

BREAST PAIN (MASTODYNIA): BR 7.1

- ☐ Evaluation of breast pain requires a history and physical exam.
- ☐ Mammogram and ultrasound are the initial imaging for breast pain.
- ☐ Advanced imaging is NOT routinely indicated in individuals with breast pain and negative mammogram and ultrasound (CPT® 76641: unilateral, complete; or, CPT® 76642: unilateral, limited).

Breast Pain (Mastodynia) (BR 7.1) Summary

In a recent study of 2820 patients presenting with breast pain, the cancer detection rate in those who underwent breast imaging was found to be 0.09%, 1% and 1.4% in patients under the age of 40, 40-49 and 50 years of age or older, respectively.(1) Similarly, in a case control study comparing 987 women with painful breasts and 987 controls, the prevalence of breast cancer was similar between the two groups (0.8% vs. 0.7%, respectively).(2) Given these data, in the absence of other factors, the American College of Radiology recommends against the use of MRI in patients with breast pain.(3)

1. Komenaka IK, Nodora J, Martinez ME, et al. Mastalgia is Not An Indication for Mammogram. Journal of the American Board of Family Medicine : JABFM. 2022 Sep 12. PubMed PMID: 36096656. Epub 2022/09/13. eng.
2. Duijm LE, Guit GL, Hendriks JH, et al. Value of breast imaging in women with painful breasts: observational follow up study. Bmj. 1998 Nov 28;317(7171):1492-5. PubMed PMID: 9831579. Pubmed Central PMCID: PMC28731. Epub 1998/11/30. eng.
3. Holbrook AI, Moy L, Akin EA, et al. ACR Appropriateness Criteria(®) Breast Pain. Journal of the American College of Radiology : JACR. 2018 Nov;15(11s):S276-s82. PubMed PMID: 30392596. Epub 2018/11/06. eng.