



Dense Breasts: A Hidden Risk Factor

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But even if you've had mammograms year after year, you may still be unsure whether or not you have dense breasts, because your doctor may simply not have told you. That is changing. More than a dozen states—including California, Connecticut, New York, Texas and Virginia—have passed laws requiring clinics that perform mammograms to tell women if they have dense breasts. Several more states are considering similar legislation, while Congress is contemplating a federal law.

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Only a mammogram can determine if you have dense breasts. You can't tell by looking at your breasts or feeling them.

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Because dense breast tissue can obscure tumours on a mammogram, thus making the test less useful, the typical advice for women with dense breasts is to have supplemental screening with breast ultrasound. For women with other risk factors, MRI may be recommended.
