

BOOB PAIN

Uncovered

CYCLICAL, NON-CYCLICAL, AND EVERYTHING IN BETWEEN



VIOLET₂

INTRODUCTION

Breast pain—aka mastalgia—is something many women experience, yet it's often misunderstood. Whether it's a dull ache before your period or a sharp discomfort that seems to come out of nowhere, breast pain can leave you wondering: **What's causing this, and is it normal?**

This guide breaks down the different types of breast pain, what might be triggering it, and how you can find relief.

CYCLICAL BREAST PAIN

If your breast pain follows a pattern and flares up around your menstrual cycle, you're dealing with cyclical breast pain.

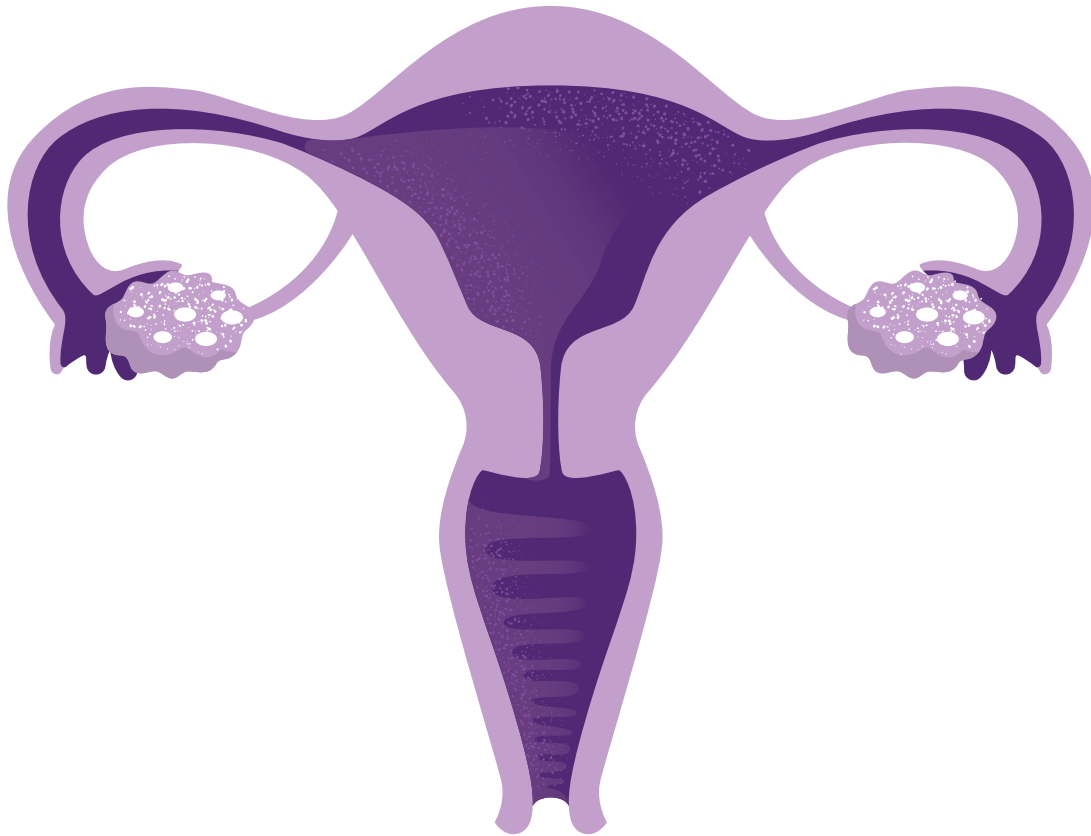
What It Feels Like

Soreness, heaviness, or tenderness in both breasts, typically in the days leading up to your period.

Why It Happens

Hormonal fluctuations (especially estrogen and progesterone) can cause breast tissue to swell and become sensitive.

WHAT TO DO FOR CYCLICAL BREAST PAIN



Common Triggers:

- ✗ Menstrual cycle
- ✗ Hormonal birth control
- ✗ Perimenopause

How to Find Relief:

- ✓ Try Violet Daily to support hormonal balance



NON-CYCLICAL BREAST PAIN:

Not all breast pain is linked to hormones. Non-cyclical breast pain can be persistent, come and go unpredictably, and may affect just one breast.

WHAT IT FEELS LIKE

Sharp, burning, or localized pain that doesn't follow a monthly pattern.

CAUSES & RELIEF

Possible Causes

- ✗ Injury or strain
- ✗ Cystic breasts
- ✗ Inflammation
- ✗ Medications

How to Find Relief:

- ✓ Apply warm or cold compresses for pain relief
- ✓ Ibuprofen may provide temporary relief for some women experiencing low grade pain.
- ✓ Track symptoms to identify patterns (**check out our Breast Symptom Tracker!**)

OTHER CAUSES FOR BREAST PAIN

There are also more reasons why you have breast pain besides cyclical and non-cyclical.

FIBROCYSTIC BREAST CHANGES:

Lumps or cysts formed in the breast tissue can cause pain, tenderness, or swelling.

POORLY FITTING BRA:

A bra that doesn't offer the right support or is too tight can lead to discomfort in the breast tissue.

STRESS:

Stress can contribute to muscle tension around the chest, potentially leading to breast discomfort.

WHEN TO PAY ATTENTION

Regular self-checks and keeping track of your symptoms can help you stay proactive with your breast health.



SIGNS YOU SHOULDN'T IGNORE

- ◆ Pain that is severe, persistent, or getting worse
- ◆ A lump that doesn't go away or changes in size/shape
- ◆ Redness, swelling, or skin dimpling

If you're experiencing breast pain, it's always a good idea to consult with a healthcare provider to determine the cause and receive appropriate treatment or advice.



TRACK YOUR SYMPTOMS & TAKE CHARGE

Understanding your body is the first step to feeling your best. Use our **Breast Symptom Tracker** to monitor changes, recognize patterns, and establish what's normal for you.



TRACK

your Breast Symptoms

MONTH OF: _____

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SYMPTOM KEY



Took Daily Violet Pill



Lumps



Skin Dimpling



Nipple Discharge



Breast Pain



Breast size or shape



Skin Redness



HOW TO TRACK YOUR BREAST SYMPTOMS:

Tracking your breast symptoms for the entire month and not just during menstruation is vital to see if your breast pain is cyclical or non-cyclical. Make sure to mark the week of your menstrual cycle to determine patterns in changes in your breast health.

TRACK

Your Breast Symptoms

YEAR: _____

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
JANUARY																															
FEBRUARY																															
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SYMPTOM TRACKER KEY



Nipple Discharge



Breast Pain



Breast size or shape



Skin Redness



Took My Daily Violet Pill

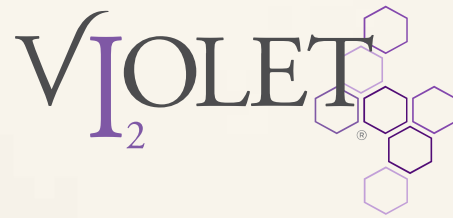


Lumps



Skin Dimpling





**THANK YOU FOR
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GUIDE!**

