

Three stylized bra icons are arranged horizontally at the top left of the page.

## Further Information

Watch the 'understanding breast pain' video on YouTube, produced by RM Partners, West London Cancer Alliance.  
[youtu.be/v0FkthTQggc](https://youtu.be/v0FkthTQggc)



## Breast pain clinic

**Greater Lancashire  
Hospital  
Wyder Court  
Millennium City Park  
Ribbleton  
Preston  
PR2 5BW**

A photograph showing a hand gently touching a breast, with a red glow highlighting the area of contact, symbolizing breast pain.

## Central Lancashire breast pain clinic

Breast pain is very common in women of all ages.

It can cause a lot of anxiety and many women worry that they may have breast cancer.

However, breast pain can have several causes and, on its own, it isn't usually symptom a sign of breast cancer.

## **There are lots of reasons for breast pain...**

Pain could be hormonal, and related to your menstrual cycle (periods), pregnancy or breast feeding.

A breast infection or inflammation can cause pain (if this is the case there will be other symptoms, too).

Sometimes pain that feels like it's coming from the breast is coming from somewhere else, such as a pulled muscle in the chest.

Pain could also be nerve-related, like back pain.

## **Why am I being referred to a breast pain clinic?**

The specialist breast pain clinic in Preston helps support women with ongoing breast pain and avoid unnecessary investigations.

You are unlikely to need a mammogram or ultrasound scan if your only symptom is pain.

## **What happens at breast pain clinic?**

At the clinic, the clinician will ask you questions about your symptoms and your general health and examine your breasts, chest, underarms and back.

You will also be asked about any family history of breast cancer through a questionnaire.

The clinician will aim to identify the cause of your breast pain and help you to manage it or refer to you another service for further investigation if necessary.

## **Can tests help in diagnosis or treatment?**

There is no test that will confirm the cause of breast pain, but the healthcare professional at the clinic will examine your breasts to help identify the cause of the pain.



## **Why might I be asked about my family history?**

This will help the clinician to assess whether you may have an increased risk of breast cancer and whether you need to be referred to a community family history clinic.

## **What if I have cancer?**

On its own, pain is not a sign of cancer. If the team at the clinic decide that you need further investigations, checks or tests, you will be referred for them.

It's still very important that you attend your regular NHS Breast screening when offered.