

# Breast Pain Information

## Evening Primrose Oil

- You can also use Evening primrose oil. You should use it for three months. Some women have found it helpful in reducing breast pain.
- It is best not to take Evening primrose oil if you are pregnant or trying to get pregnant.
- If you are taking any other medication, check with your doctor before you use Evening primrose oil.
- You can also keep a record of your breast pain in a calendar. This will help you to know whether it is related to your monthly cycle.

**For more information about breast pain, visit these websites:**

<https://www.breastcancercare.org.uk/information-support/have-i-got-breast-cancer/benign-breast-conditions/breast-pain>

<https://breast360.org/topics/2017/01/01/breast-pain/>



## Patient and Family Education



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## Breast Pain Information



Breast pain is a common complaint among women. Breast pain can be due to changes in hormones during the menstrual cycle or non-hormone related factors, such as benign breast conditions or injury.

Breast pain includes breast tenderness, sharp burning pain, tightness or heaviness. Breast pain can cause discomfort, anxiety, and is an understandable cause of worry.

However, breast pain alone, without any other symptom, is not a sign of breast cancer. Around 70% of women will experience some type of breast pain during their lifetime.

If you experience breast pain, you should check with your doctor and have the necessary investigations completed.

### These tips should help you reduce breast pain:

- Increase the amount of fiber in your diet (take whole-grain products).
- Increase the number of fresh fruits and vegetables in your diet.
- Reduce your intake of caffeine and alcohol. For example, reduce your consumption of tea, coffee, chocolate, and soft drinks.
- Perform regular exercise.
- Maintain a healthy body weight.
- Wear properly fitting bras.
- Apply a warm compress to your breast or try using a gentle massage.
- Take warm showers.
- You can also keep a record of your breast pain in a calendar. This will help you to know whether it is related to your monthly cycle.

