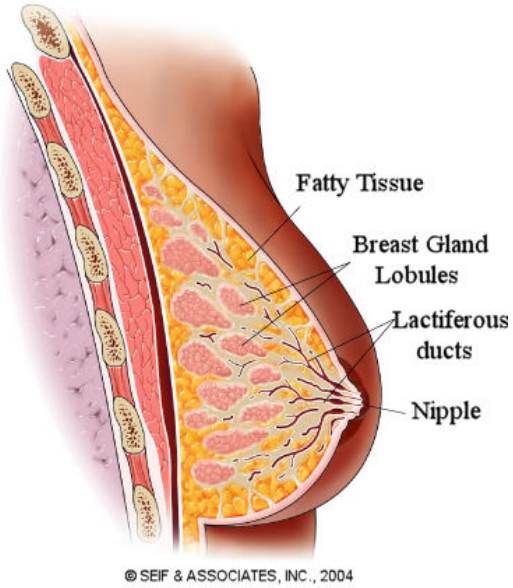
Fibrocystic Changes of the Breast

Fibrocystic changes of the breast happen to a lot of young women. They are not cancer. They are tiny sacs filled with fluid. It can feel like lumps.



HOME CARE

- If you have pain or swelling, there are several things you can do to lessen these symptoms:
  - Wear a well-fitted bra.
  - Cut down on caffeine in sodas, chocolate, coffee and tea. This may help lessen your pain.
  - Wear a support bra when you exercise and sleep.
  - Evening primrose oil and vitamin E, taken for several weeks, may also help lessen your pain. Your health care provider can tell you the right amount to take. You can buy evening primrose oil and Vitamin E without a prescription (over-the-counter).
- Talk to your doctor if the pain does not get better. There are medicines that your doctor can prescribe to lessen the pain.
- Surgery does not help fibrocystic changes. It gets better after menopause.

CAUSES

- The cause is not known. There is no way to keep from getting these changes. There is no medicine to cure it. The changes may be in one or both breasts.
- These sacs are not cancer. They will not turn into cancer. These tiny sacs may get bigger or smaller in size as your hormones change. The size of these sacs and your pain will usually get worse the week before your menstrual period. They usually get better the week after your menstrual period.

GET HELP RIGHT AWAY IF:

- You have pain that is getting worse.
- You have a bloody discharge from your breast.
- You have changes in how your breast looks.
- You have any other problems you are worried about.

Easy-to-Read style based on content from Parkland Health & Hospital System, Dallas, Texas

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