

## UVM HEALTH SURGICAL ONCOLOGY 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 UVMHC 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 \(nih.gov\)](#)