

THE FULL SCOOP

The Full Scoop Dense Breast Guideline Overview

Use this information as a helpful guide to support informed and shared decision-making.

Dense Breast		
Risk Factor	Recommended MRI	Consider MRI
Disease-causing genetic variant untested in the 1 st -degree relative	ACR, ACS, EUSOBI, NCCN	
Chest/mantle radiation therapy between the ages of 10 and 30, and ≥ 8 years prior	ACR, ACS, EUSOBI, NCCN	
Calculated lifetime risk ≥ 20% via risk models based largely on family history	ACR, ACS, EUSOBI, NCCN	
Personal history of breast cancer and dense breast tissue	ACR, EUSOBI, NCCN	
Personal history of breast cancer by age 50	ACR, NCCN	
Personal history of breast cancer > age 50, not dense		ACR
Lobular carcinoma in situ (LCIS) /Atypia	EUSOBI (if dense)	ACR, NCCN
Calculated lifetime risk 15-20% by risk models based largely on family history	EUSOBI (if dense) ACR (if dense)	ACR (if not dense), NCCN

Dense Breast plus other risk factors: Often qualify for annual MRI due to lifetime risk ≥20%		
Risk Factor	Recommended MRI	Consider MRI
Extremely dense +: One 1 st degree relative, or two 2 nd degree relatives (same side), or prior benign biopsy with proliferative change	ACR, ACS, EUSOBI, NCCN	
Heterogeneously dense+: 1 st or 2 nd degree relative with breast cancer (any age) AND prior benign biopsy with proliferative change OR 2 relatives (same side) diagnosed by 50	ACR, ACS, EUSOBI, NCCN	

Dense Breast and No Other Risk Factors		
Expert	Extremely Dense	Heterogeneously Dense
ACR Appropriateness Criteria	MRI "Usually Appropriate" US: "Maybe appropriate"	MRI "May be appropriate" US: "May be appropriate"

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ACR, Monticciolo et al., JACR 2023	MRI recommended if supplemental screening is desired	MRI recommended if supplemental screening is desired
NCCN	"Consider supplemental screening."	"Consider supplemental screening."
EUSOBI	MRI from age 50-70 at least every 4 years	US and/or MRI
ACOG, USPSTF	No screening beyond mammograms	No screening beyond mammograms

Acronym	Expansion
ACOG	The American College of Obstetricians and Gynecologists
ACR	American College of Radiology
ACS	American Cancer Society
EUSOBI	European Society of Breast Imaging
CEM	Contrast-Enhanced Mammography
MRI	Magnetic Resonance Imaging
NCCN	National Comprehensive Cancer Network
US	Ultrasound
USPSTF	United States Preventive Services Task Force

This content is primarily drawn from <https://densebreast-info.org/> with additional analysis and interpretation provided by The Full Scoop Team