



MASTALGIA

BREAST PAIN

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- Breast pain is a common condition that affects up to 70% of women and can occur in one or both breasts.
- It can range from mild discomfort to severe pain; the medical term for breast pain is mastalgia.
- The breast pain can be related to a woman's menstrual cycle, termed **cyclical mastalgia**, or not associated with the menstrual cycle, referred to as **non-cyclical mastalgia**. Cyclical mastalgia occurs in younger women before menopause. In contrast, non-cyclical mastalgia tends to occur in women over 40 years and is often related to breast problems such as cysts, infection, injury or age-related breast changes.



BREAST PAIN AND BREAST CANCER

Breast pain is not commonly associated with breast cancer but warrants a thorough evaluation. In many cases, no cause can be found for breast pain, while benign or non-cancerous breast changes may be found contributing to breast pain in some.

In our practice, the guiding principle in managing mastalgia is to complete clinical and appropriate radiological assessment to ensure no significant underlying abnormality (like cancer or pre-cancerous change) exists. This may even need a breast biopsy in some cases.



BREAST PAIN MANAGEMENT

- Different management strategies can be utilised to reduce and manage breast pain once a serious pathology is excluded. These methods depend on the cause and type of mastalgia.
- Since ample reliable information is available on this topic on the following sites, no attempt is made to repeat this information here. Please follow the links below to understand available management strategies.



Breast pain can also occur in men and is most often associated with gynaecomastia; this is a condition caused by a hormone imbalance that results in the enlargement of breast tissue and can affect one or both breasts. Gynaecomastia occurs in newborns, adolescents going through puberty, and older men.

BREAST PAIN IN MEN

BREAST PAIN INFORMATION ON MANAGEMENT

Again, as is the case with any breast change, breast pain needs to be discussed with your doctor, and in some cases, you may be referred to a Breast specialist for further assessment and management.

- [Mastalgia: Westmead Breast Cancer Institute](#)
- [Mastalgia: The Leeds Teaching Hospitals NHS Trust](#)
- [Mastalgia: Cancer Research UK](#)

