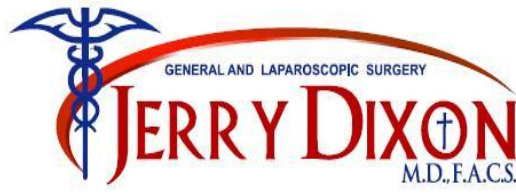


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Fibrocystic Breast Condition

“**Fibrocystic breast**” is a common condition and *not* a disease or cancer. Changes in hormone levels during your menstrual cycle affect your breasts. Your breasts may become sore or painful, swell or feel thicker or more “lumpy” prior to your cycle if you have fibrocystic breasts.

There are ways of treating fibrocystic breasts if they are bothering you. Below is a list of recommendations:

- ❑ Avoid caffeine to include soda, coffee, tea, and chocolate.
- ❑ Stop smoking.
- ❑ Take vitamin E capsules. In addition to the vitamin E, try evening primrose oil *or* borage oil.

Always remember it is important to stay current with your monthly self-breast exam, yearly mammogram, and yearly physician breast exam.