

# BREAST PAIN

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# BREAST PAIN

- Introduction to breast pain
- Types of breast pain
- Factors causing breast pain
- Investigations and breast self examination
- Home remedies and treatment options

## ✕ The Anatomy of the Breast

- Collarbone \_\_\_\_\_
  - Rib \_\_\_\_\_
  - Muscle \_\_\_\_\_
  - Connective tissue \_\_\_\_\_
  - Fatty tissue \_\_\_\_\_
  - Nipple \_\_\_\_\_
  - Areola \_\_\_\_\_
  - Milk duct \_\_\_\_\_
  - Milk gland \_\_\_\_\_
  - Skin \_\_\_\_\_
- 
- An anatomical diagram showing a cross-section of a breast. The diagram is oriented vertically, with the top of the breast at the top of the image. The skin is the outermost layer, followed by the areola and nipple. Below these are the milk ducts and milk glands. The breast is surrounded by fatty tissue and connective tissue. The muscle layer is visible below the breast tissue, and the rib and collarbone are shown at the top of the diagram.



## Three types of breast pain

### Cyclical

**Cyclical breast pain is hormonal**, and is associated with

- Timing related to your menstrual cycle
- Pain is usually dull/heavy or aching
- Affects both breasts
- Gradually increases in pain leading up to your period
- More likely to affect pre-menopausal and perimenopausal women



### Non-cyclical

**Non-cyclical breast pain is non-hormonal**, and is associated with

- Tightness, burning, and general soreness
- Is constant or intermittently painful
- Usually confined to a local area of one breast
- More commonly experienced by post-menopausal women



### Extramammary (chest wall)

**Extramammary breast pain (also known as chest wall pain) is unrelated to the breast**, and could be caused by

- Rib injuries
- Torn muscles in the chest or shoulders
- Inflammation of costal cartilage

#### Sources

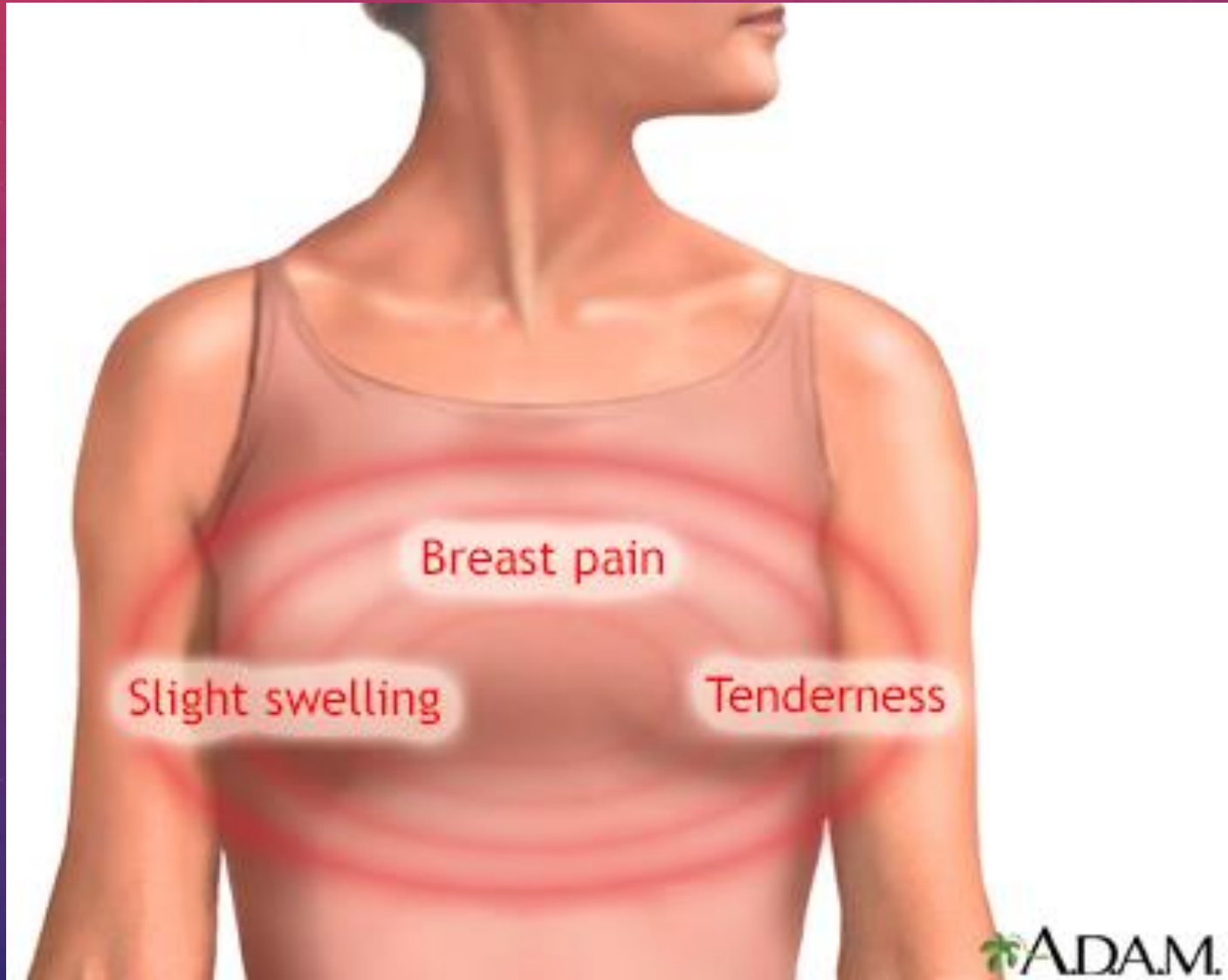
[www.breastcancercare.org.uk/information-support/have-i-got-breast-cancer/benign-breast-conditions/breast-pain/chest-wall-pain](http://www.breastcancercare.org.uk/information-support/have-i-got-breast-cancer/benign-breast-conditions/breast-pain/chest-wall-pain)

