Breast Health

Mater

Referral Guidelines

GP Information

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Symptomatic Breast Services

Conditions that require referral to a surgeon with a special interest in Breast Disease

Lump

- Any new discrete lump
- New lump in pre-existing nodularity
- Asymmetrical nodularity that persists at review after menstruation
- Abscess
- Cyst persistently refilling or recurrent cyst

Pain

- If associated with a lump
- Intractable pain not responding to reassurance, simple measures such as a well supported bra and common drugs
- Unilateral persistent pain in post-menopausal women

Nipple Discharge

- All women aged 50 and over
- Women under 50 with:
  Bilateral discharge sufficient to stain clothes
  Blood stained
  Persistent single duct

Nipple Retraction or Distortion, Nipple Excema

Change in Skin Contour

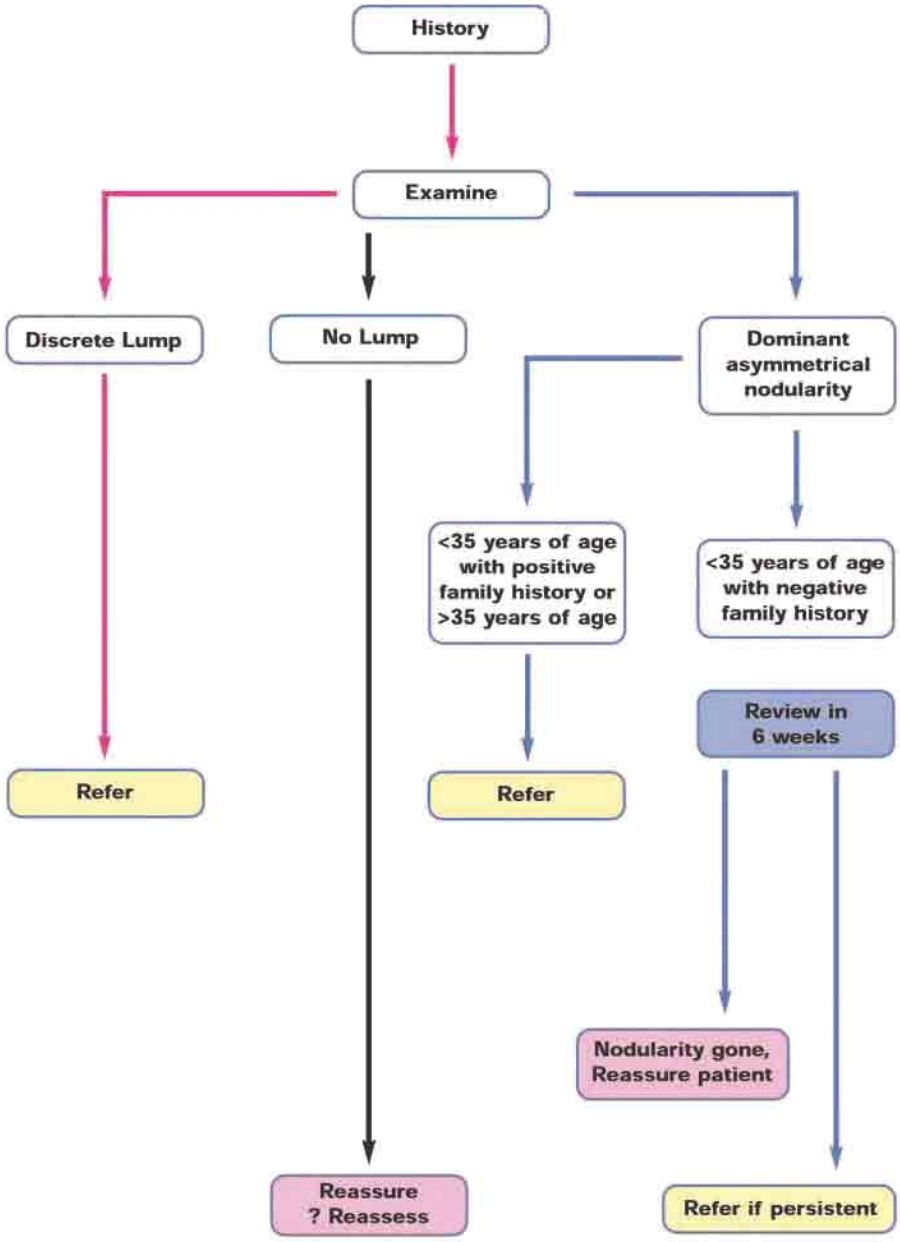
Family History

Request for assessment by a woman with a strong family history of breast cancer (referral to a family cancer genetics clinic where possible)

