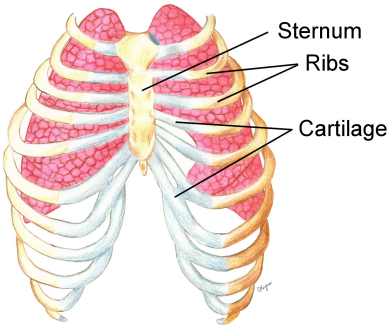
# Costochondritis

Your exam shows you have symptoms and findings of costochondritis. This condition causes pain and tenderness over the rib cartilages. It is a common cause of chest pain in both children and adults. It affects women more frequently than men. The symptoms are from irritation (*inflammation*) of the rib cartilages. The cause is unknown. Chest pain from costochondritis is often made worse by deep breathing, coughing, and movement. Usually there is a tender area over the front of the chest.




**Chest pain may also be from more serious conditions such as heart disease, infections, blood clots, pleurisy, and minor injuries.** Depending on the nature of your pain, your age, and other risk factors, additional medical evaluation may be needed to find the cause of your pain. Costochondritis is a self-limited condition. This means it will improve on its own without specific treatment. You should rest for the next 2 to 3 days. You can then resume full activity as the pain improves.

Anti-inflammatory drugs or pain medicine may be needed to provide relief. See your caregiver if your pain lasts longer than 1 to 2 weeks.

**SEEK IMMEDIATE MEDICAL CARE IF YOU DEVELOP:**

- Increased pain or pain that radiates into the back, arms, neck, or jaw.
- Shortness of breath, productive cough, or you are coughing up blood.
- Fever, chills, general weakness, vomiting, or fainting.

Document Released: 12/18/2006 Document Re-Released: 03/14/2011
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