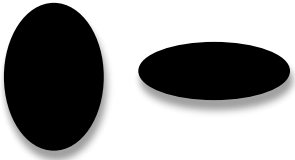
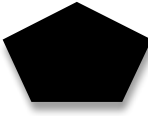
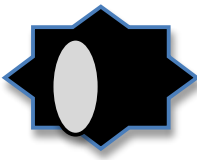


# Cystic Changes in the Breast

You have been referred due to cystic changes. There are basically three types of cysts in the breast:

	Simple Cyst	Complicated Cyst	Complex Cyst
			
<b>Characteristics</b>	Smooth borders, black inside on US, Sound waves travel through fluid without interruption	Mostly smooth but something about it is not "simple" but NO associated mass and no irregular (shaggy) borders	Can be irregularly shaped and have a really thickened capsule or an associated mass
<b>Increased risk for future development of cancer</b>	NO	NO, but followed to be sure that it remains "stable" or improves	NO, but the solid component that it already has could be atypical or cancerous. If benign at biopsy – then the risk is not higher for cancer in the future
<b>Needs to be biopsied at the time it is found</b>	NO	NO	YES
<b>Follow up Needed</b>	None; routine only unless symptomatic	6 month repeat imaging (MGM, US or both)	YES – determined by biopsy results

Your imaging will be reviewed at the time of your visit and the determination will be made as to what "type" of cyst you most likely have. Follow up will then be given. Recommendations to improve cystic changes include:

- Taking **Vitamin E** 800 IU every day x 3 months or until non-tender (then can stop Vitamin E vs. continue daily at 400 IU)
- Use **ice packs** or perform **warm soaks** to any tender area of the breast
- If warm soaks help your tenderness - you can use **Aspercreme** (unless allergic to Aspirin) on the affected area
- You should use **Ibuprofen** (if no contraindications) at 800 mg three times per day for 5 days. You can repeat Ibuprofen for 5 days, but then should be off for 5 days as it may cause gastric upset.
- It is a good idea to wear a **tight bra** during the day and night to minimize movement of the tender area (Sports Bras are the best).
- **Evening Primrose Oil** can be bought over the counter and used at a dose of 3000 mg per day to help with any breast pain/tenderness not improved by implementing the above measures.

It is best to *decrease* or *abstain* from caffeine/chocolate/tobacco products, decrease stress levels and salt intake.



*Michael W. Hailey, MD*  
 500 Rue de la Vie, Suite 201  
 Baton Rouge, LA 70817  
 (225) 751-2778 (BRST)  
 (225) 753-2778 (BRST) FAX  
 www.breastbr.com