

# Things to know if you have breast pain



## Breast Pain is very common in women of all ages.

Having breast pain alone without a lump or other changes, means breast cancer is unlikely.

## There are different types of breast pain

- Pain that comes and goes at different times, sometimes linked to a woman's periods
- A pain that doesn't go away, or lasts a long time

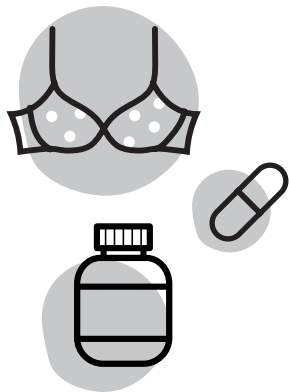
**If your breast pain doesn't go away,** go to your GP who will examine you to check for any other symptoms.



## About breast pain

Most breast pain will clear up on its **own within 3 months** and will not need any treatment.

**Sometimes pain that feels as though it's in the breast is coming from somewhere else,** such as a pulled muscle in the chest. This is known as chest wall pain. Your doctor can help you understand the pain and if any treatment is needed.



## Treatment

**Your GP may recommend you try some of the following to help you with your breast pain**

- Bra fitting
- Pain relief tablets or Pain relief gel
- There are herbal remedies that your GP may suggest, such as Oil of Evening Primrose

**If these treatments don't help,** your GP can refer you to a breast pain clinic. The nurse will talk to you about symptoms and also your family history.



**We understand breast pain can be upsetting,** however in most cases it will be the result of normal changes that occur in your breasts.

**Having breast pain alone without a lump or other changes, means breast cancer is unlikely.** However, it is still important to be breast aware and go to your GP if the pain gets worse or changes, or you notice any other changes to your breasts.



**More information can be found in the Breast Cancer Now booklets**

**Breast Pain:** [bit.ly/3R3EB8q](https://bit.ly/3R3EB8q)

**Know your Breasts:** [bit.ly/3ZND61X](https://bit.ly/3ZND61X)