

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

