What is claimed is:

1. The use of a composition in the manufacture of a medicament for the treatment of reducing mammographic breast density and/or breast stiffness in a patient in need thereof, wherein the composition comprises:

i) an effective amount of androgenic agent; and

ii) an effective amount of an aromatase inhibitor.

2. The use of claim 1, wherein the patient has a mammographic breast density of 7.5% or greater.

3. The use of any one of claims 1-2, wherein the patient is pre-menopausal, peri-menopausal, or post-menopausal.

4. The use of any one of claims 1-3, wherein the reduction in mammographic breast density is in the range of between 10% to 25% after 1 year, 2 years, 3 years, 4 years or 5 years of treatment.

5. The use of any one of claims 1-4, wherein the breast stiffness reduces by at least 10% after 1 year, 2 years, 3 years, 4 years or 5 years of treatment.

6. The use of any one of claims 1-5, wherein the androgenic agent is selected from the group consisting of testosterone, methyltestosterone, testosterone undecanoate, testosterone propionate, a selective androgen receptor modulator or combinations thereof.

7. The use of any one of claims 1-6, wherein the medicament reduces the treated patient's risk of developing breast cancer between one or more annual intervening mammographic detections.

8. The use of any one of claims 1-7, wherein the medicament provides one or more of the following:

i) enhances mammographic detection due to reduced breast density enabling the mammogram to visualize malignancy at an earlier and/or less aggressive stage;

ii) enhances the ability to achieve better mammographic compression due at least in part due to reduced pain;

iii) enhances the ability to achieve better patient compliance in having regular mammographic check-ups;

iv) enhances the ability to treat the patient and at the same time not causing perturbations in the hypothalamic-pituitary axis and/or other endocrine axis;

v) reduces breast pain in a patient;

vi) reduces breast elasticity in a patient;

vii) decrease mechano-transduction on the genome of a cell in order to reduce the risk of malignant transformation in a patient;
viii) increases ratio of fibro-glandular and adipose tissue in a patient;
ix) increases CD36 in a patient;
x) stabilizes and/or an increase in levels of androgen receptor expression in breast tissue of a patient;
xi) increases the level of GCDFP15 in a patient;
xii) reduces BPE in an MRI image of a patient; and
xiii) reduces cysts in size and/or quantity in a patient's breast.

9. The use of a composition in the manufacture of a medicament for the treatment of reducing VBD% and/or AVBD in a patient in need thereof, wherein the composition comprises:
i) an effective amount of an androgenic agent; and
ii) an effective amount of an aromatase inhibitor.

10 The use of a composition in the manufacture of a medicament for the treatment of reducing ABD% and/or AABD in a patient in need thereof, wherein the composition comprises:
i) an effective amount of an androgenic agent; and
ii) an effective amount of an aromatase inhibitor.

11. The use of claim 9, wherein the patient has a VBD% and/or AVBD of 7.5% or greater.

12. The use of claim 10, wherein the patient has a ABD% and/or AABD of 7.5% or greater.

13. The use of any one of claims 9-12, wherein the androgenic agent is a selective androgen receptor modulator.

14. The use of claims 9-13, wherein the patient is pre-menopausal, peri-menopausal or post-menopausal.

15. The use of any one of claims 9-14, wherein the reduction in VBD% or in ABD% is in the range of between 10% to 25% after 1 year, 2 years, 3 years, 4 years or 5 years of treatment.

16 The use of any one of claims 9-15, wherein the breast stiffness reduces by at least 10% after 1 year, 2 years, 3 years, 4 years or 5 years of treatment.

17. The use of any one of claims 9-16, wherein the androgenic agent is selected from the group consisting of testosterone, methyltestosterone, testosterone undecanoate, testosterone propionate, a selective androgen receptor modulator or combinations thereof.

18.. The use of any one of claims 9-17, wherein the medicament mitigates or reduces the treated patient's risk of developing breast cancer between one or more annual intervening mammographic detections.

19. The use of any one of claims 9-18, wherein the medicament provides one or more of the following:

i) enhances mammographic detection due to reduced breast density enabling the mammogram to visualize malignancy at an earlier and/or less aggressive stage;
ii) enhances the ability to achieve better mammographic compression due at least in part due to reduced pain;
iii) enhances the ability to achieve better patient compliance in having regular mammographic check-ups;
iv) enhances the ability to treat the patient and at the same time not causing perturbations in the hypothalamic-pituitary axis and/or other endocrine axis;
v) reduces breast pain in a patient;
vi) reduces breast elasticity in a patient;
vii) decrease mechano-transduction on the genome of a cell in order to reduce the risk of malignant transformation in a patient;
viii) increases ratio of fibro-glandular and adipose tissue in a patient;
ix) increases CD36 in a patient;
x) stabilizes and/or an increase in levels of androgen receptor expression in breast tissue of a patient;
xi) increases the level of GCDFP15 in a patient;
xii) reduces BPE in an MRI image of a patient; and
xiii) reduces cysts in size and/or quantity in a patient's breast.

20. The use of any one of claims 1-19, wherein the medicament reduces the risk of developing breast cancer in a patient.