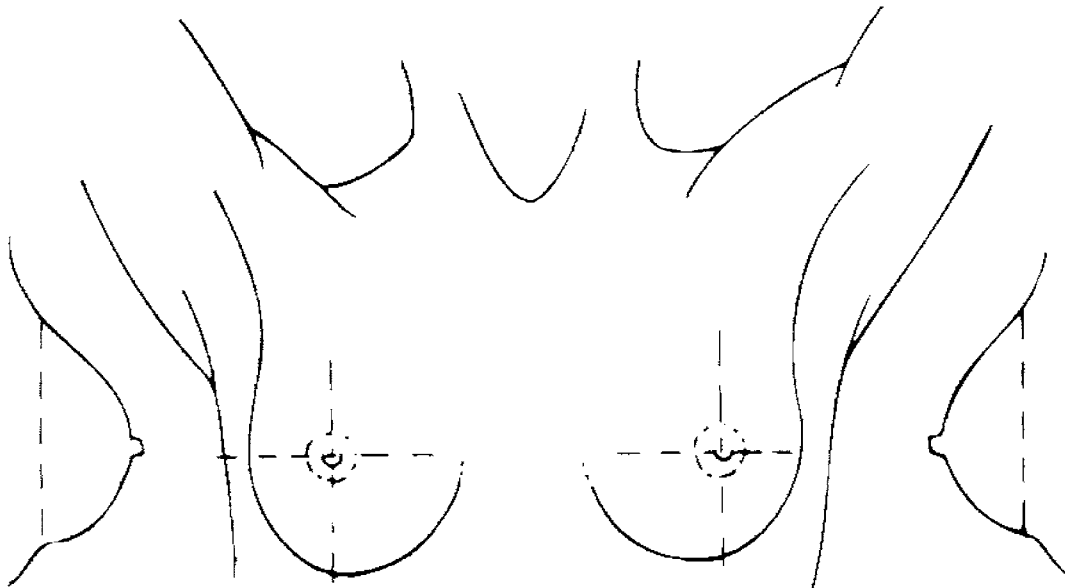


Assessment of Your Breast Pain

Your doctor will take a thorough breast health and family history, and then examine your breasts. A mammogram and/or ultrasound may be done to rule out any other cause for the pain (for example, cysts). It is important to identify the site, strength and duration (how long it lasts) of the breast pain. It is also important to identify what has been done to relieve the pain and if it has been helpful.

To help your doctor diagnose your breast pain, the following calendar and breast map may be useful. Mark the location of the pain in your breast(s) and indicate if it is only on one side, on both sides or in the armpit. Indicate if the pain moves from another location to another.



Breast Pain Calendar

Your doctor may find it helpful if you track your pain for several months. A Breast Pain calendar may help you track several factors that might affect your breast pain. For example, the intensity or amount of pain you are having on a scale of 0-10, with 0 being no pain and 10 being severe pain. Record the time of day, time in your monthly cycle, activities, diet (caffeine) and any medications you are taking.

Breast Pain Calendar Name _____ Month _____

See a doctor to rule out a serious breast condition. Then monitor your breast pain for four calendar months and follow-up with your family doctor, breast health specialist or gynecologist.

Record the first and last day of your menstrual period (for example, M-1, M-5).

Each day, mark the level of your pain on a scale of 0-10. 0 means that you have no pain and 10 means you have severe pain.

Medications and/or herbal remedies such as flaxseed (list here) _____.

Record the amount of caffeine in your diet (examples, caffeinated beverages like coffee and cola or chocolate) and any strenuous exercise.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

This material is designed for information purposes only. It should not be used in place of medical advice, instruction and/or treatment. If you have specific questions, please consult your doctor or appropriate healthcare professional.