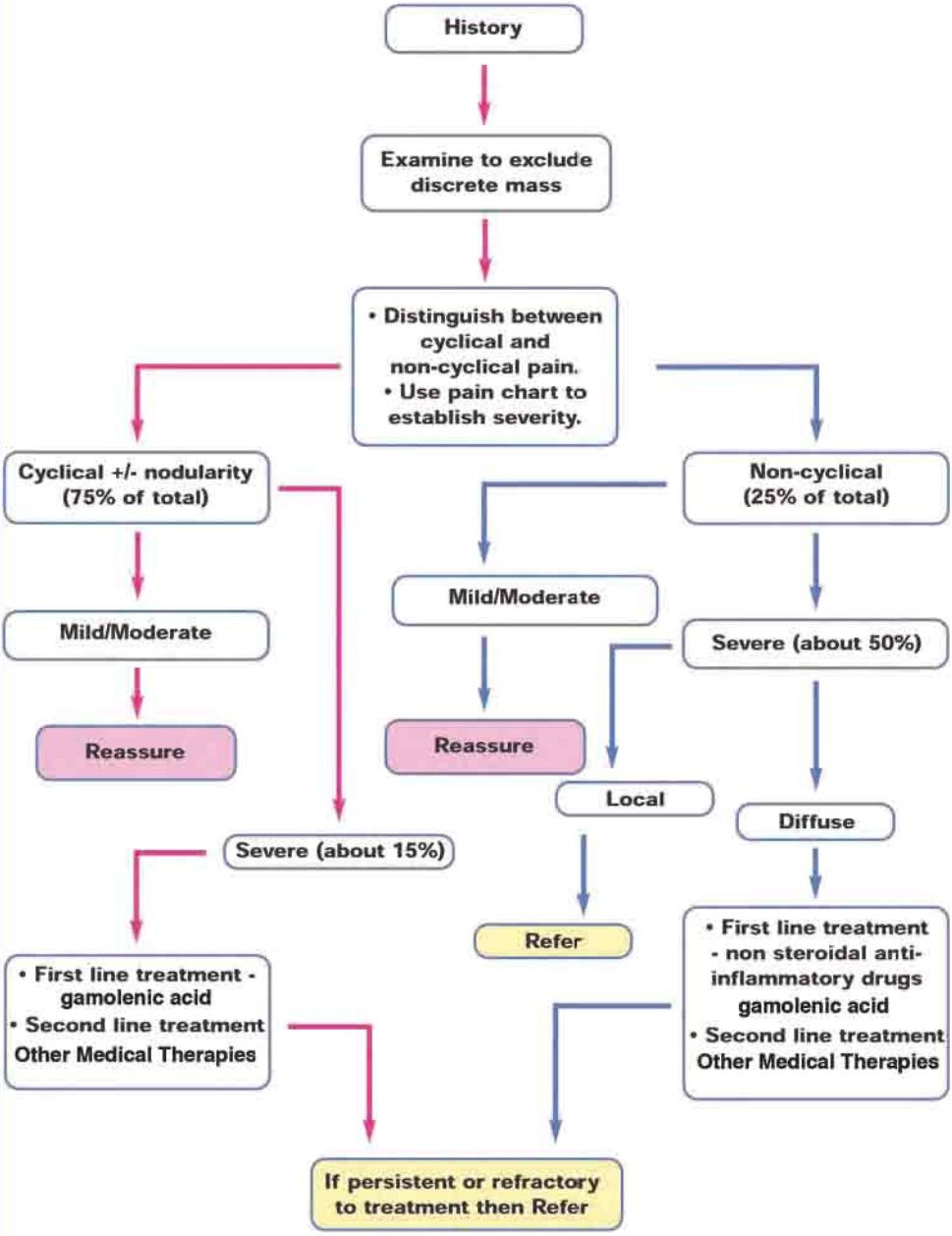
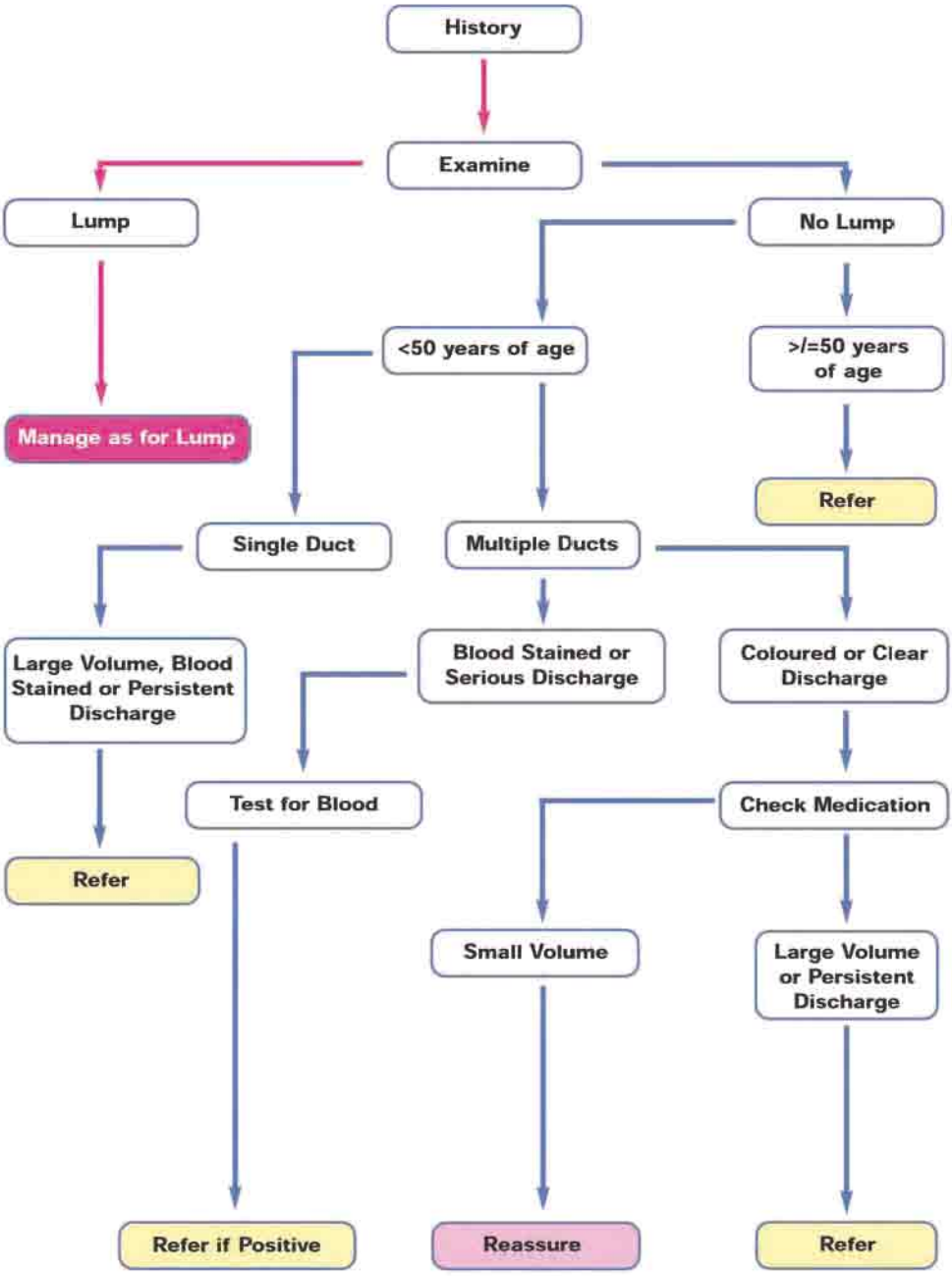
Women who can be managed initially by their General Practitioner

- Young women with tender, lumpy breasts and older women with symmetrical nodularity, provided that they have no localized abnormality.
- Women with minor and moderate degrees of breast pain who do not have a discrete palpable lesion.
- Women aged under 50 who have nipple discharge that is from more than one duct or is intermittent and is neither bloodstained or troublesome.

Algorithm for Referral of patients with BREAST LUMPS



Algorithm for Referral of patients with BREAST PAIN



Algorithm for Referral of patients with NIPPLE DISCHARGE