

HOW IS BREAST PAIN TREATED?

If you have cyclical breast pain, your doctor may reassure you that what you are experiencing is a part of your monthly cycle and is normal

The treatment options for cyclical and non-cyclical pain are not always easy.

CHANGES IN DIET & LIFESTYLE CHOICES
RELAXATION THERAPY
CONTRACEPTIVE/ HORMONAL PILL
PAIN KILLERS
AVOID STRESS

Having breast pain does not increase your risk of breast cancer. However, it is important to be breast aware by routinely examining your breasts.

CONSULT YOUR DOCTOR IF YOU HAVE NOTICED ANY ABNORMAL CHANGES IN YOUR BREASTS.

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BREAST PAIN

A GUIDE
FOR WOMEN

FEM
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OVERVIEW

Breast pain (mastalgia) is very common in women across all ages. Approximately **two out of three pre-menopausal women** will experience breast pain at sometime in their life.

The level of breast pain is different for each woman. It can range from **mild** discomfort to being **severe** enough to affect a woman's quality of life.

WHAT ARE THE TYPES OF BREAST PAIN?

CYCLICAL BREAST PAIN

- linked to changing hormone levels during the **menstrual cycle**.
- may experience as **heaviness, tenderness, burning, prickling, stabbing**, or feel **tightness** in the area
- **lumpiness** in the breast a week or so before the period.
- pain can **affect one or both breasts** and can **spread** to the **armpit**, down the **arm** and to the **shoulder blade**.
- pain can also vary from mild to severe. It often **goes away** once the period starts.

What Causes It?

- Menstrual Cycle
- Contraceptive pills
- Certain anti-depressant drugs
- herbal remedies like ginseng
- Stress

NON-CYCLICAL BREAST PAIN

- Pain in the breast that is **not** related to **menstrual cycle**.
- **Continuous** pain or pain that comes from **time to time** and can affect women **before** and **after** menopause.
- Pain can be in **one or both breasts**; can affect the **whole breast** or a **specific area**
- may feel like a **burning, prickling**, or **stabbing pain**, or **tightness** in the area (may last from a few minutes to a few days)
 - **TRUE NON-CYCLICAL** breast pain comes from the breast but is not linked to menstrual cycle.
 - **EXTRA MAMMARY OR CHEST WALL PAIN** (musculoskeletal pain) is felt in the area of the breast but actually comes from elsewhere such as the muscles, bones, and joints.

What Causes It?

- certain non-cancerous (benign) breast conditions
- previous breast surgery
- underlying medical conditions (not directly related to the breasts)

KEEP A PAIN CHART OF YOUR BREAST PAIN. THIS WILL HELP YOU FIND OUT IF YOUR PAIN IS CYCLICAL OR NON-CYCLICAL.

WHAT TESTS MIGHT I NEED?

BREAST EXAMINATION

Your doctor will check your breasts and the lymph nodes (glands) in your lower neck and underarm.

ULTRASOUND

MAMMOGRAM

BREAST BIOPSY

