



St Andrew's Breast Centre

St Andrew's Breast Centre is a unique, convenient Centre for comprehensive Breast assessment and diagnosis.

St Andrew's Hospital 350 South Terrace
Adelaide 5000
Phone: 8408 2151 Fax: 8408 2152

Breast surgeons:
Dr Melissa Bochner, Mr James Kollias, Mr Peter Malycha, Mr Robert Parkyn, Mr David Walsh, Mr David Walters

Medical Imaging Specialists:
I-Med (incorporating Dr Jones and partners' medical imaging, Perretts medical imaging and NT medical imaging)

Support facilities including specialist Breast Care Nurse:
St Andrew's Hospital

Clinic Times: Monday to Friday 1.30-5.00pm
(except public holidays)

Appointments and referral by a General Practitioner are necessary

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Breast pain is one of the most common symptoms that we see in the Breast Centre. Most women experience some discomfort in their breasts at some stage. It is important to realise that breast pain is not usually a symptom of breast cancer. It often occurs because of abnormally high breast sensitivity to normal body hormones. Most cases of breast pain are not severe enough to require specific treatment, apart from simple pain relievers such as paracetamol. When breast pain fails to settle after several months and is severe enough to interfere with daily activity or sleep, treatment is usually necessary.

Evening Primrose Oil is often effective in reducing breast pain. It acts by reducing breast sensitivity to body hormones. In this way, breast swelling, pressure and pain is improved. Evening Primrose Oil can be purchased as capsules from health food stores, supermarkets and pharmacies. Most capsules contain 1000mg of oil and 100mg of GLA (the active ingredient). The usual dose used to treat breast pain is 1-6 capsules orally daily. Some capsules contain higher or lower concentrations of GLA. If so, please consult the pharmacist or health store personnel regarding the number of capsules required per day. Three months of treatment is usually required to allow it to take effect. To assess any improvement in your breast pain to treatment, please fill out the breast pain diary in the middle of this brochure. If after 3 months your pain has not resolved and continues to be bothersome, the breast specialist may offer you other treatments to reduce the pain.

Breast Pain

The information contained within this publication is a guide only. Readers should seek and follow the medical advice provided by their own doctor

Breast Pain Diary

Name..... Present Treatment.....

* Breast Pain – Record the degree of breast pain you experience every day by shading each box as illustrated.



Troublesome pain



Non troublesome pain



No pain

+ Bleeding Episodes – Record the degree of menstrual bleeding you experience every day by shading each box as illustrated.



Heavy



Average



Spotting



None

Month	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	
Degree of *Breast Pain																																
+Bleeding Episodes																																
Comments	My Breast Pain for was Better Worse No Change																															

Month	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
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