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**patient
information**

COMMON BENIGN BREAST CONDITIONS

Nipple discharge

Milky nipple discharge from both nipples can often persist after breast-feeding. Green or yellow nipple discharge from both nipples can also occur, and may be associated with smoking or dilated breast ducts. Sometimes it may be due to a lump in a breast duct or a breast cancer.

If you have persistent nipple discharge from one side, or blood-stained nipple discharge, then the chance of having a breast cancer is higher and you should see your local doctor for a referral to a Breast surgeon.

Breast cysts

Cysts in the breast are common, and can be seen as a dark oval-shaped lesion on a breast ultrasound. Majority are small simple cysts, and do not require any surgery or medication. Some women have many large cysts in the breast that may cause pain. If the cysts are large and tender, they may be relieved by needle aspiration by a Breast surgeon or radiologist (under ultrasound). Some cysts are complex, or contain lumps in them. These should be assessed by a Breast surgeon.

Breast pain

Cyclical breast pain before a period is common, and may be accompanied by breast swelling. Often the breast examination performed by a breast surgeon and breast imaging with an ultrasound and mammogram will be normal. Cyclical breast pain may improve with taking evening primrose oil regularly over a few months.