



MASTALGIA

Mastalgia is breast pain. It is very common with which patient comes to clinic. It is common in reproductive age group but can occur in all ages. It is common in females but not unknown in males. This pain can be mild discomfort to severe pain.

There are many causes of Mastalgia. In order to understand it better and plan proper treatment we have to classify it.

Mastalgia, can be classified in the following types.

- 1- Cyclical breast pain
- 2- Noncyclical.
- 3- Extramammary

Cyclical breast pain is the one which comes with menstrual cycle. This pain starts with the cycle. It increases in the pre menstruation and starts to decrease after menstruation. Pain is usually in both the breast. This pain is caused by hormonal changes occurring. These patients can have only pain. Cyclical pain also occurs in fibrocystic disease of breast. In this patient will get pain with lumpiness of breast. Sometimes discharge from nipple.

Noncyclical breast pain. This pain is localised to a part of breast. Causes are many- injury, fat necrosis, cyst, infection of breast tissue leading to abscess. Rarely can caused by cancer.

Extramammary causes are the once not related to breast but originate in other organs mimicking breast pain. It could be due to lungs, chest wall or heart related problem.

Chest wall related are costochondritis, cold abscess of rib, injury to chest wall and muscular pain.

Lungs related are infection of lung parenchyma and pleural diseases.

Heart related occurs mostly on left side. It could be pericarditis or MI.

Diagnosis- In all cases clinical examination is very important, when no other finding like lump or nipple discharge no further investigation. Required only SBE-SELF BREAST EXAMINATION regularly to be advised.

Ultrasonography, mammography, MRI, FNAC and cytology of discharge fluid. Fibrocystic disease is not premalignant except for few types histologically.

This modality will diagnose noncyclical mastalgia also. For extramammary causes are HRCT Chest, ECG, etc will be required.

Management of mastalgia.

Cyclical mastalgia- When pain is mild only reassurance is enough.

Dietary changes like decrease intake of CAFFIENE and SALT.

Decrease intake of fatty food. Regular exercise will help.

Medication- Vit-E suppliments, gama lanolinic acid, evening primrose oil. Can be prescribed.

In severe mastalgia, we may have to give various hormone or hormone blockers.

Danazol is an androgen it is very good in controlling pain but it causes disturbance in menstrual cycle.

Tamoxifen-It is given in cases of fibrocystic disease where histopathology shows atypical ductal or lobular hyperplasia.

Ormeloxifene (savista) can also be used.

Treatment of noncyclical mastalgia depends on the diagnosis

Injury to breast-To be treated with analgesics, anti-inflammatory medication.

Breast abscess-It will require incision and drainage or aspiration with antibiotic and anti-inflammatory drugs.

When patient comes to clinic with pain mostly, she is worried about malignancy,

Mastalgia it self is not common presenting sym ptom of cancer but pain will come during period of diagnosis progress of disease. But when patient comes to the clinic, we have to evaluate her properly for malignant or premalignant condition. Also, to talk to regarding SBE. Self-breast examination is very important as it will help you to know your breast so if there is a change you will know.