Breast Cancer Awareness: Insights into Breast Health and the Importance of Breast Density

National Mammography Day is October 18, part of Breast Cancer Awareness Month, and as a radiology practice, we emphasize the importance of regular mammogram screenings.

- Women who are at average risk for breast cancer should begin annual screening mammograms at age 40.
- Women with a family history of breast cancer should work with their healthcare provider to assess their risk.
- Breast Cancer Awareness Month is a key time to learn about genetic carrier screenings, such as BRCA and preventative measures for early detection.

In this two-part video series, we spoke with two breast imaging experts at RP to walk us through the basics of breast health and breast cancer and to explain the importance of breast density.

In part one, Dr. Arthy Saravanan, practicing breast radiologist and associate chief medical officer for recruiting, shares the myths related to breast cancer, the importance of early detection and the

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significance of breast density.

In part two, Dr. Dana Bonaminio, national subspecialty lead for breast imaging, walks us through a case involving breast density and masking in mammography.

Dr. Arthy Saravanan (LinkedIn) is the Associate Chief Medical Officer for Recruitment at Radiology Partners, and Dr. Dana Bonaminio (LinkedIn) is the national subspecialty lead for breast imaging at Radiology Partners. Radiology Partners, through its owned and affiliated practices, is a leading physician-led and physician-owned radiology practice in the U.S. For the latest news from RP, follow us on X, LinkedIn, Instagram, YouTube and the blog.

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