University of Vermont Health

UVM Health SURGICAL AND BREAST CARE CENTER Referrals/Consult for Breast Pain

All referrals must include the most recent visit note and imaging reports. Be sure imaging done outside UVMH is sent to UVMMC Film Library with reports.

We request that all referrals for breast pain to UVMH Surgical Oncology or the Breast Care Center consider the following:

Has the patient had diagnostic breast imaging?

- If "NO" – Order diagnostic breast imaging per guidelines for patient's age and risk factors. Return to these guidelines after imaging is completed.
- If "YES", imaging results indicate:
    - BIRADS 1, 2 or 3 – Do not order referral and instead review information below on techniques to deal with breast pain.
    - BIRADS 4, 5 – Has breast biopsy been done?
        - If "NO" – Proceed with recommended biopsy and return to these guidelines after biopsy is completed, if applicable.
        - If "YES" – consider one of the following:
            - Breast biopsy is benign – Do not place referral order and instead review publication below on techniques to deal with breast pain.
            - Breast biopsy is cancer or deemed high risk -- Complete referral order.

LINK: Strategies to deal with breast pain:

- Limit caffeine intake.
- Wear a supportive bra. Consider wearing it around the clock at times when the breast is particularly painful.
- Try evening primrose oil which can be bought over the counter and taken per instructions on box.
- Continue with clinical screening and imaging per national guidelines.

Evidence link:
Symptomatic Breast Cancers and Why Breast Pain May not Always Need Clinical Review - PMC (nih.gov)