

Breast Health in Women

Mastalgia and Non-discrete Benign Breast Nodularity

Talk of women health especially the urban women and obsession with breast health is ubiquitous. Breast cancer worldwide is the number one killer of womankind. Women die less from *vascular accidents* like heart and brain attacks because of their innate protection by *estrogen* – a female hormone. However, it is this hormone which makes them prone to breast cancer. Today in this short write up, I shall not talk of breast cancer that is mostly characterized by a painless lump or nipple-areola shrinkage in the breast. Now, I will outline a common complaint by about 20% younger ladies in their 20s' to 50s' that is ***mastalgia or breast pain***. Some amount of breast pain is mostly normal and physiological and we physically do a routine check-up of breast, reassure and do a *mammogram* (low radiation contact breast X-rays on a special machine only on ladies above 35 years). This breast pain is often associated with nodular feel of the breasts. There is no separate (discrete) hard breast lump. This pain and nodularity is usually more prominent few days before the onset of menstrual cycle.



After thorough breast examination an experienced doctor says, “*I am sure you do not have cancer in your breasts.*” And asks, “*Does the pain in the breasts hurts you enough to affect your life style or stop you from doing your daily chores and does the breasts pain in your opinion requires treatment?*” If the lady says, Yes, it does hurt and she wants treatment – then a wonder drug called *Ormeloxifene* (or trade name Novex 30 mg once a week) is prescribed. This medicine is well tested by 3 independent randomised trials in 3 different cities in India. *Ormeloxifene* was discovered by Dr Nityanand and his group 3 decades ago at Central Drug Research Institute, Lucknow and is widely used for several indications. This has literally no side effects. Ormeloxifene is especially useful in cyclical breast pain and nodular breasts. Breast pain or mastalgia can also undergo spontaneous remission. It mostly disappears at menopause. At times what may appear to be breast pain may be due to underlying bony cage problem or referred pain or due to other causes – these are usually continuous non-cyclical breast pain. If you have more queries on breast related issues, do write or WhatsApp

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