

# Costochondritis

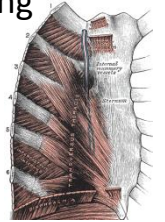
## What is it?

- **Costochondritis** – an inflammation of the junctions where the upper ribs join with the cartilage that holds them to the breastbone or sternum, inflammation of the cartilage that connects a rib to the breastbone (sternum),
- **Other Names**- chest wall, costosternal syndrome costosternal chondrodynia
  - **Swelling**- pain of costochondritis is accompanied by swelling it is called Tietze syndrome
  - **Cause**- no apparent cause



## Signs and Symptoms:

- **Symptoms**- can cause chest pain and discomfort, sharp pain in the costosternal joint (where the breastbone are joined by rubbery cartilage, may mimic that of a heart attack or other heart condition, pain when taking deep breaths, pain when coughing, difficulty breathing
- **Treatment**- focuses on easing of the pain



## Recommendations:

- **Lifestyle**- rest, walking, swimming (moderate exercise), may use a heating pad on the painful area several times daily

## Facts:

- **Most often occurs**- in women and men over age 40, can affect infants and children
- **Causes**- injury or a blow to the chest, infection, fibromyalgia, pain from other areas of the body

## What can I do?

- **See your Health Care Provider**- physical examination to diagnosis, ask for a description of the pain, similar to the pain for heart disease, osteoarthritis, gastrointestinal problems, and lung disease
- **Treatments and Drugs**- NSAIDs/Nonsteroidal anti-inflammatory drugs (ibuprofen- Advil, Motrin, etc...) and naproxen (Aleve), antidepressants, muscle relaxants

