer. It also can determine if you have dense breasts. Dr. Loni Neal says breast density has nothing to do with size.
Loni Neal, M.D. Breast Diagnostic Clinic Mayo Clinic	"Breast density refers to the relative proportion of fatty tissue — versus glandular or fibrous tissue — when viewed on a mammogram."
	Without a mammogram, you can't see the difference. And you can't feel the difference either.
	"Fatty tissue appears black on a mammogram, whereas the milk glands and fibrous tissue of the breast appear white."
	If a mammogram shows more white than black, you have dense breasts.
	"The more white there is, the more dense your breast is."
	What does it mean if you have dense breasts? It means that mammograms may not clearly reveal some cancers, because tumors also appear white. If you have dense breasts, talk to your health care provider about which breast cancer screening tool is right for you.
	For the Mayo Clinic News Network, I'm Vivien Williams.