

Patient information

Breast pain information

Breast pain is very common, but on its own, not usually a symptom of breast cancer.

It can be linked to your menstrual cycle but may not be.

Changes in natural hormone levels can result in breast discomfort: menopause, the pill and HRT can all make breasts uncomfortable.

Simple self-help tips

- Do get your bra fitted properly: a properly fitted bra should support you and not cut into your chest or shoulders
- If bothersome at night, wear a soft crop-top or something supportive
- Use pain relief measures as you would for any pain: ibuprofen, paracetamol or pain relief gel can help

See your GP if things do not improve.

If you have a painful, red breast, see your GP.

Other symptoms that you should see your GP for:

- A lump in your breast
- Nipple discharge
- A rash around your nipple
- Change of shape to one or both breasts, including dimpling of the skin
- A swollen or orange peel effect on the skin of the breast

Get to know what's normal for you touch look and feel.

For more information please visit the website: www.nhs.uk/conditions/breast-pain/