

American Women Suffer Pandemic of Pain

Survey: A “staggering” 68 percent of 25–45-year-old women experience premenstrual breast discomfort

(NAPSA)—A new survey shows that breast discomfort is common among women who are 25 to 45 years old and about half the female population age 25+ believes there is no way to alleviate the pain—even though scientific studies suggest a solution is readily available.

The survey, conducted online by Harris Poll for specialty pharmaceutical company BioPharmX Corporation, found that 68 percent of women between 25 and 45 years of age experience premenstrual breast discomfort. Nearly one in five of these women reported that they suffer from it “most months.”

The medical condition, known as mastalgia, is typically caused by fibrocystic breast changes that routinely take place in premenstrual women, generally those who are 45 years old or younger. The discomfort can range from mild tenderness to severe pain, making it difficult for affected women to hug a loved one.

Women Suffer Needlessly

The survey suggests that millions of women routinely suffer from pain because they rely on non-prescription remedies to alleviate the discomfort, rather than solutions to eliminate its cause. The top three treatments identified are ibuprofen (cited by 30 percent of women age 25 and over), massages (13 percent) and acetaminophen (11 percent).

But 48 percent of women overall—and 46 percent of women ages 25 to 45—agreed with the statement “I don’t think there is any effective solution for alleviating premenstrual breast discomfort.”

“The survey shows a staggering number of women live with pain and discomfort,” said Dr. Lisa Masterson, OB/GYN and co-host of “The Doctors.” “Clinical studies show that a daily regimen of molecular iodine, such as an over-the-counter product like Violet, can provide relief from cyclic breast discomfort. One recent study showed that up to 74 percent of women experienced improvement in their breast discomfort.”

Iodine Restores Breast Health

One form of iodine, molecular iodine, has also been effective in reducing fibrocystic breast tissue, which can create so-called dense breasts. Having dense breasts affects women in two ways. It increases the chance that breast cancer may be undetected by a mammogram, since the dense tissue can mask a potential lesion.



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Source: BioPharmX Corporation



Most women don’t know about safe, effective ways to reduce breast pain and density.

It may also increase the chance of developing cancer, though physicians have not determined why.

The survey also found that 55 percent of women age 25+ know that breast density is linked to breast cancer. However, the survey again found that women generally do not know about safe, effective ways to reduce breast density. Sixty-one percent don’t think there is any solution for reducing breast density.

“Solutions that may effectively reduce fibrocystic breast tissue and the associated discomfort are currently available,” said Dr. Lee P. Shulman, a physician with the Feinberg School of Medicine of Northwestern University in Chicago and a member of the BioPharmX Breast Health Medical Advisory Board. “Most women will experience improved breast health—including reduced tenderness, swelling, aches and heaviness—within months of starting a molecular iodine regimen.”

BioPharmX, a Silicon Valley specialty pharmaceutical company, manufactures Violet, a daily, non-prescription, non-hormone molecular iodine supplement to alleviate premenstrual breast discomfort and promote breast health. It is available at retailers nationwide and online.

Methodology: This survey was conducted online within the United States by Harris Poll on behalf of BioPharmX from July 31 to Aug. 5 among 985 U.S. women, ages 25 and older. This online survey is not based on a probability sample and therefore no estimate of theoretical sampling error can be calculated. Complete survey methodology, including weighting variables, are available by contacting Nina Brauer, nbrauer@biopharmx.com.