



## PATIENT LEAFLET - MONDOR'S DISEASE

### WHAT IS MONDOR'S DISEASE?

Mondor's disease is a rare, benign (not cancer) breast condition. It can occur in women or men.

It is due to an inflammation of a vein (thrombophlebitis) just under the skin of the breast or chest wall and it looks and feels like a cord or string under the skin. This can be painless or tender. If the arm on the affected side is raised, it sometimes causes the skin overlying the inflamed vein to look pulled in or dimpled.

The cause of Mondor's disease is often unclear, but it can occur as a result of vigorous exercise, an injury to the breast, following surgery or sometimes after a core biopsy. It may be more common in women on the oral contraceptive pill.

### HOW IS MONDOR'S DISEASE DIAGNOSED?

Your GP will examine your breast and is likely to refer you to a breast clinic where you'll be seen by a specialist doctor or nurse, such as Miss Bright-Thomas. She may be able to confirm you have Mondor's disease simply by examining you, but you are likely to be offered a mammogram and or a breast ultrasound scan to ensure that there is no other underlying breast problem.

### WHAT IS THE TREATMENT FOR MONDOR'S DISEASE?

You won't usually need treatment for Mondor's disease as it will get better by itself and most importantly it DOES NOT increase your risk of breast cancer in the future. Any pain associated with it will usually only last for a couple of weeks, but the cord can remain for several weeks or months before it goes away altogether. It may be helped by using anti-inflammatory tablets or gel (ie ibuprofen).