



Breast pain

If you have premenstrual breast discomfort and lumpy breasts, you're not alone. Benign (non-cancerous) breast problems like breast pain affect as many as 50 – 70% of women. Most often, these problems don't increase your risk of cancer. However, if you have persistent, localized breast pain, visit your doctor for a complete exam.

Benign breast pain symptoms

- ▲ Mild, annoying generalized discomfort
- ▲ Tingling, stinging or sharp pain throughout the breast
- ▲ Breasts feeling full or heavy
- ▲ Discomfort when you sleep on your stomach or wear a bra
- ▲ Breasts feeling lumpy
- ▲ Tenderness, swelling and lumpiness varying with the menstrual cycle

Breast pain causes

Normal breasts are affected by changing hormone levels during the menstrual cycle. The breasts usually feel most tender during the week before menstruation. But sometimes, the breasts are painful through most of the cycle.

In many women, lumpiness and pain increase as they get older. This may be the result of an increased sensitivity to normal hormones.

Breast pain relief

There are several ways you can relieve premenstrual breast pain and discomfort:

- ▲ Wear a well-fitted support bra 24 hours a day when the breasts are most sensitive.
- ▲ Change to a larger bra if breast swelling occurs.
- ▲ Use heat from a heating pad, warm compress or bath.
- ▲ Use an ice pack or cold compress.
- ▲ Lose weight or maintain an ideal weight.
- ▲ Lower your salt intake.
- ▲ Try eliminating caffeine for three to four months to see if it helps symptoms.
- ▲ Take non-steroidal anti-inflammatory drugs (NSAIDs) or acetaminophen to reduce discomfort.

Ready to care for you

If you have a breast health condition, our team offers complete care that's tailored to fit your needs. No matter the diagnosis, we're ready to help you get back to Better.



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