FIGURE I. Algorithm for managing breast pain

Breast Pain
  Workup - consider mammogram, focused ultrasound, pain chart

  Significant Finding
    Tissue Diagnosis

  No Significant Finding
    Reassurance
      Prolonged pain and/or pain that interferes with activity
        Pain Cycle in Nature

        Yes
          Pain Cycle in Nature

        No
          Pain Localized

          Yes
            Strategies
              - Lidoderm/NSAID Topical
              - Gabapentin/Lyrica for neuropathic pain
              - Effexor
              - Elavil
              - Acupuncture
              - Cognitive behavioral therapy
              - Pain Clinic Referral

            No
              Strategies
                - Danazol
                - Bromocriptine

          No
            Debitrating Symptoms
              Strategies

              Yes
                Danazol 200-400mg (need barrier contraception)
                  Response
                    Yes
                      Treat 2-4 months
                        - Reduced by 1/2 each month to 100mg then D/C

                        Yes
                          Treat 2-4 months
                            - Tricyclic antidepressants (ie, Amitriptyline)
                            - Effexor (may be used in conjunction with Tamoxifen)
                            - Gabapentin
                            - Danazol
                            - Acupuncture
                            - Cognitive therapy

                        No
                          Switch to: Bromocriptine*
                            Day 1-3
                            Day 4-8
                            Day 9-14
                            Day 15/onward
                          Dose 1.25mg/hs
                          Dose 2.2mg/hs
                          Dose 1.25mg in am
                          Dose 2.5mg 2x/day

                          Response
                        Yes
                          Treat 2-4 months
                          Switch to:
                            - Tamoxifen* 10mg/day 80-90% success rates cyclic mastalgia not approved by FDA
                            - LH-RH* analogue-Depot Lupon

                          No

                        No
                          Treat 2-4 months

                        *Not frequently used due to side effects