

Mastalgia

What is it?

- **Mastalgia** – breast pain or tenderness that does not cause or lead to cancer
 - **Breast**- has the power to transform water, protein and blood into milk; the breasts are made of a mixture of fat, fiber and glands
 - **Suggestions**- wear a bra that fits correctly



Facts:

- **Caused by**- hormonal imbalance, first signs of perimenopause in women in their 40's; medications as psychiatric, antidepressants, heart or cholesterol lowering can cause breast changes, stress, most cyclic pain disappears at menopause

What can I do?

- **See your Health Care Provider**- to rule out breast cancer; a breast exam, ultrasound, ask about medication with birth control pills or HRT/hormone replacement therapy; chest x-ray, thyroid tests, dental exam to rule out diseases
 - **Natural Treatment**- birth control pills, topical iodine, bioidentical progesterone, lymphatic massage, NSAID/nonsteroidal anti-inflammatory drugs as Advil or Motrin creams, castor oil packs,
- **See a Registered Dietitian**- for help as needed
 - **Breast Pain can worsen with Some Foods**- caffeine contains a chemical called methylxanthine that causes the blood vessels to dilate, Excedrin has as much caffeine in one pill as a cup of coffee, diets high in salt increase swelling by causing fluid retention which puts a stress on the breast tissue, some recent studies evidence that fatty foods mostly animal fats contribute to breast pain, also dairy products
 - **Foods High In Salt**- olives, pickles, soups, cheese, bacon, ham, sausage, French fries, chips, salted crackers, sauces, gravies, processed foods. Cured or smoked meats, salted nuts, salted seeds, bacon bits, croutons, salad dressings, baked beans, macaroni and cheese, casseroles, pizza

