

# Breast Density

(Mammographic Density)

Your breast density is reported with your results.

## What is breast density?

- Breasts are made up of fatty tissue and fibroglandular (dense) tissue. Fibroglandular tissue includes milk ducts, milk glands and supportive tissue.
- Breast density refers to the ratio of fibroglandular (dense) tissue compared to fatty tissue.
- Breast density cannot be felt and is not linked to breast size or shape.
- Breast density can only be reported on a mammogram.
- For most women, breast density can change over time and generally reduces with age.

## Is breast density a risk factor?

High breast density is one risk factor for breast cancer. There are many other [risk factors](#) to be considered when looking at your individual risk of developing breast cancer, including:

- **Non-modifiable risk factors** (things you can't change) such as age, family history, genetic and reproductive factors and,
- **Modifiable risk factors** (things you can change) such as being overweight, being physically inactive and drinking alcohol.

## Why is breast density important?

- Breast density can mask or hide cancers as dense tissue and breast cancers both appear white on a breast screen (mammogram). This masking could make it more difficult to see a cancer in the breast.
- Higher breast density is also linked with a higher risk of developing breast cancer.

## What should I do about my breast density?

All women, including those with dense and extremely dense breasts, are recommended to have their regular breast screens (mammograms).


If you are concerned about your breast density or your breast cancer risk, please discuss this with your GP.





Answers to frequently asked questions about breast density are available on our website at [www.breastscreen.nsw.gov.au/density](http://www.breastscreen.nsw.gov.au/density), or scan the QR Code.


# How is breast density measured?

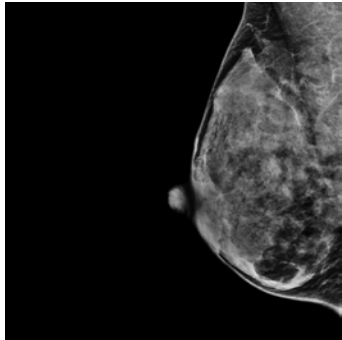
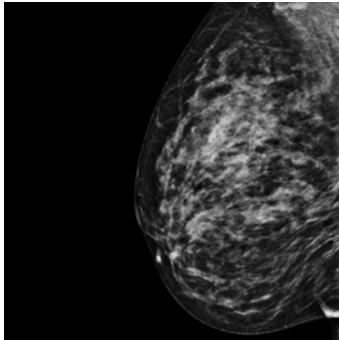
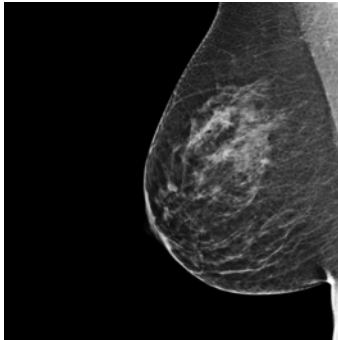
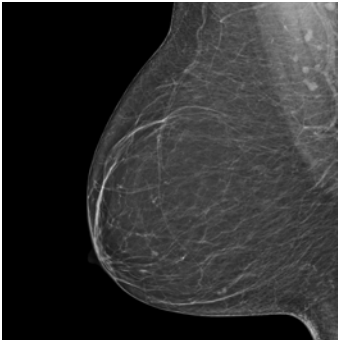
BreastScreen NSW uses software to report breast density. The picture illustrates the four categories of breast density using the Breast Imaging Reporting and Data System (BI-RADS) classification system.

**Category A**  
(least dense)

**Category B**

**Category C**

**Category D**  
(most dense)



**BI-RADS category A:**  
The breast tissue is almost entirely fatty and not dense.

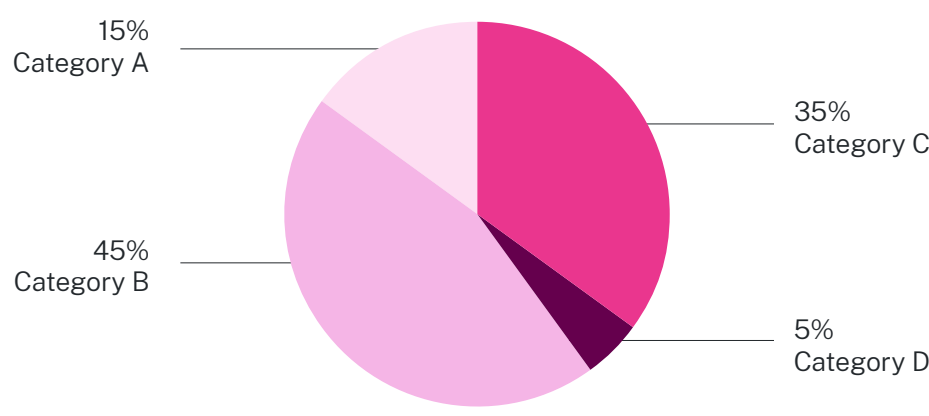
**BI-RADS category B:**  
The breast tissue is mostly fatty with some scattered areas of fibroglandular density. The breast tissue is not dense.

**BI-RADS category C:**  
The breast tissue is mostly fibroglandular tissue with some areas of fatty tissue. The breast tissue is dense.

**BI-RADS category D:**  
The breast tissue is almost all fibroglandular tissue and is extremely dense.

**No breast density category determined:** In a small number of cases a density category cannot be determined due to technical reasons.

## Breast density of BreastScreen NSW clients.



All categories of breast density are considered normal.

Source: BreastScreen NSW analysis of density distribution by BI-RADS categories using Lunit Insight MMG, 2024