

## Telephone directory

### Hospital: 450-654-7525

Breast Health Clinic reception ..... ext. 31111  
Breast Health Clinic appointment ..... ext. 31111  
Nurse clinician ..... ext. 31233  
Oncology reception ..... ext. 23159  
Look Good, Feel Better ..... ext. 37733  
Pastoral service ..... ext. 14117

Appointment Centre ..... 450-581-3020  
Info-Santé ..... 811

CLSC Lamater (Info-Santé) ..... 450-471-2882  
CLSC Meilleur (Info-Santé) ..... 450-654-2572  
CLSC Pointe-aux-Trembles (Info-Santé) ..... 514-642-4050

### Resources

Regroupements des aidants naturels du Comté  
de L'Assomption (caregiver association) ..... 450-581-9079

Cancer aide Lanaudière (support group)  
Joliette ..... 450-756-0869  
Repentigny ..... 450-756-8437

Canadian Cancer Society  
Cancer j'écoute (telephone support group) ..... 1-888-939-3333  
Suicide crisis helpline ..... 1-866-277-3553  
Quebec Cancer Foundation ..... 1-877-336-4443  
Info cancer, documentation centre ..... 1-800-363-0063

# Breast Pain

## When should you be concerned?



## Breast pain

Most women will experience breast pain (mastalgia) at some point in their lives. Breast pain is very rarely a sign of breast cancer. Cyclical pain (that comes and goes over the weeks) and diffuse pain (pain throughout the breast) are of no concern and do not require any investigation other than the usual follow-up with your doctor and mammogram screening, if you are 40 years of age or over.

Breast pain is rarely a sign of breast cancer. It is usually related to non-cancerous conditions such as:

- Sensitive mammary glands
- Cysts
- Fat necrosis
- Infection (mastitis or abscess)

## Benign pain

The following types of pain are benign and do not require any particular investigation other than the usual follow-up with your doctor and mammogram screening, if you are 40 years of age or over.

**Cyclical breast pain** is often felt around the menstrual period, and disappears after menstruation. This type of pain can be felt in one or both breasts. It is very common among young women and often disappears after menopause.

**Diffuse breast pain** is caused by sensitive mammary glands. It can occur in one or both breasts and in several spots or throughout the breast.

**Musculoskeletal pain** is felt with movements of the arms or rib cage. It is not related to the breast and does not require any particular investigation through breast imaging.

## When to be concerned

It is very rare that breast cancer only presents through pain. If it does only manifest with pain, the pain is focal (at only one place in the breast) and is persistent (for a few weeks).

Consult your doctor if you experience focal and persistent non-cyclical pain.

The following symptoms should be reported to your doctor, as they could be signs of cancer:

- Palpable mass
- Skin ulcer
- New inversion or retraction of the nipple
- New patches of eczema on the nipple
- Skin retraction or deformity of the breast
- Clear or bloody discharge
- Diffuse redness with orange skin

## How to relieve the pain

The scientific literature has found that:

- A sports or well-adjusted bra can relieve breast pain
- Eating flaxseed can reduce cyclical pain
- Voltaren® gel applied locally to the site of the pain can help relieve occasional pain

