



Dr. Gorman Released Article on Breast Density

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Dr. Valerie Gorman has offered information on breast density and what that means, answering the most frequently asked questions she receives in her article, Breast Density FAQs. Many people with breasts get told they have dense breasts after going for their mammogram. This can bring up the question of what causes breast density and what risks dense breasts bring with them.

Dense breasts have a higher make up certain denser tissues within them. Dr. Gorman explains, "Your breasts are made of fatty tissue, which is not dense, and supportive tissue, milk glands, and milk ducts, which is. The parts of your breast made up of dense tissue show up as white on a mammogram, so it can be harder to spot signs of breast cancer in those areas." This can make it difficult for those reading the mammogram to distinguish dense tissue from tumors or other signs of disease.

Luckily, it can be easy to find out if one has high breast density if one has had a mammogram. The results may have the level of density marked specifically in a section marked the Breast Imaging Reporting and Data System, or BI-RADS. Density is sorted into four levels, with only 10 percent falling in the most dense "D" category. If your mammogram results do not have this indicated, ask one's doctor or technician.

If someone does have dense breasts, Dr. Gorman recommends "An annual mammogram beginning at age

40,? as well as a possible breast MRI, 3D mammogram, breast ultrasound, or molecular breast imaging, depending on other risk factors.

Valerie J. Gorman, MD, FACS, works to ensure that her patients are informed and receive a personalized approach to cancer treatment and breast cancer surgery. If one has questions about breast health, breast cancer, or breast cancer treatment, she or the team at Texas Breast Center in Waxahachie are happy to help answer any questions.

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For more information about Texas Breast Center, contact the company here: Texas Breast Center
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Texas Breast Center

Valerie J. Gorman, MD, FACS, is a surgeon of oncology and diseases of the breast. She is board certified by the American Board of Surgery and serves as Chief of Surgery and Medical Director of Surgical Services at Baylor Scott & White Medical Center.

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