

Doctors Explain

Breast Changes Explained

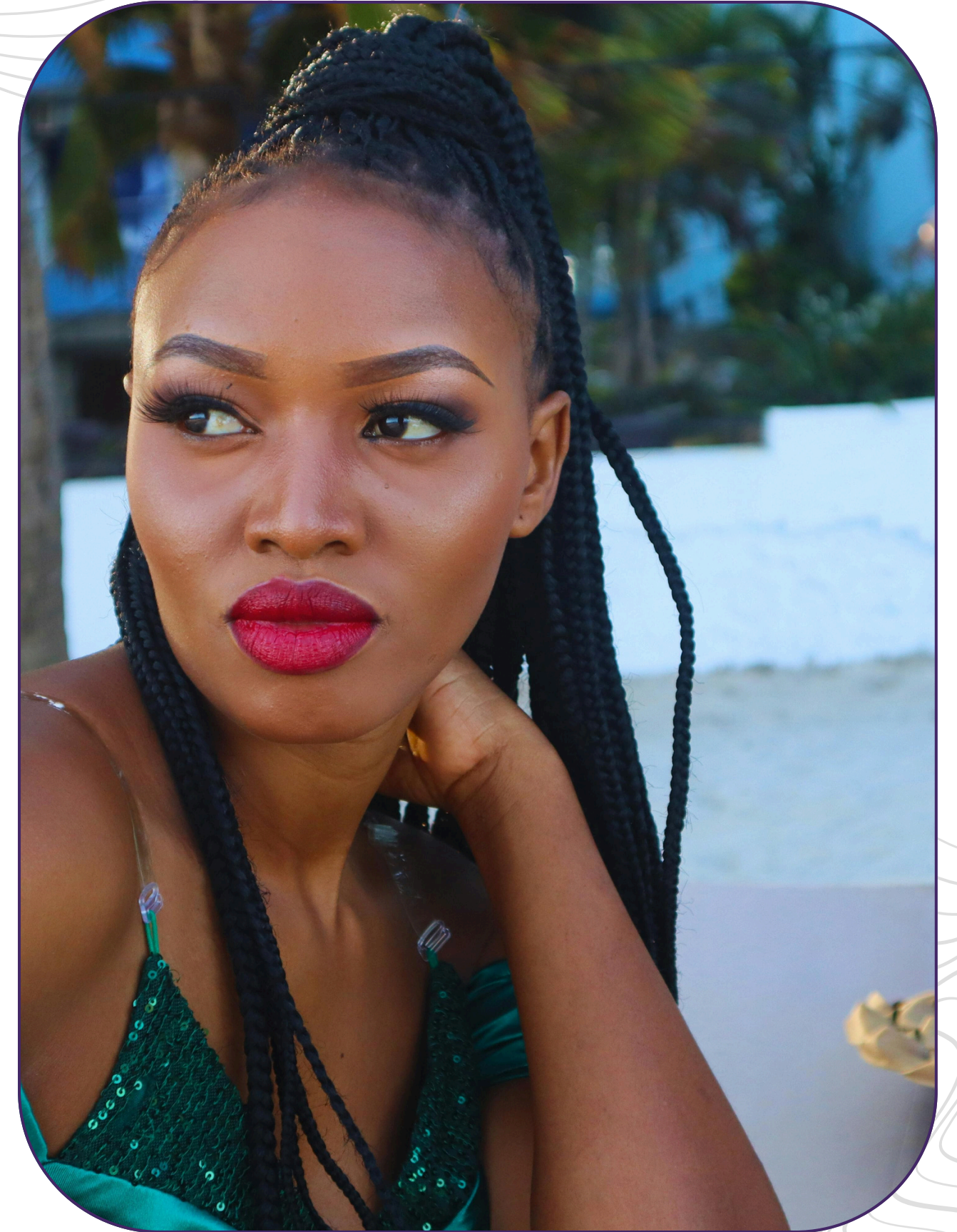
# Understanding Breast Changes Before Your Period





# Understanding Breast Symptoms

Many women experience **swelling and tenderness** in their breasts before their period. This is often caused by hormonal changes and is usually a normal part of the menstrual cycle.





