



Worry less. Celebrate more.

Schedule your mammogram today

Awareness and early detection are the best ways to fight breast cancer. That's why at Kettering Health, we use the latest technology for preventative screenings to detect breast cancer before you feel a lump. We're here to give you answers and get you back to celebrating.

Here's to your best health—and more candles.

Schedule today

1-800-373-2160 or visit ketteringhealth.org/breasthealth



Knowledge Is Power: Know your breast cancer risk

According to the Centers for Disease Control and Prevention, breast cancer is the second most common cancer among women in the United States. However, women are not all at equal risk.

"While there are risk factors for breast cancer that affect all women evenly, such as being female and increasing age, there are many risk factors that affect women to varying degrees," says radiologist Meghan Musser, DO, medical director of Kettering Health Breast Centers (KHBC).

Risk factors that you can influence include

- Being physically active
- Maintaining a healthy weight
- Limiting alcohol consumption
- Using hormones (only after discussing risks and benefits with your provider)

Risk factors that you cannot influence include

- Family history of breast or ovarian cancer
- Having a genetic mutation
- Having dense breast tissue
- Your reproductive history

"The combination of these risk factors results in your personal risk for breast cancer, which is unique for every woman," says Dr. Musser.

Learn your personal risk

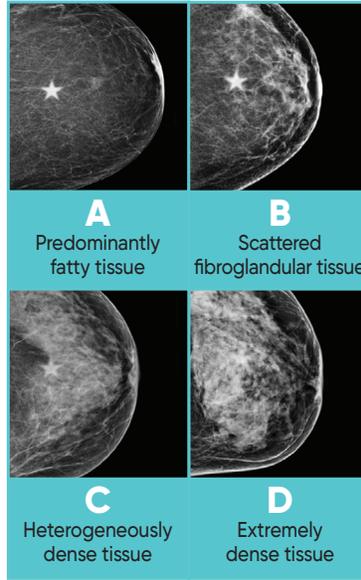
Dr. Musser encourages women to discuss with their healthcare provider having a risk assessment performed at age 30 to determine if they would benefit from early screening or additional interventions.

While many providers use an online risk model in their offices to determine a woman's five-year and lifetime risk for developing breast cancer, the risk assessment offered at KHBC locations is unique in that it assesses the risk for eight hereditary cancers and utilizes four risk models for breast cancer risk.

The breast density factor

Breast density refers to the amount of glandular tissue versus fatty tis-

sue within a breast. When a woman gets a mammogram, the radiologist evaluates the breast composition and assigns it to one of four breast density categories:



These images show how breast tissue in each of the four density categories appears on a mammogram. The denser the breast tissue, the whiter it appears. The star represents how white a cancer tumor appears on a mammogram. Note how the cancer becomes harder to spot as tissue density increases.

It's important for every woman to know what category she's in, because "a woman in the highest breast density category (10% of all women) is 4 to 6 times more likely to develop breast cancer compared to women in the lowest density category," Dr. Musser says.

High breast density also makes it more difficult to detect the presence of cancer.

"Cancers can be hidden by dense tissue," Dr. Musser explains. "Both cancers and dense breast tissue are white on mammograms. Therefore, a cancer can be harder or impossible to see on a mammogram if it develops in an area of dense tissue."

Average-risk women should begin screening mammography at age 40. "Women who are at above-average risk benefit from beginning screening mammography and possibly screening MRI at an earlier age," Dr. Musser says. "We recommend all women who qualify for screening mammography have one performed each year."

All KHBC locations use 3D mammograms as their standard of care for both screening mammography and diagnostic mammography.

Additional breast imaging

Based on your risk level and results of a screening mammogram, your doctor might order additional imaging, such as a

- **Diagnostic mammogram:** Used when a symptom (lump, pain, thickening, etc.) is present, or when a radiologist wants to further evaluate an area seen on a screening mammogram.
- **Screening ultrasound/automated breast ultrasound (ABUS):** Screening ultrasounds, both handheld (performed by a technologist) and automated (performed by a machine) are effective at detecting cancers that may not be visible on mammogram.
- **Breast MRI:** Used for additional screening in women with greater than 20% lifetime risk of developing breast cancer (determined by a risk assessment). A breast MRI can also be used to further investigate an inconclusive finding on a mammogram/ultrasound or to evaluate a biopsy-proven breast cancer.

If you have concerns about your breast health, talk to your OB-GYN or primary care provider.

To learn more about Kettering Health Breast Centers or to schedule an appointment, visit ketteringhealth.org/breasthealth

