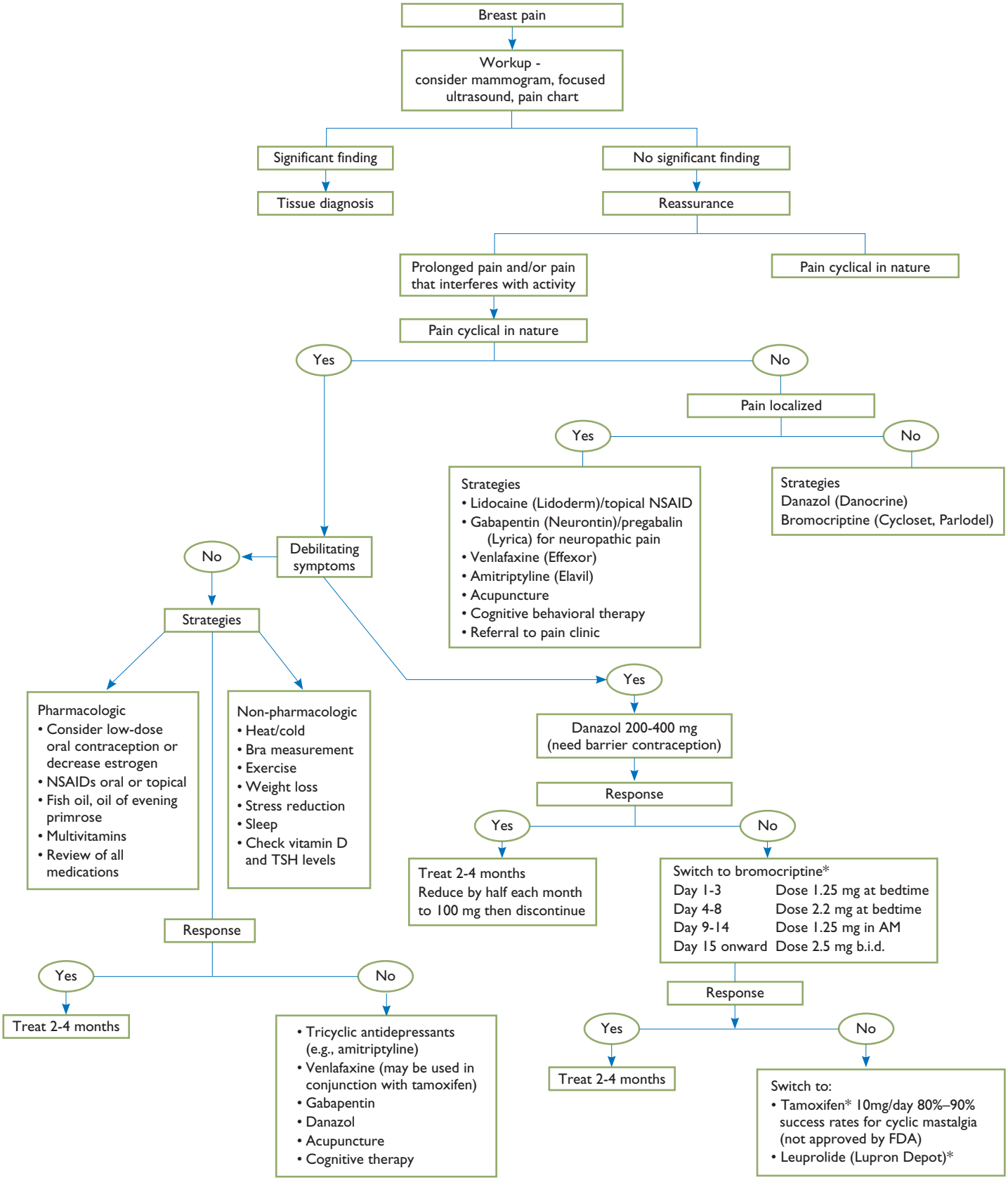
Breast pain
Workup - consider mammogram, focused ultrasound, pain chart
Significant finding
Tissue diagnosis
No significant finding
Reassurance
Prolonged pain and/or pain that interferes with activity
Pain cyclical in nature
Pain cyclical in nature
Yes
No
Pain localized
Yes
No
Strategies
• Lidocaine (Lidoderm)/topical NSAID
• Gabapentin (Neurontin)/pregabalin (Lyrica) for neuropathic pain
• Venlafaxine (Effexor)
• Amitriptyline (Elavil)
• Acupuncture
• Cognitive behavioral therapy
• Referral to pain clinic
Strategies
Danazol (Danocrine)
Bromocriptine (Cycloset, Parlodel)
Debilitating symptoms
No
Yes
Strategies
Pharmacologic
• Consider low-dose oral contraception or decrease estrogen
• NSAIDs oral or topical
• Fish oil, oil of evening primrose
• Multivitamins
• Review of all medications
Non-pharmacologic
• Heat/cold
• Bra measurement
• Exercise
• Weight loss
• Stress reduction
• Sleep
• Check vitamin D and TSH levels
Danazol 200-400 mg (need barrier contraception)
Response
Yes
No
Treat 2-4 months
Reduce by half each month to 100 mg then discontinue
Switch to bromocriptine*
Day 1-3 Dose 1.25 mg at bedtime
Day 4-8 Dose 2.2 mg at bedtime
Day 9-14 Dose 1.25 mg in AM
Day 15 onward Dose 2.5 mg b.i.d.
Response
Yes
No
Treat 2-4 months
Switch to:
• Tamoxifen* 10mg/day 80%–90% success rates for cyclic mastalgia (not approved by FDA)
• Leuprolide (Lupron Depot)*
Response
Yes
No
Treat 2-4 months
• Tricyclic antidepressants (e.g., amitriptyline)
• Venlafaxine (may be used in conjunction with tamoxifen)
• Gabapentin
• Danazol
• Acupuncture
• Cognitive therapy