Hormonal  
Changes  
Overview

# Understanding Hormonal Changes and Effects

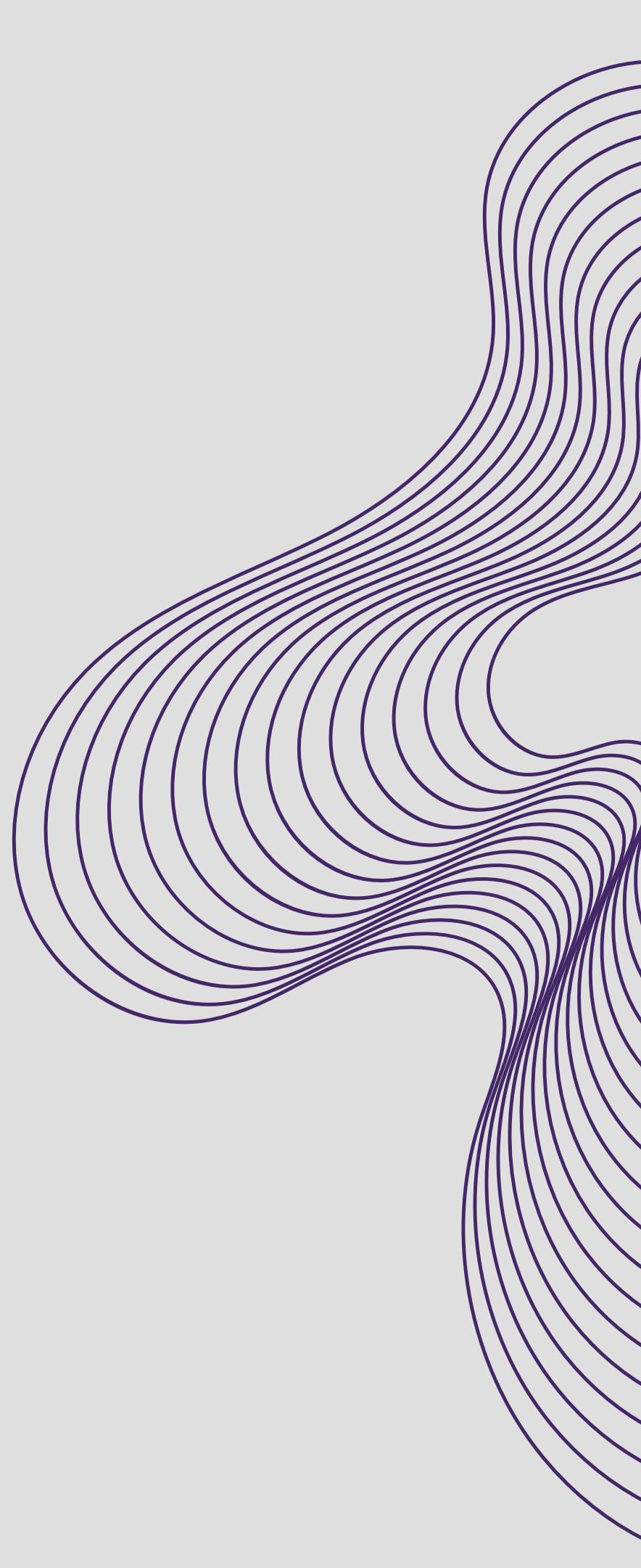




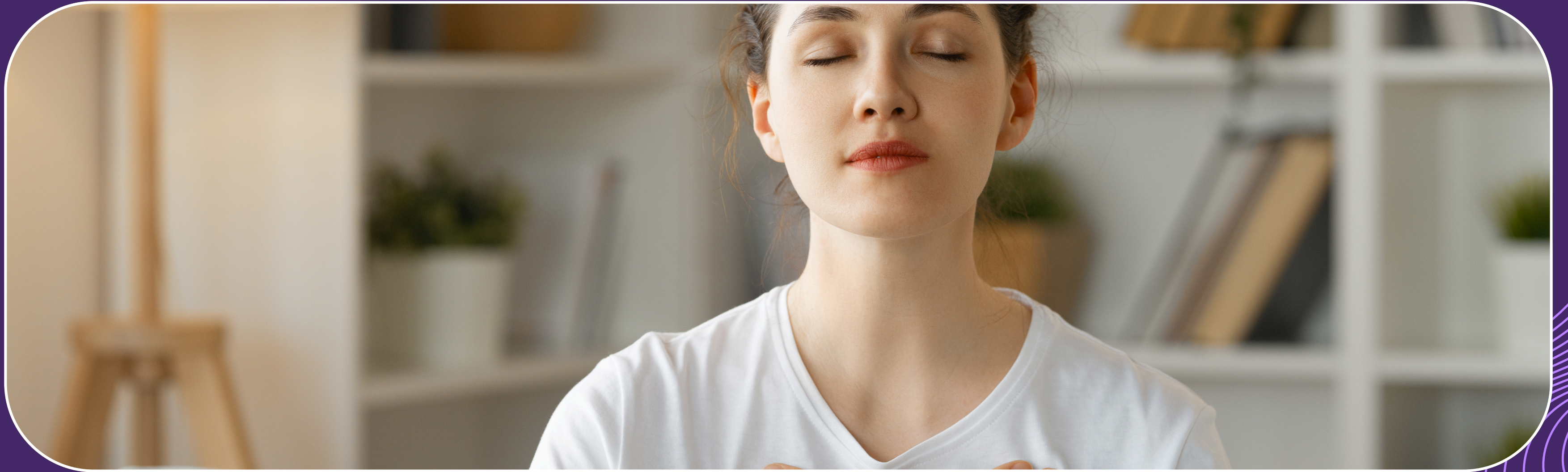


# Breast Pain Before Periods

Breast swelling and tenderness are **common symptoms** of premenstrual syndrome (PMS) due to hormonal changes. Monitoring these symptoms can help in understanding your body's cycles better.





