Fibrocystic Breasts

Dr. Kaufman has recommended the following options that may help improve the Fibrocystic, lumpy, tender or painful nature of your breasts:

1- Decrease/Eliminate caffeine consumption (coffee, tea, soda, chocolate, Snapple, iced tea, etc.).

2- Decrease/Eliminate dairy products (cheese, butter, milk, ice cream, yogurt, etc.). You may add soy based products to your diet in moderation to compensate, i.e. soy milk.

3- Decrease/Eliminate red meat/beef consumption.

4- Take Vitamin E (400-800 units per day).

5- Wear a supportive, snug fitting bra that does Not have an underwire, preferably a Sports/Athletic Bra. Wear it to bed as well.

6- Trial of anti-inflammatory medications such as Advil, Motrin or Alleve. 1 or 2 tablets every 6 hours with food, short term only.

7- Take Evening Oil of Primrose tablets, 500 mgs., 2 times daily.