Pain relief
Wear a supportive and well-fitting bra, such as a sports bra when the breasts are most sensitive.

- Heat, such as from a heating pad or warm compresses can provide relief.
- For some women a cold compress helps.
- Reduce or eliminate the amount of caffeine in your diet.
- Reduce the dose of hormone replacement therapy.
- Take acetaminophen (Tylenol) or ibuprofen (Advil, Motrin).
- Try relaxation therapy. You may learn to control the high levels of anxiety associated with severe breast pain.

Integrative medicine
Evening Primrose Oil is an over-the-counter supplement that appears to change the balance of fatty acids in your cells, which may reduce breast pain. Talk to your doctor to ask if this supplement is safe for you to take.
Breast pain and tenderness are very common in women. Breast pain is most common in young and middle-aged women, but also sometimes occurs in older women.

**Cyclic breast pain**
Cyclic breast pain is related to the menstrual cycle. Normal monthly changes in hormones may cause breast pain. Cyclic pain:
- Is often described as dull, heavy, aching or soreness.
- May make your breasts feel swollen and lumpy.
- Usually affects both breasts.
- Is felt especially the upper outer part of the breast. The pain can spread out to the armpit and arm.
- Is felt one or two weeks before your monthly period. The pain then gets better after the start of your period.

**Noncyclic breast pain**
Noncyclic breast pain is common in women 30-50 years of age. The pain is not related to the menstrual cycle. Noncyclic pain:
- Can be constant or may come and go.
- Is often described as sharp, tight, or burning.
- Usually affects only one breast, but can affect both.

**Cysts**
Cysts (small pockets of fluid in the breast) may also cause breast pain.
- Most women with lumpy or painful breasts do not have cysts.
- Cysts can usually be seen on mammogram or ultrasound.
- Most women with lumpy or painful breasts do not have cysts. Their mammograms and ultrasounds are usually normal.

**Other conditions that can affect breast pain**
- Breast pain can get worse with changes in your hormone levels.
- Stress can affect breast pain.
- Changes in some medicines that you are taking can affect breast pain.
- Sometimes breast pain feels like it starts in the breast but the source is actually somewhere else. Things like a pulled muscle, skin injury, spinal conditions, heartburn, or chest pain may be felt as breast pain.

**Causes of breast pain**
Most of the time, it is not possible to identify the exact cause of breast pain. Things that may contribute to breast pain include:
- Reproductive hormones.
- Conditions like breast cysts, breast injury, and prior breast surgery.
- Medicines including certain hormonal medications, infertility treatments, birth control pills, and hormone replacement therapy.
- Women with large breasts may have breast pain, which is often accompanied by neck, shoulder, and back pain.

**When to see a doctor**
Breast pain is rarely a symptom of breast cancer. However, your doctor should check some breast pain.
- Pain that lasts after your menstrual cycle (monthly bleeding) is done.
- Pain after menopause (after your monthly periods have ended in middle age).
- If you have breast pain every day for more than two to three weeks.
- If pain is felt in one specific area of your breast.
- If pain keeps getting worse.