[www.mayoclinic.org/diseases-conditions/breast-pain/symptoms-causes/dxc-20167381](http://www.mayoclinic.org/diseases-conditions/breast-pain/symptoms-causes/dxc-20167381)



## 8 Uncommon Reasons for Breast Pain and Tenderness in Women





Breast pain

Slight swelling

Tenderness













The overall background is a dark blue gradient with a starry, galaxy-like pattern. It features several decorative elements:

- Top center: A faint white circular graphic with a partial arc and an arrowhead.
- Top right: A large, semi-transparent circular graphic with concentric rings and numerical markings (100, 110, 120, 130, 140, 150, 160, 170, 180, 190, 200, 210) around its perimeter.
- Bottom left: A faint white circular graphic with a partial arc and an arrowhead.
- Bottom right: A semi-transparent circular graphic with concentric rings and an arrowhead.























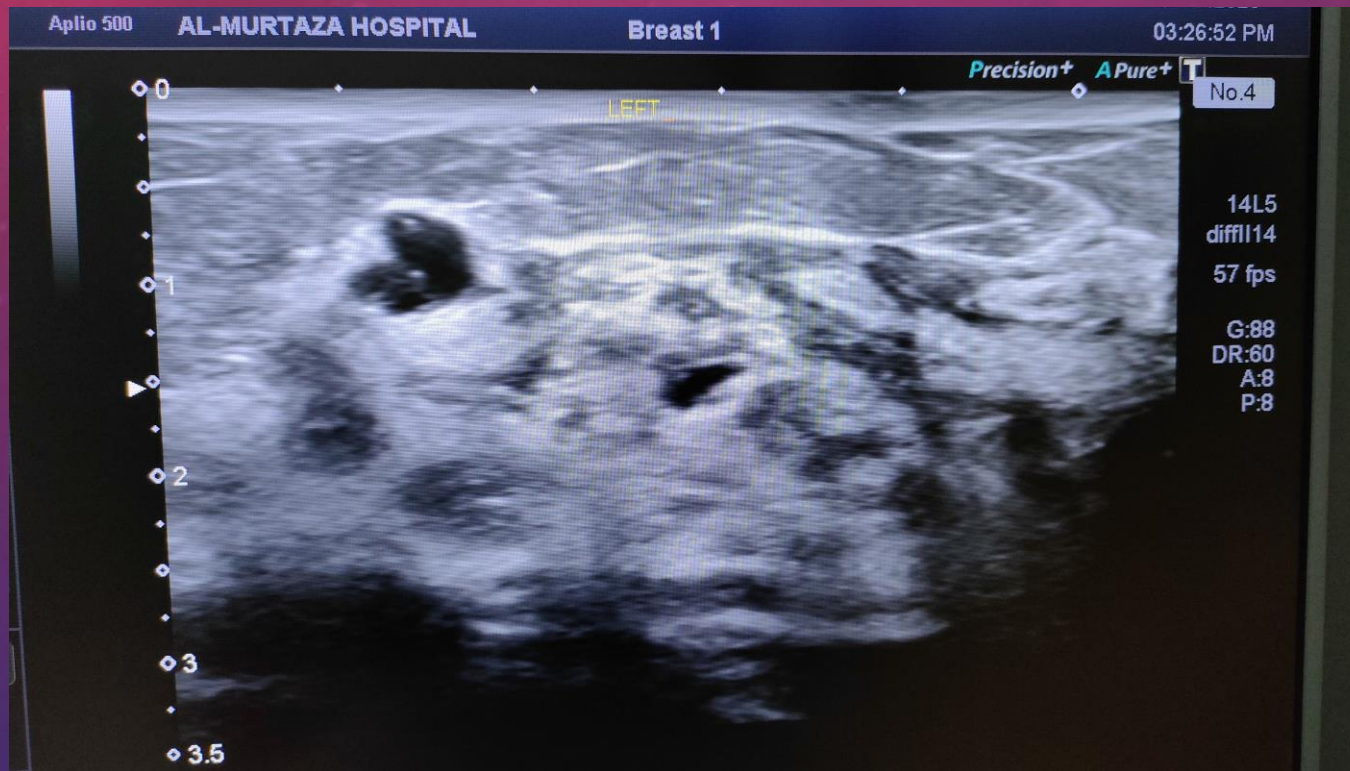




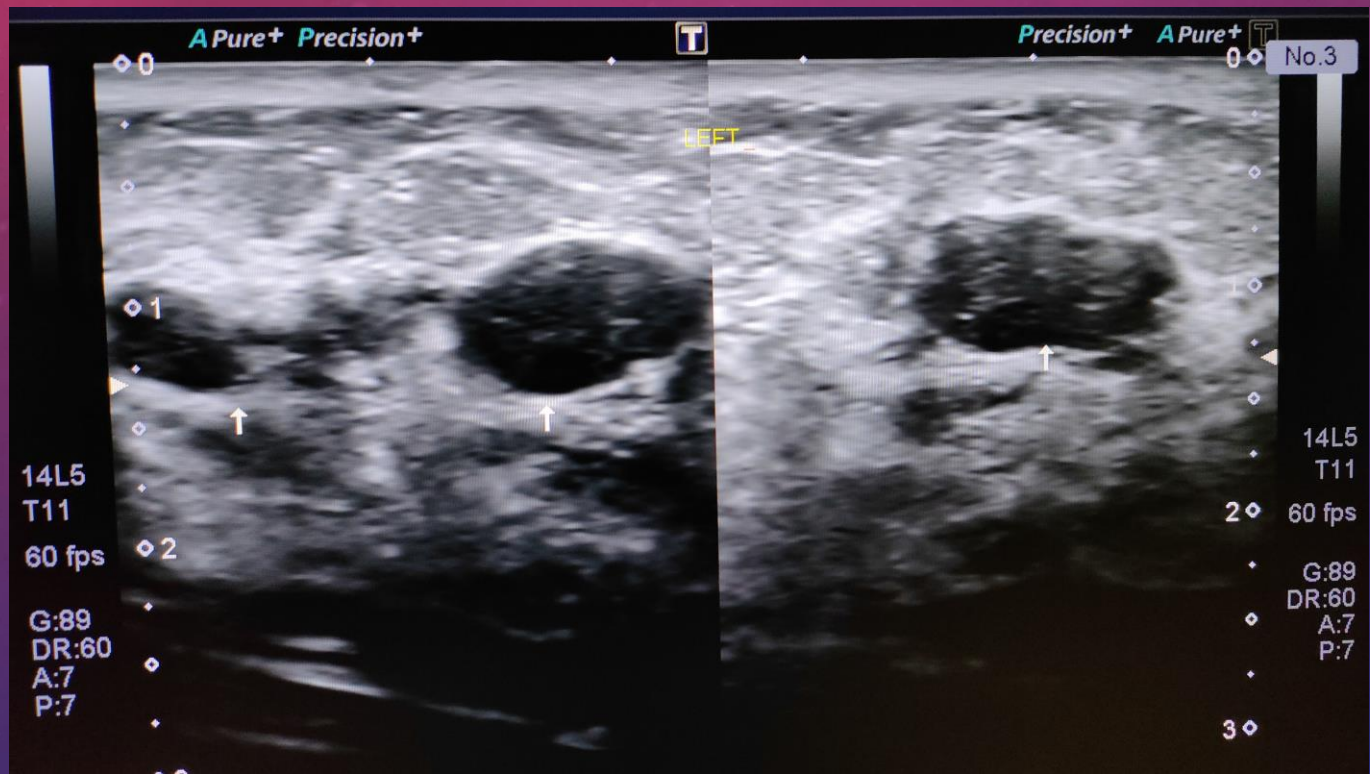
