

BREAST PAIN SCORE CHART

Breast Pain

The purpose of this chart is to keep track of whether your breast pain may be cyclical in nature. This can also aid in identifying when pain relief might be most beneficial. You should bring this chart with you when you see Dr Lancashire for your consultation

The chart is designed to record your pain for 3 months. The days of the month are across the top of the chart. Record the amount of breast pain you get using the following symbols and shade in the days that you get your period in the row labelled Period (P):

- ☐ = No Pain (leave empty)
- ☒ = Mild Pain
- ☒ = Severe Pain

MONTH		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
	PAIN																															
	PERIOD (P)																															
	PAIN																															
	PERIOD (P)																															
	PAIN																															
	PERIOD (P)																															

Useful contact numbers:

- Dr Ben Lancashire's Rooms: (07) 3054 0694
- Mater Private Breast Cancer Centre: (07) 3163 1166
- Mater Private Emergency Centre: (07) 3163 1000
- Mater Private Hospital Switchboard: (07) 3163 8111