

The following locations offer
mammography services:

AdBel Medical Plaza

1401 Matthews Township Parkway, Suite 310
Matthews, NC 28105

Ballantyne

15110 John J. Delaney Drive, Suite 130
Charlotte, NC 28277

CMC-Morrocroft

4525 Cameron Valley Parkway, Suite 1000
Charlotte, NC 28211

CMC-Northcross

16455 Statesville Road, Suite 110
Huntersville, NC 28078

CMC-Union Medical Plaza

1550 Faulk Street, Suite 1200
Monroe, NC 28112

Medical Center Plaza

1001 Blythe Boulevard, Suite 103
Charlotte, NC 28203

Morehead Medical Plaza

1025 Morehead Medical Drive, Suite 150
Charlotte, NC 28204

Piedmont Park

197 Piedmont Boulevard, Suite 110
Rock Hill, SC 29732

Pineville Medical Plaza

10650 Park Road, Suite 280
Charlotte, NC 28210

Randolph Road

1960 Randolph Road, Suite 200
Charlotte, NC 28207

University Medical Park

101 W.T. Harris Boulevard, Suite 2122-A
Charlotte, NC 28262

Mobile Breast Center

Mobile mammography services offered at various locations,
visit www.charlotteradiology.com/mobilebc for details.

www.charlotteradiology.com



Breast Pain

providing the perfect balance of health and spirit.

Breast cancer is the second most common form of cancer in women, affecting one in every eight women in the United States. At Charlotte Radiology, we believe the key to beating this statistic and detecting breast cancer early is to perform monthly self-breast exams and schedule a yearly, quality mammogram. Our impressive staff of board-certified physicians and female technologists specializes in mammography and have all of the latest technologies at their fingertips—such as digital mammography and the first and only MRI dedicated to breast imaging in the Carolinas. All of these things, combined with compassionate care, have allowed us to be the provider of choice for more than 85,000 women a year.

Breast Pain

Breast pain is the most common breast related complaint among women. Nearly 70% of women experience it at some point in their lives and approximately 15% of women require treatment. Breast pain may occur in one or both breasts or in the underarm region of the body. **Usually, breast pain does not indicate breast cancer, though women should discuss the condition with their physician.**

Understanding Breast Pain

The two main types of breast pain are:

- **Cyclical breast pain:** This type of breast pain is typically related to the menstrual cycle, although stress and physical activity may also be an influence. If breast pain is accompanied by lumpiness, cysts or areas of thickness, the condition is called fibrocystic change.
- **Non-cyclical breast pain:** Far less common than cyclical breast pain, non-cyclical breast pain is when women experience pain in one specific area of the breast(s), typically due to injury, trauma, and sometimes biopsy. This type is most common in women between the ages of 40 and 50.

Factors that may contribute to breast pain:

- Oral contraceptive pills
- Hormone replacement therapy
- Weight gain
- Bras that do not fit properly
- Tumors

Diagnosis and Treatment of Breast Pain

Women should report all complaints of persistent breast pain to their physician for evaluation. If no breast abnormality

is indicated, the physician and woman should decide whether medical treatment is necessary.

Most women with moderate breast pain are not treated with medication or surgical procedures. Treatment for breast pain may include:

- Wearing a supportive bra
- Reducing salt intake
- Avoiding caffeine
- Maintaining a low fat diet rich in fruits, vegetables and grains
- Maintaining an ideal weight
- Occasional over-the-counter medications such as aspirin
- Taking Vitamin E, B6, niacin or other vitamins
- Evening of primrose oil
- Cyst aspiration
- Relaxation techniques

Schedule your appointment with Charlotte Radiology

Appointments for screening and diagnostic mammography are available Monday through Friday. Walk-in appointments are available during the week for screening mammography. If you would like a Saturday appointment ask our scheduler about available locations. A physician referral is not necessary for a screening mammogram, however you must have a physician for us to send your results. A physician referral is needed for a diagnostic mammogram. Please arrive 15 minutes prior to your scheduled appointment to allow time for patient registration.

704.367.2232 • toll-free 877.362.2232
Online at www.charlotteradiology.com

For more information

If you have questions about any of our procedures or for directions, please visit our comprehensive website:

www.charlotteradiology.com

May we also suggest:

www.breastcancer.org
www.cancer.org
www.cancer.gov
www.komen.org