

Medical Edge Radio from Mayo Clinic

Treating Mastalgia

1:00

Log

Audio

Intro with music	GIVING YOU THE EDGE ON HEALTHY LIVING, HERE'S TODAY'S MEDICAL EDGE FROM MAYO CLINIC.
	IT'S A COMMON PROBLEM FOR WOMEN OF ALL AGES. BREAST PAIN, ALSO KNOWN AS MASTALGIA, CAN CAUSE CONSTANT ACHES, BURNING, THROBBING OR SHARP STABBING PAINS. MAYO CLINIC'S DR. SANDHYA PRUTHI SAYS BREAST PAIN IS RARELY THE SIGN OF A MORE SERIOUS HEALTH PROBLEM. UNFORTUNATELY THERE ARE NOT MANY EFFECTIVE TREATMENTS.
Sandhya Pruthi, M.D.	"WE START WITH THE CONSERVATIVE MEASURES.

	<p>MAYBE THEY'RE NOT WEARING A SUPPORTIVE BRA, OR THEY COULD TRY HEAT, AND EVEN FOR SOME DECREASING CAFFINE INTAKE HAS BEEN HELPFUL."</p>
	<p>FOR MORE SEVERE PAIN, PRESCRIPTION MEDICATIONS ARE AVAILABLE BUT THE POTENTIAL SIDE EFFECTS KEEP MANY WOMEN AWAY. THAT'S WHY...</p>
<p>Dr. Pruthi</p>	<p>"WE'RE LOOKING AT OTHER OPTIONS TO TRY AND GIVE WOMEN. SOME OF THE THINGS THAT HAVE BEEN TRIED ARE VITAMIN E, EVENING OIL OF PRIMROSE, AND STUDIES HAVE BEEN DONE TO LOOK AT THE ROLE OF ACCUPUNCTURE."</p>
	<p>DR. PRUTHI SAYS IF YOUR PAIN IS PERSISTANT FOR MORE THAN TWO MONTHS, YOU SHOULD BE SEEN BY YOUR DOCTOR.</p>
	<p>FOR MORE INFORMATION, TALK TO</p>

	YOUR DOCTOR OR LOG ONTO MAYOCLINIC.ORG. I'M VIVIEN WILLIAMS.