

# Patient has heterogeneously dense or extremely dense breasts



Start

My patient has “heterogeneously dense” or “extremely dense” breasts and she also has other risk factors. She has completed a risk assessment showing her overall risk to be high (e.g., calculated >20 percent lifetime risk or >5 percent 10-year risk), or has a BRCA mutation or history of mantle radiation.

Recommend annual breast MRI and annual mammogram for screening. Screening breast MRI is typically covered by insurance for high-risk women. If a woman is being screened annually with MRI and mammogram, no additional screening tests (such as ultrasound) are needed. Because of the patient’s high risk, she would likely benefit from a breast cancer risk assessment. This could be performed by a physician with experience in breast cancer risk model selection and interpretation. This is available at the Center for Breast Cancer Prevention (216-844-BRST) at UH Cleveland Medical Center, UH St. John Medical Center and UH Chagrin Highlands Health Center.