

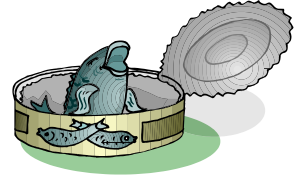
Fibrocystic Breasts

What Are The Symptoms?

- **Ages 25 to 50**- involves tenderness and lumps that may include cysts, small, fluid-filled cavities

Information:

- **50 to 90% of Women**- find lumps in their breasts
- **Breasts**- are made of fatty tissue and glands with fibrous tissue made of collagen
- **Milk Glands and Milk Ducts**- feel and look lumpy on your mammogram
- **Breasts**- swell months as get ready for your menstrual cycle-tender and painful to the touch
- **Most Breast Lumps**- are benign



What Can I Do?

- **See your Health Care Provider**- for more information, ask about a milk diuretic and analgesic
- **See a Registered Dietitian**- for help with meal planning and suggestions for you individually and also see foodfitnessfirst.com for more information, ask a Registered Dietitian on line
 - **Eat a Low Fat Diet**-- include olive oil and cold water fish as salmon and tuna
 - **See FFF for a Low Fat Diet Plan**
 - **Lose**- weight if overweight
 - **Go Organic**- increase fruits and vegetables, whole grains-increase fiber in the diet
 - **See FFF for a High Fiber Diet Plan**
 - **Decrease Caffeine**- tea, coffee, colas, chocolate
 - **See FFF Caffeine**
 - **Eat**- soy, get Vitamin B6, decrease salt, limit alcohol, increase fluids
 - **Decrease**- fatty red meats, whole milk, cream cheese and 100% dairy products, fried foods

