

GENESIS OB/GYN, INC.

FIBROCYSTIC BREASTS

WHAT IS FIBROCYSTIC BREAST SYNDROME?

Fibrocystic breast syndrome is a **benign** condition of the breast that occurs in a majority of women. It has been linked to caffeine usage and is usually present in premenopausal females. It is not a precursor to cancer, although it is a condition that can mask the development of a new mass that would be malignant because of the presence of all of the fibrous cysts on top of that new mass. It is advisable to attempt to decrease fibrocystic breast syndrome if at all possible.

WHAT CAUSES IT?

Fibrocystic breast syndrome is caused by a combination of your heredity and your lifestyle. You are born with a propensity for it and then if you consume a lot of caffeine, tea and chocolate, this increases your risk of developing fibrous cysts in your breasts and having monthly breast pain.

WHAT CAN I DO TO ALLEVIATE MY SYMPTOMS?

By eliminating caffeine, tea, chocolate, including caffeinated sodas, and **taking** Vitamin E, 400 Units a day, you can decrease or eliminate breast disease.

WHAT SHOULD I DO IF I FIND A NEW LUMP?

Fibrocystic breast syndrome is cyclic in nature. It will swell before the period and be gone after the period. You should check your breasts only after your period and if you find a new mass, make sure you know where it is and check it after the following period. If it is still there, you should get a mammogram.

WHAT IF SURGICAL TREATMENT IS NECESSARY?

If surgical treatment is needed, you will be sent to a general surgeon for either a biopsy or drainage of the breast cyst. You may be sent for a mammogram or a breast ultrasound. All of these methods are used to rule out malignancy.

SCHEDULING MAMMOGRAMS IF YOU HAVE FIBROCYSTIC BREAST SYNDROME:

Screening mammograms are usually scheduled at age 35 and if it is normal at that time, followed up at age 40 and every other year until 50 and annually after 50. It is suggested that you time your mammogram for the week after your period.