

Breast Tenderness

Aches and pains in your dairy pillows? May be due to breast pain and tenderness. You may be very familiar with breast tenderness from previous menstrual cycles, pregnancy, or you may be a newcomer in this wild world of perimenopause. Either way, the good news is that this symptom is usually one of the first to subside once menopause fully sets in.

Breast tenderness, also called mastalgia, is quite common for women going through premenopause, perimenopause or other times of hormonal fluctuation. It is caused by either too much estrogen and/or too little progesterone being produced in the body. Symptoms of breast tenderness can feel like soreness, swollen breasts, pressure sensitivity and/or dull, achy feelings. Some women develop actual lumps or swollen glands in their breasts and which may be confused as a sign of breast cancer. Typically breast tenderness is not linked to breast cancer but if you feel a lump in your breast it is always best to have it checked out by a Doctor.

There are various treatments available for breast tenderness, including progesterone cream, evening primrose oil or Hormone Replacement Therapy (HRT) has been known to help with severe breast tenderness as well other severe menopause symptoms. It is best to start with lifestyle changes including diet and exercise. Walking for 30 min a day, wearing a supportive bra, eating an anti-inflammatory diet low in salt and sugar, increasing fiber, consuming healthy fats and omega-3's, getting enough rest and reducing caffeine and alcohol intake may dramatically help the discomfort in not only your breasts but also the rest of your body.