

***Schedule your appointment with
Charlotte Radiology.***

Any and all breast health concerns should be discussed with your primary physician first. Our breast services are completely comprehensive, from diagnostic mammography and breast MRI to needle biopsy and more.

For annual screening mammograms, no physician's referral is required. And breast experts still agree that 40 is the age to start. **Please make a point to schedule screening mammograms every year, and urge all of the women in your life to do the same.**

704.367.2232

877.362.2232 (toll-free)

**For more information about Charlotte Radiology,
visit us online at CharlotteRadiology.com.**



BREAST PAIN

Screening Saves.

Understanding Breast Pain

Breast pain is the most common breast related complaint among women. It may occur in one or both breasts or in the underarm region. *Usually, breast pain does not indicate breast cancer, though women should discuss the condition with their physician.*

The two main types of breast pain are:

- **CYCLICAL BREAST PAIN**, which 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**, which is far less common than cyclical breast pain, occurs in one specific area of the breast(s), typically due to injury, trauma and sometimes biopsy. This type is most common in women ages 40-50.

Factors that may contribute to breast pain:

- Oral contraceptive pills
- Hormone replacement therapy
- Weight gain
- Diet
- Menopause
- Ill-fitting bras
- Cysts

Diagnosis & Treatment of Breast Pain

Persistent breast pain should always be reported to a physician for evaluation. If no breast abnormality is indicated, the physician and patient can decide together if medical treatment is necessary.

Most women with moderate breast pain are not treated with medication or surgical procedures. Instead, recommendations 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
- Taking occasional over-the-counter pain medications, such as aspirin
- Taking vitamin E, B6, niacin or other vitamins
- Evening Primrose Oil
- Cyst aspiration
- Relaxation techniques

