

Breast Pain: What You Need to Know

What is it?

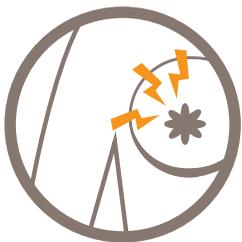
Breast pain is a common symptom among women. It includes your breast feeling tender, a sharp burning pain, or tightness in the breast tissue. Breast pain ranges from mild to severe. It may be a constant symptom or happen every so often.



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About 70% of women suffer from breast pain. It is the most common symptom about their breast health. But breast cancer rarely comes with breast pain. Breast pain is reported in only 7% of breast cancers. Breast pain does NOT increase your risk for getting cancer.

What are some causes?



- Hormones related to menstrual cycle. Discomfort may happen in both breasts. You may be able to notice it more in one breast. It lasts for about 2 to 3 days around the menstrual cycle. The pain resolves by the end of your cycle.
- Hormonal Replacement Therapy in postmenopausal women
- Breast cyst, a benign finding, or other non-cancerous changes in the breast tissue
- Stress, a lot of caffeine, or smoking
- Herbal supplements: Ginseng and Dong Quai
- Medicines such as hormones, antidepressants, or medicines for high blood pressure
- Recent injury to the breast or a large change in activity that affects muscles, like exercise or workout
- Past breast surgeries
- Bra with the wrong support

What are some treatment options?



- Bra with extra support
- Adjust hormone medicine with your doctor's help
- Evening primrose oil (supplement) or Vitamin E – talk with your doctor
- Anti-inflammatories
- Decrease or stop taking Ginseng or Dong Quai
- Hot/cold compresses
- Stop using caffeine and quit smoking
- Relaxation Therapy
- Keep a healthy weight, diet, & exercise
- Keep a pain journal

Keep in mind, these measures may take up to a month to help.

When should you see your doctor?

- Breast pain that persists after doing the above recommendations and/or lifestyle changes.
- When a lump or mass is found.