

## PATIENT INFORMATION

# Breast Pain Clinic General Information

PLEASE READ BEFORE ATTENDING YOUR  
APPOINTMENT

You have been referred to a breast pain clinic at Torbay Hospital. Please allow a minimum of 20 minutes for this appointment.

Breast pain is very common and occurs in up to 80% of women at some stage in their life. Pain in the breasts may be cyclical (worse before a period) or non-cyclical, originate from the breast or the chest wall.

During your consultation, we will ask you about the duration, intensity, nature (constant or intermittent, sharp or dull ache etc.) and if there are any influencing factors, such as hormone therapies or physical activity.

We will perform a breast examination, which may include examining the chest wall and midline (in between the breasts).

As breast pain alone is rarely associated with a cancer diagnosis, we do not routinely arrange for you to have breast imaging during this appointment.

Evidence shows that improved bra fitting can help relieve breast pain, and we offer our bra fitting service alongside your clinic appointment. We can also help with breast awareness and provide you with written information to take home. Please allow additional time on top of your consultation if you wish to partake in this.

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For further assistance or to receive this information in a different format, please contact the department which created this leaflet.

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*Working with you, for you*