

## Breast Complaints

6/10/18

Breast complaints are usually pretty straight forward. Just remember that all breast complaints are cancer until proven otherwise.

### History and exam your attending will want from you:

3 specific **Historical** questions:

1. Family history of breast cancer? (1st degree relatives)
2. Delayed Childbearing? (has the pt ever had children? Concerning if after the age of 30)
3. Are the symptoms associated with menses?

3 specific **Exam** findings:

1. Asymmetry in the appearance of the breasts
2. Palpable masses (especially concerning if fixed, with skin changes or lymphadenopathy)
3. Upper outer quadrant of the breast (focus your attention here, most common location)

### 4 Common breast complaint categories: DDx and Tx's:

1. **Inflamed, irritated, painful breasts:**
  - a. Postpartum engorgement (Tx: warm showers, massage, pump and breastfeed)
  - b. Infection / mastitis (Tx: start abx, continue breastfeeding!)
  - c. Abscess (Tx: careful needle drainage, refer to breast surgery)
2. **Non-inflamed breast pain:** (least likely to be CA)
  - a. Fibrocystic changes (associated with menses. Tx: supportive care)
3. **Breast mass:**
  - a. Fibrocystic changes
  - b. Fibroadenoma
4. **Nipple discharge:**
  - a. Unilateral discharge (concerning)
  - b. Bloody discharge (concerning)

General info:

1. All of these complaints will need follow-up!
2. Breast CA incidence by age (< 20 = rare. 20-30 = uncommon. > 50 = common)