## What Are The Symptoms?

 <u>Ages 25 to 50</u>- involves tenderness and lumps that may include cysts, small, fluid-filled cavities

## Information:

- 50 to 90% of Women- find lumps in their breasts
- <u>Breasts</u>- are made of fatty tissue and glands with fibrous tissue made of collagen
- Milk Glands and Milk Ducts feel and look lumpy on your mammogram
- <u>Breasts</u>- swell months as get ready for your menstrual cycle-tender and painful to the touch
  - Most Breast Lumps are benign

## What Can I Do?

- <u>See your Health Care Provider</u>- for more information, ask about a milk diuretic and analgesic
- <u>See a Registered Dietitian</u>- for help with meal planning and suggestions for you individually and also see foodfitnessfirst.com for more information, ask a Registered Dietitian on line
  - Eat a Low Fat Diet-- include olive oil and cold water fish as salmon and tuna
  - See FFF for a Low Fat Diet Plan
  - Lose- weight if overweight
  - **Go Organic** increase fruits and vegetables, whole grains-increase fiber in the diet
  - $\circ~$  See FFF for a High Fiber Diet Plan
  - o Decrease Caffeine- tea, coffee, colas, chocolate
  - See FFF Caffeine
  - **Eat** soy, get Vitamin B6, decrease salt, limit alcohol, increase fluids
  - Decrease- fatty red meats, whole milk, cream cheese and 100% dairy products, fried foods



