

PATIENT INFORMATION

Breast Pain Information

IT'S YOUR CHOICE

Breast Pain is very common in women and men of all ages.

Breast Pain alone with no other symptoms is not an indicator of breast cancer.

Breast pain alone does not increase your risk of getting breast cancer.

TYPES OF BREAST PAIN

- Cyclical breast pain related to periods.
- Non-cyclical breast pain.
- Chest wall pain (muscular pain) or costochondritis (inflammation around the ribs).

FACTS

- Breast pain commonly presents in just one breast.
- The type of pain can differ from aching to burning, prickling, or stabbing pain.
- Stress and anxiety are linked to breast pain.
- Consider changing to non-hormonal methods if you are taking any hormonal contraceptives or HRT.
- Vitamin D deficiency can be associated with breast pain.

TREATMENT

- No need for any scans.
- Conservative measurements can make a huge difference for example topical Ibuprofen gel - use locally on painful breast tissue.

SUPPORT THE BREAST

- Bra fit to check you are wearing the correct size.
- Wearing a non-underwired bra or sports bra.
- If interfering considerably with your quality of life consider wearing a sports bra (NOT crop top), with no wires day and night for 4-6 weeks.
- Good posture – relaxation and mindfulness

DIET

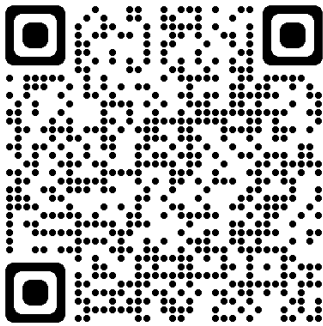
- Reduce caffeine and alcohol. Low fat, high fibre diet.
- Evening primrose oil or starflower oil – 1000mg each day. Trial for 3 months to see benefit. Avoid if you have epilepsy.
- Flaxseeds – May help with cyclical breast pain related to periods. Trial for 3 months to see benefit.

BE BREAST AWARE

Get to know your own breasts - how do they look and feel normally?

Examine same time of the month, once a month. See below for guides and videos.

Please scan QR code to watch and read:



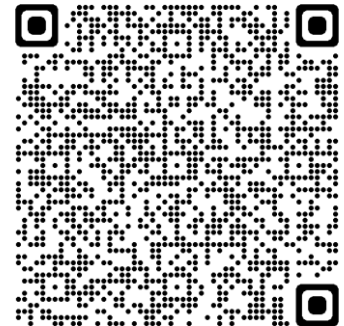
Breast Pain Video

www.youtube.com/watch?v=v0FkthTQggc



Breast Pain Leaflet

breastcancernow.org/information-support/publication/breast-pain-bcc71



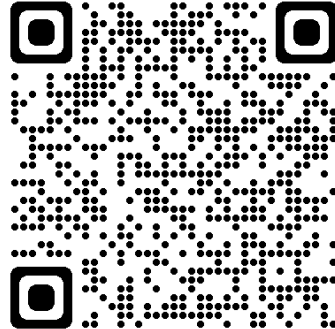
Self-Examination Guide 'Signs and symptoms of breast cancer'

breastcancernow.org/information-support/have-i-got-breast-cancer/signs-symptoms-breast-cancer



Breast Awareness 'Know Your Breasts'

breastcancernow.org/media-assets/5atfdhnl/know-your-breasts-pdf.pdf



Bra Fitting Advice

breastcancernow.org/sites/default/files/publications/pdf/bcc196_well_fitting_bra_leaflet_2019_web.pdf

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