

# Breast Pain

**Breast pain as a sole presenting symptom does not require referral** to secondary care. There is no association between breast pain and breast cancer <https://doi.org/10.3399/BJGP.2021.0475>

1. Most women will present with breast pain at some stage in life. It is NORMAL, does not require referral , investigation or in most instances treatment.
2. Strong reassurance is required. Give link to RMP video [New video to help understand breast pain - RM Partners](#). Give link to breast cancer now breast pain leaflet [Breast pain: Causes, types and treatments | Breast Cancer Now](#) Give link to CoppaFeel web page on breast pain [Breast Pain - https://coppafeel.org.uk/info-resources/health-information/breast-pain/](https://coppafeel.org.uk/info-resources/health-information/breast-pain/)
3. Stress is a trigger, enquire re stress. Possible stress concern due to FHx.
4. Treatment is not usually required, pain will settle spontaneously with time, may be recurrent and episodic. Ensure they have proper fitting bra, avoiding wired bra may help. Routine analgesia can be advised if pain interfering with QoL: paracetamol, topical NSAID. If cyclical could consider OTC preps such as evening primrose GLA 200mg-300mg a day. GLA probably no better than placebo but works for some.