

For Benign Breast Pain or Discharge

Medications

Aleve may be used, as directed. Also, Evening of Primrose Oil may offer long term relief, in 4-6 weeks. 3 grams per day divided into smaller doses of 1500mg in the morning and 1500 mg in the evening.

Eliminating Caffeine

Coffees, teas, sodas, and chocolate all contain high levels of caffeine.

Heat

Try warm showers and heating pads, but be sure to wrap the heating pad in a towel as not to burn your skin.

** Note, these methods of home care are NOT supplements for medical attention to serious breast health problems. If you are in doubt, please contact your family physician.*