



**STATESBORO
WOMEN'S HEALTH
SPECIALISTS**

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FIBROCYSTIC BREAST DISEASE

The incidence of fibrocystic breast disease occurs in about 60% of women. It rarely occurs in post-menopausal women.

General Instructions:

1. Perform breast self-exam monthly for 5 to 7 days following the first day of your menstrual period.
2. Breast examination by your healthcare provider should be performed every 6 months.
3. Wear a well fitting, supportive bra and lightweight, loose-fitting clothing.
4. Apply an ice pack or warm compress to tender areas of your breasts for 20 minutes 3 to 4 times a day.
5. Take one or two regular strength aspirin tablets every 4-6 hours as needed for discomfort.
6. Reduce or omit caffeine from your diet by eliminating coffee, tea, colas, and chocolate. Check your medications also, as some may contain caffeine (such as Excedrin).
7. Reduce your salt intake to decrease breast engorgement.
8. Decrease the amount of fat intake by choosing lean cuts of meat and vegetables and reducing junk food, fried foods, and fast foods.
9. Stress-reducing activities such as physical exercise, meditation, and biofeedback may help you to relieve pain and ease anxiety.
10. Take medications as instructed by your health care provider.
11. If you are a smoker, gradually decrease and eventually discontinue cigarette smoking.
12. Decrease or discontinue alcohol consumption.

Suggested Dietary Treatments:

- Vitamin E (18 yrs or older, pregnant, breast feeding: 1000 mg/day) for several months
- Vitamin B6 daily (maximum of 100 mg/day)
- Evening primrose oil (4000 mg/day) for up to 6 months
- Vitamin C 1500 mg per day
- Selenium 50 micrograms per day

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