DIG DEEPLY IN YOUR ARMPIT TO  
CHECK FOR LYMPH NODES



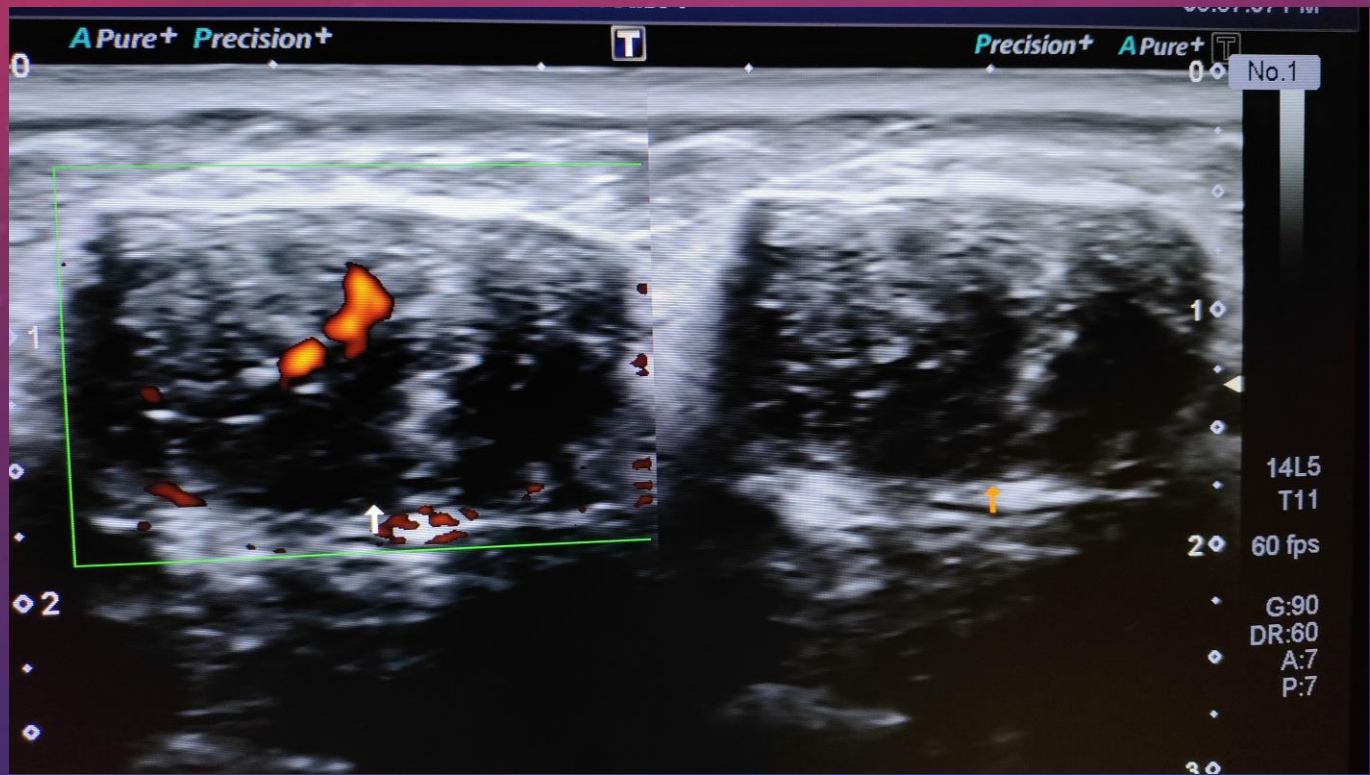


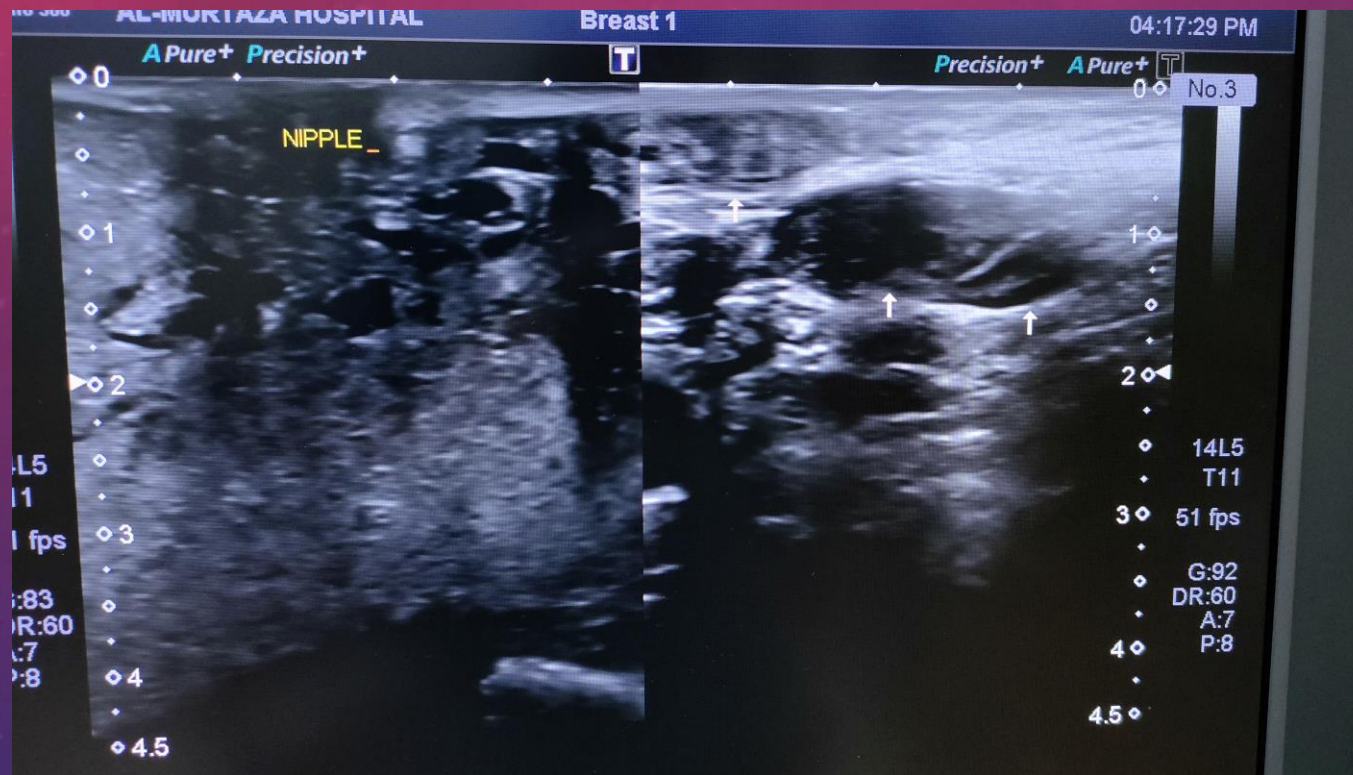




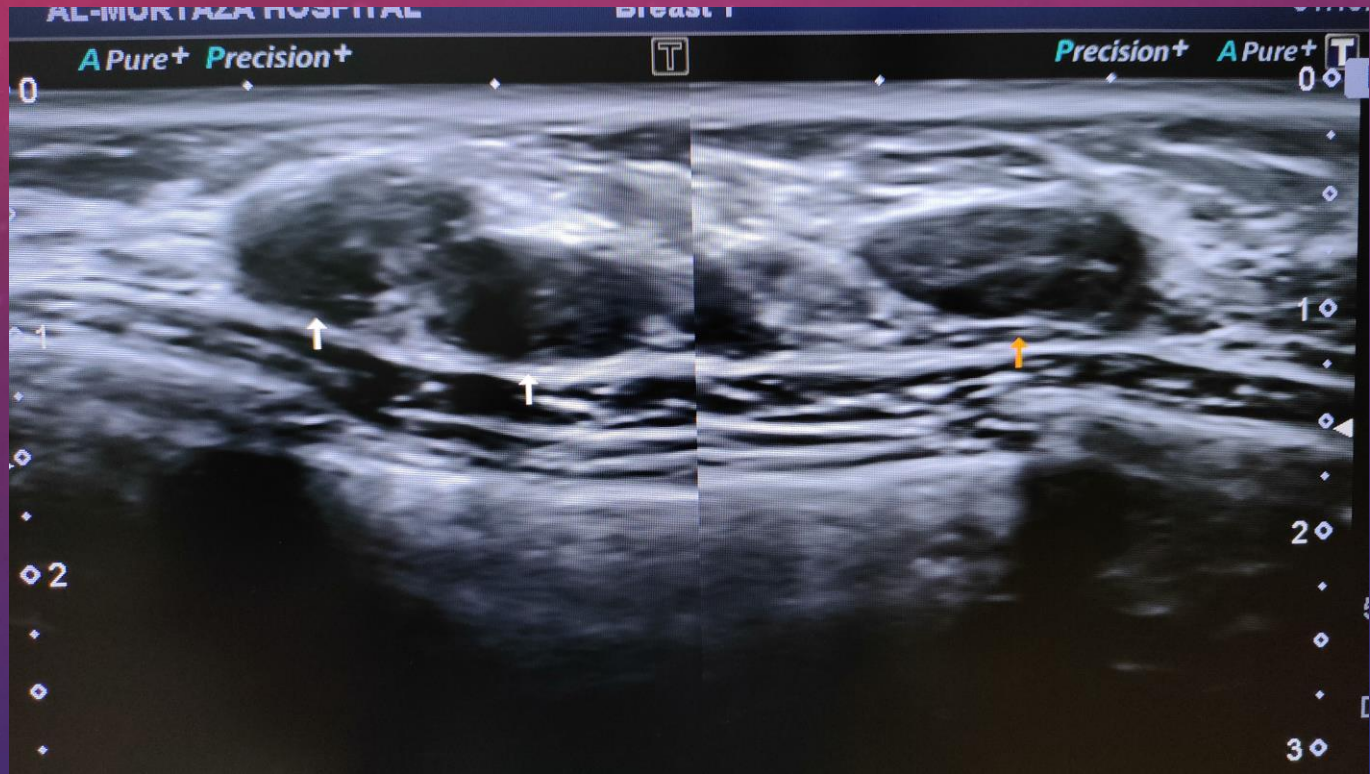




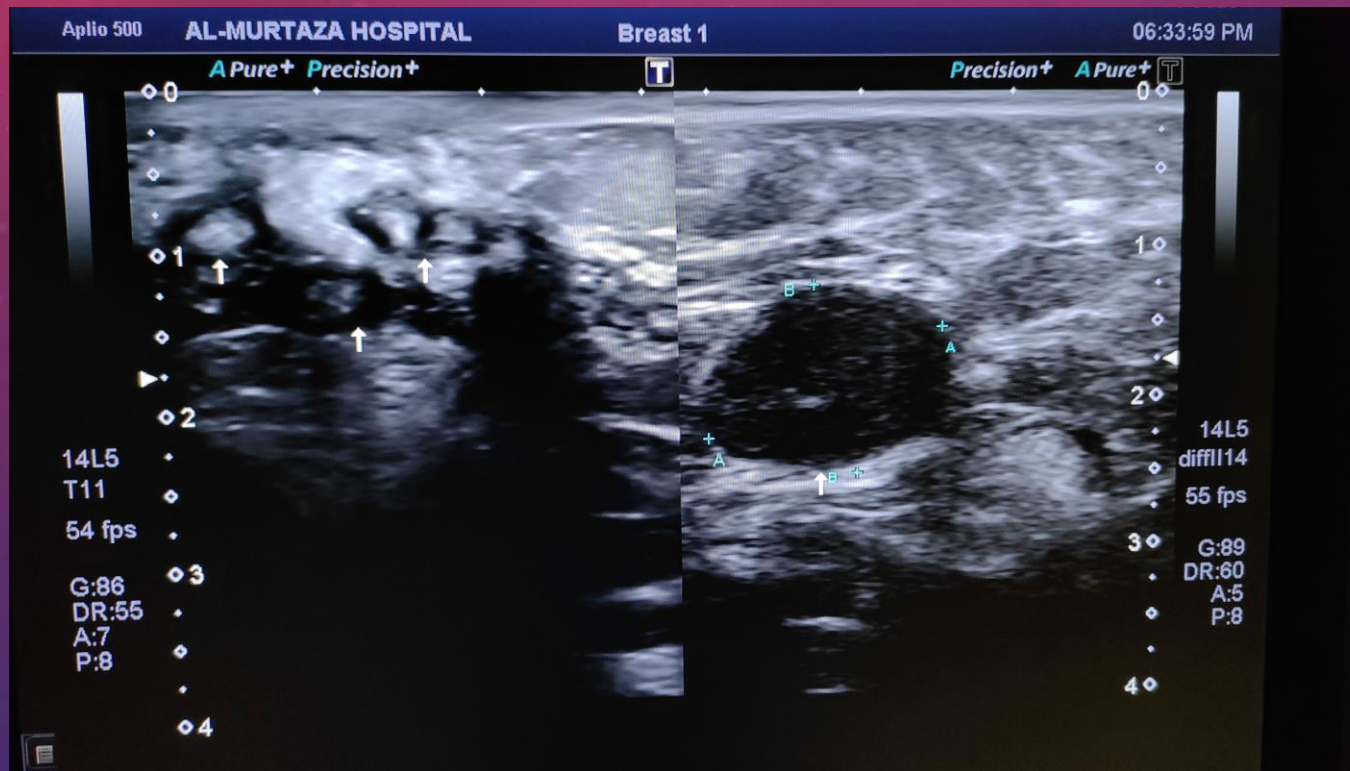


















**X** If the wires stand away from the body at the centre front and dig in