



## Reasons Why Breasts May Hurt



### Periods

The most common cause of breast pain is a change in hormones that comes along with your period. This normal body response to shifts in oestrogen typically manifests in swelling and tenderness on the day before your period begins and the first day of your flow. This type of breast soreness is related to your menstrual cycle. The good news is it should go away when your period ends. Birth control pills can help.

### You Have Lumpy Breasts

If you've been identified as a woman with lumpy breast tissue (technically known as fibrocystic breast tissue), then you are probably well acquainted with breast tenderness linked to your menstrual cycle. According to the National Breast Cancer Foundation, this bumpy, uneven breast tissue is actually characterized by fluid-filled cysts, and it's not necessarily linked to breast cancer.

### Your Bra Doesn't Fit Properly

The wrong bra can have pretty serious consequences for your chest. If your bra is too tight or the cup is too small, the underwire may be pushing against your breast leading to sore breasts. And if you're not supported enough, all that up-down-and-all-around movement throughout the day can lead to breast tenderness.

### Your Exercise Session Lacks Support

Especially if your breasts are larger, it's crucial to get the proper support bra when exercising to keep your breasts from bouncing all around and pulling on the breast tissue. To remedy this, get a proper sports bra and make sure that nothing is digging in, spilling over, or not fitting perfectly. Jump around when you are trying the bra on to check.

### You Are Doing More Exercise

Active women often get less breast pain than women who don't exercise regularly. But maybe you did an impressive round of push ups or a new weight-lifting routine. This may seem like breast pain, but the discomfort actually stems from the muscles underneath the breasts. The pectoral muscles lie right under the breast tissue tightening and relaxing is actually the source of this tenderness. Get relief by applying heating pads and taking a pain reliever if directed.

### You Pulled Something

So maybe you haven't been working out at the gym, but were you lifting furniture or heavy bags that may have strained those pectoral muscles? If so, that soreness might actually be coming from the muscles underneath your breast tissue again. You can treat it with heat or pain relievers.

### You're Drinking Too Much Coffee

While coffee and tea have not been shown to cause breast pain, some women report that cutting out caffeine can help alleviate discomfort. If you notice that your symptoms are worse after coffee, chocolate or alcohol then consider cutting down.

### You've gained a few kilos

It is pretty easy for the weight to sneak on, making breasts heavier and increasing estrogen hormone levels. Even a small gain may tip the balance and lead to discomfort, especially if your bra is not fitting so well! The good news is that you may notice a difference by eating more fruit, vegetables and whole foods because even a small amount of weight loss will improve your overall wellbeing. If you would like some help with healthy eating, see your doctor or nurse to make a plan.

### Improving Your Lifestyle

Smoking may increase breast pain. Your doctor or nurse can also help you look at a cessation programme that suits you.

### Finally

In general, temporary breast soreness and sensitivity shouldn't raise any red flags, nor should it send you running to the doctor's office. It usually just lasts a few days then vanishes. In the unlikely event that the pain lingers around or gets worse, then it's time to see your doctor.