

Is a Mammogram 'Painful'?

Posted On Jun 30, Posted by [drsuzzyhall](#) Category [Gynecologic/Women's Health Concerns](#)

Have you avoided having a mammogram due to fear of 'pain' from the testing? This question came up on a recent vacation, while chatting with some of my (non-medical) girlfriends. They related knowing women who've avoided having a mammogram because of concerns of the mammogram being too painful. They suggested I write a post about it.

Having ordered many mammograms for women over the years (and having experienced a few myself), though the occasional woman may relate 'pain' with the mammogram, most women do not describe the test as "painful". Uncomfortable and scary...yes. But then again, pain is a subjective matter. In a recent study polling 200 women on their level of pain with a mammogram, 72% rated the "pain" as that equal to a 'tight fitting shoe', or a 'mild headache'. Which of us hasn't pushed on through their day with a tight fitting shoe, or a mild headache?

Our breasts tend to be more full and tender the week before our menstrual period. If you're concerned about pain with the mammogram, I'd suggest scheduling the test *just after your menstrual period*, and not the week or so before your period. Caffeine can cause breast pain as well, so avoiding caffeinated beverages the week or so before the mammogram may also help. An over-the-counter pain reliever taken prior to the mammogram is an option as well.

Apprehension about having a mammogram is understandable. Our breast on a metal plate, with a second plate coming down to compress it...is scary. But, in my opinion, not scarier than the possibility of a missed diagnosis of breast cancer.

Speak with your healthcare provider about scheduling your mammogram, as well as ways to make the testing more comfortable.

Suzanne Hall, MD (@drsuzyyhall)

Eastside Gynecology Obstetrics, PC

Offices in Roseville, Grosse Pointe, Macomb, Rochester, MI

Tags: [mammogram](#) , [painful](#) , [Suzanne Hall MD](#) , [Eastside Gynecology](#) , [@drsuzyyhall](#) , [Rochester](#)

,
[Eastside Gynecology Obstetrics](#)

,
[Macomb](#)

,
[Grosse Pointe](#)

,
[Roseville](#)

,
[MI](#)

,
[breast cancer](#)