

*

()

مجله علمی ابن سینا / اداره بهداشت و درمان نهاجا (دوره ۹، شماره ۱، سال ۱۳۸۵، مسلسل ۲۲)

()

:

*

[]

[]

[]

%

[]

[]

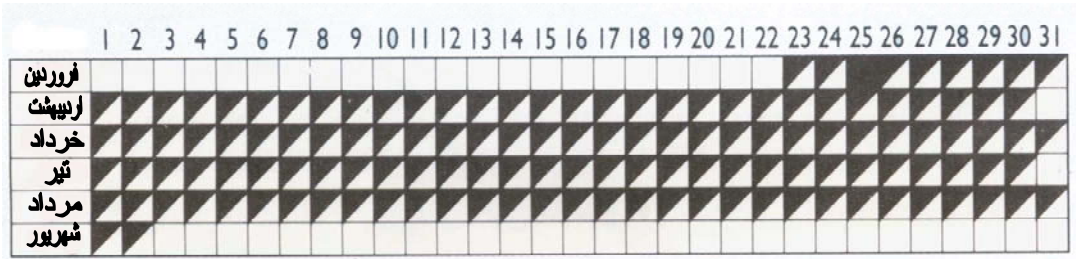
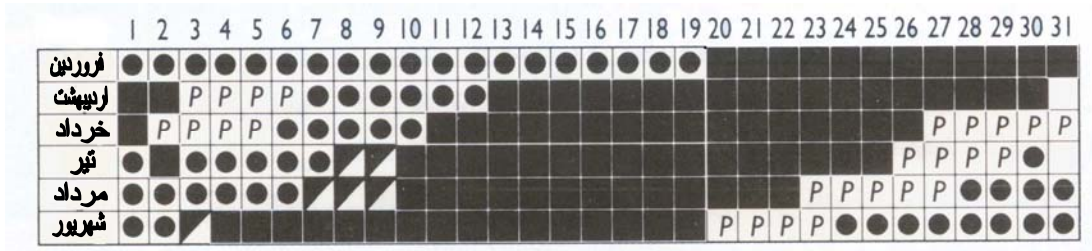
(non cyclic)

(cyclic)

%

)

(



P

.[]

.[]

.[]

E

.[]

%

.[]

B₆

()

)

(

.[]

.[]

.[]

E

.[]

)

)

(

(

)

(

%

%

(-	(
((
((
((
((
((
((
((
((

%

%

[]

%	%	%
%	%	%
%	%	%

mg

%

ml)

%

(ml

()

%)

(%

[]

mg

[]

(flaxseed)

[]

NSAID

[]

1. Townsend M, Beauchamp RD, et al. Sabiston: Textbook of Surgery. 17th ed, texas: Elsevier sunders. 2004;872.
2. Dixon JM. ABC of breast disease. 2nd ed. London: BMJ publishing group. 2000;16-21.
3. Haghghat S. Breast managment: A guideline on common Diseases. 1st, Tehran: nashr gihad institute. 2002;24-25.
4. Farndon JR. Breast Surgery 2nd ed, London: Harcourt publisher. 2001;10-14.
5. Horrobin DF. The effects of gamma lenolenic acid on breast pain and diabetic neuropathy. prostaglandins, leukotrienes and essential fatty acids. 1993;48:101-104.
6. Mansel RE. The clinical assessment of mastalgia. Br J clin prac. 1989;68:17-20.
7. London RS, Sundaram GS, et al. Endocrine parameters and alpha-tocophorol therapy of patients with mammary dysplasia. Cancer Res. 1981;41:3811-13.
8. Fertiman IS, et al. Studies of tamoxifen in women with mastalgia. Br J clin prac. 1989;68:49-53.
9. Dittmar FW, et al. pre-menstural syndrome, treatment with a phytopharmaceutical. therapiwoche gynakol. 1992;5:60-68.
10. Li T. Dietary flaxseed may relieve cyclic mastalgia. ob/gyn news. 2001;15,1.6.
11. Colak T, et al. Efficacy of topical nonsteroidal anti inflammatory drugs in mastalgia treatment. J Am coll surg. april 2003;196:525-530.
12. Gumm R, et al evidence for the management of mastalgia. Current medical research a opinion. 2004;20:681-684.

Mastalgia

Abstract

Mastalgia is a main complaint in women that causes those to refer to clinics repeatedly, from their youth around premenopausal. Unfortunately, its exact reason is unknown, but someone believes that hormonal factors are involved duo to nature and time of occurring mastalgia. It's noticeable that, there is no mental and hormonal differences between women that suffer from mastalgia and others that have another disease.

Mastalgia is categorized into two parts: cyclic and non-cyclic, so with various treatments, the physicians cannot be fair in their decisions, and have lots of difficulties in this important matter. Today, use of herbal drugs is suggested by physicians, because of side effects of synthetic drugs, such as (danazol, bromocriptin and evening primrose oil), this kind of drugs are noticeable in recent studies.

Aminimoghadam Z, M.D.

Ayatallahnabavi hospital of dezfool

Keywords: Mastalgia, Treatment, Danazol, Bromocriptin