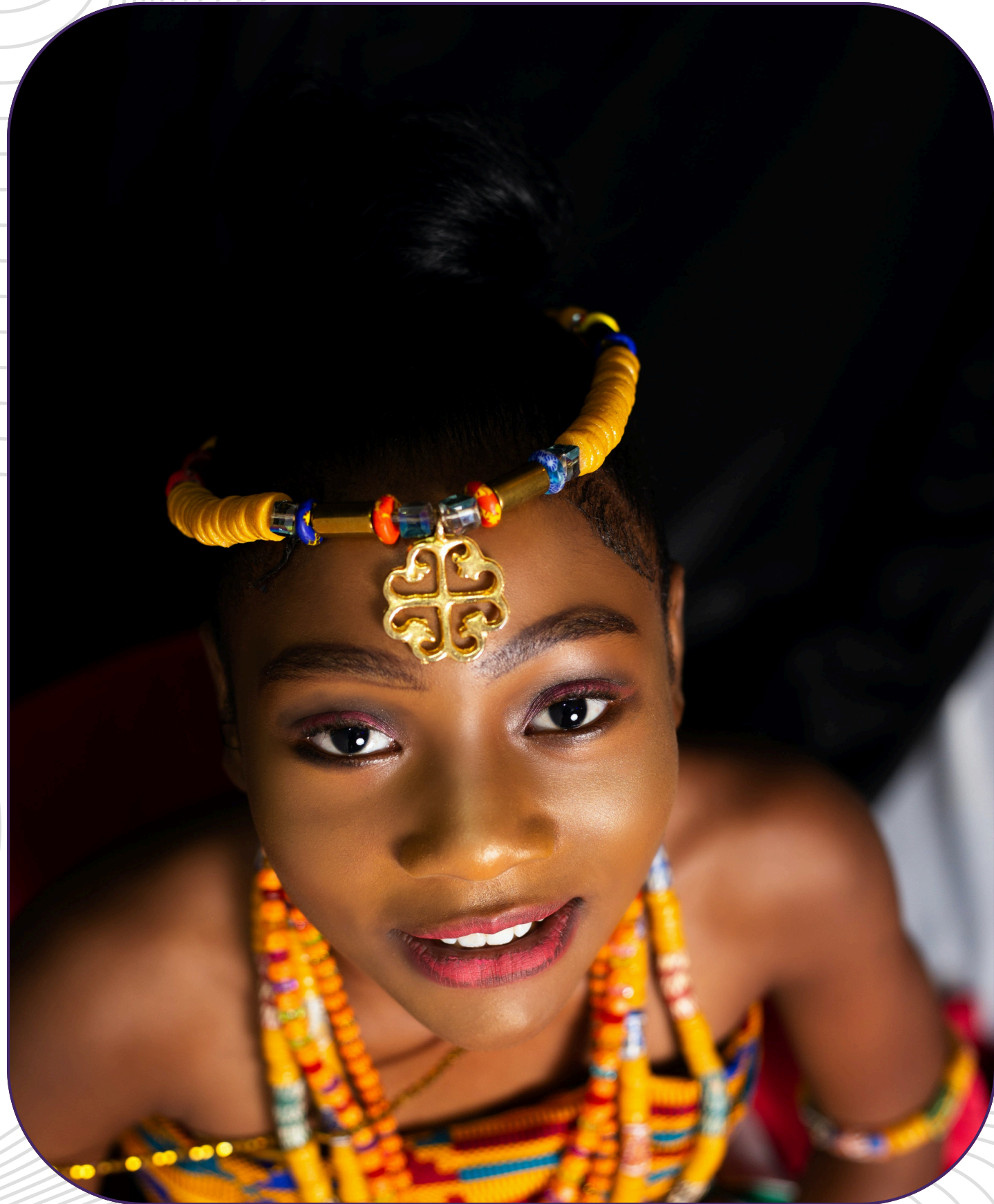


Common Breast  
Concerns

# Understanding Breast Discomfort Before Period



Yes, it is **normal** for breasts to swell and hurt before your period due to hormonal fluctuations. This is a common experience for many women during their menstrual cycle.





Thank you for joining us  
today!