at the underarm, a larger cup size is needed.



**✓** Wires sit close to the chest

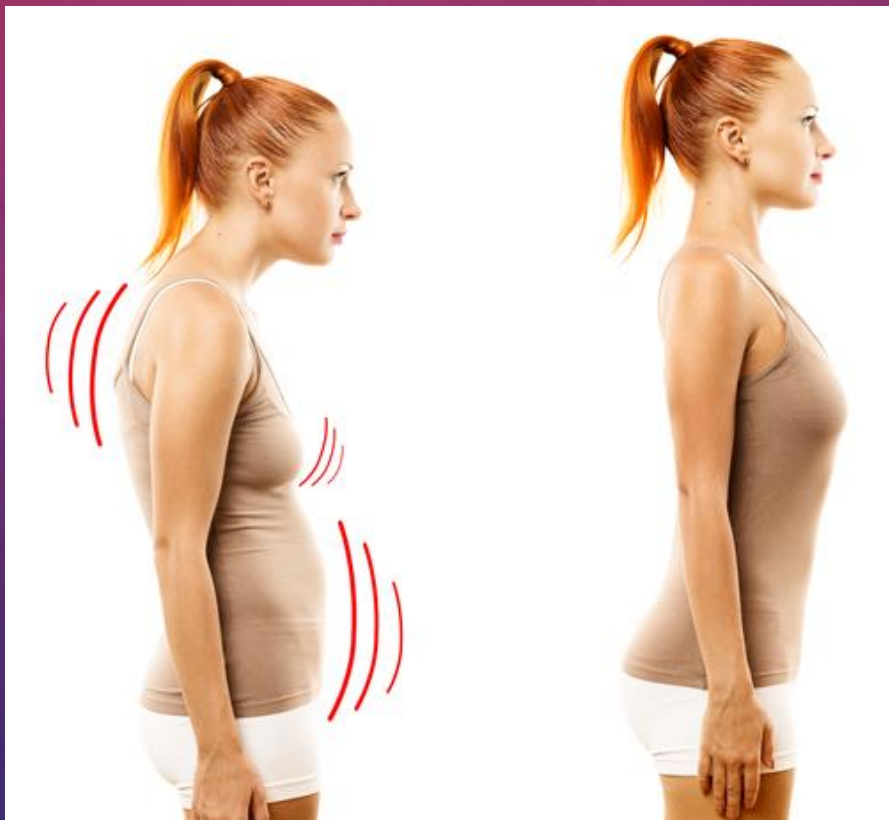


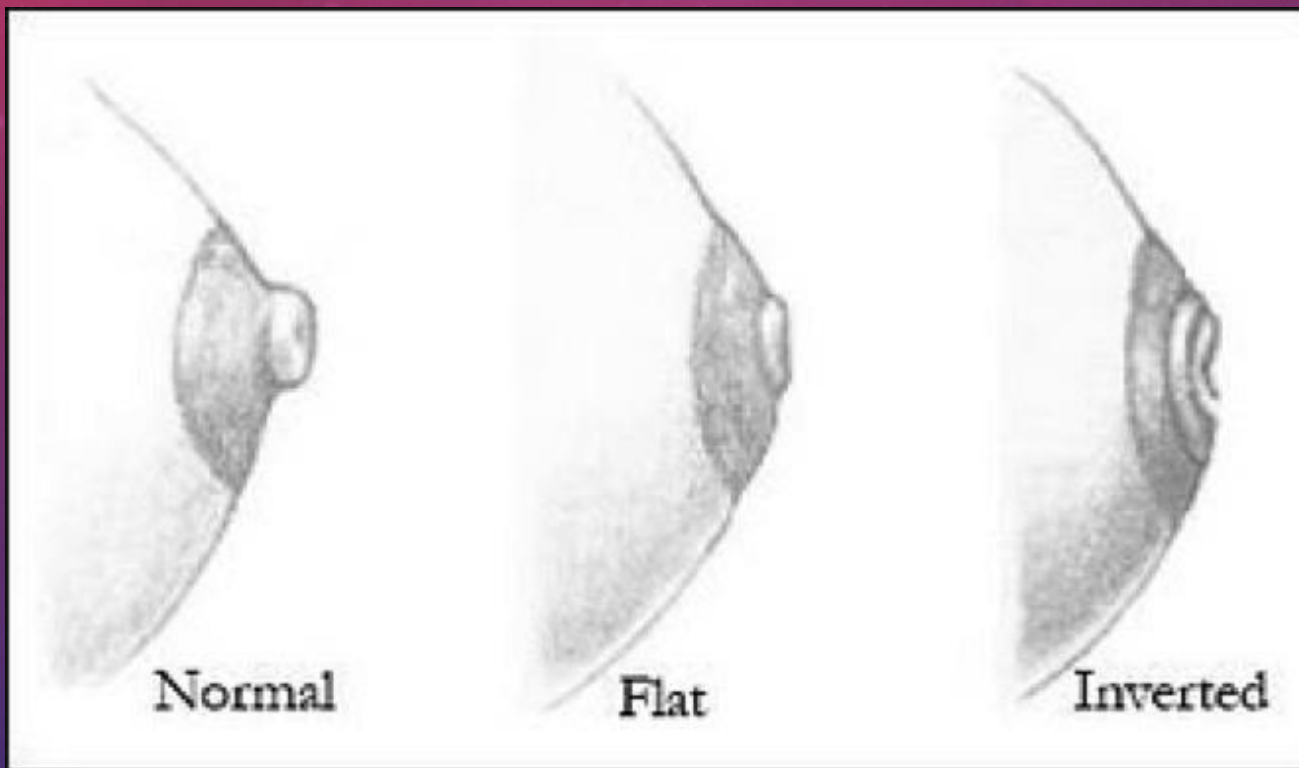
**X** If the bust is bulging over the cups at the neck edge and/or the underarm then a larger cup size is needed.



**✓** There is no bulging at the underarm or the neck edge. The breasts are totally enclosed within the wire. The wire should not sit on the breast tissue.











# Breast Pain and Tenderness Prevention & Management

## PREVENTION:



### ● Diet

(high-fiber foods rich in calcium and vitamin E)



### ● Exercise

(support endocrine system health)



### ● Habits

(caffeine, tobacco, alcohol, etc.)



### ● Supplements

(multivitamin with zinc, folic acid, iron, & omega-3s)

## MANAGEMENT:

Using bras, ice packs, & essential oils; adjusting sleeping positions.



# QUESTIONS



# KEY TAKEAWAY POINTS







THANK YOU!

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